THE BENEFITS OF DANCE UPON OUR BODY

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Abstract:Dance is, in a certain context, a transformation of the common expressive movement of the body into one aiming at high goals of a certain level of expressiveness.
From a physical point of view, dance is the result of an infinite number of movements such as: stretches, twists and turns, jumps used in exceptional combinations and performed in different pace and rhythms either individually, in couple or in group or according to some established execution techniques.

Dance may have various purposes such as:

- *Therapeutic*
- *Leisure*
- *Competitive*
- *Spectacular*
- *Professional*
- *Educative-Formative*

The advantages of practising dancing are:

- *You can exercise in a pleasant way*
- *You become relaxed and cheerful*
- *You can get rid of stress, depression and insomnia*
- *You can have a healthy heart and good blood circulation*
- *Good breathing*
- *Stronger and healthier bones*
- *Flexible joints*
- *A good physical shape and a better muscular tonus*
- *You lose weight and keep fit – you burn 200-400 calories in half an hour*

Keywords: dance, benefits, calories, body, movement.

1. INTRODUCTION

„Dance is, in a certain context, a transformation of the common expressive movement of the body into one aiming at high goals of a certain level of expressiveness.”(Năstase V. D., 2011)

Dance combines different forms of movement with ballet elements or even folk dance as we can see in Europe and with pantomime and symbolic dance in Asia. Dance is a means of non-verbal communication and interaction among people, taking different shapes according to the specific regions it represents. Dance is a good way to learn about those peoples’ typical lifestyle, traditions and imagination.

2. CONTENT

From a physical point of view, dance is the result of an infinite number of movements such as: stretches, twists and turns, jumps used in exceptional combinations and performed in different pace and rhythms either individually, in couple or in group or according to some established execution techniques.

Apart from offering joy and excitement, dance has also a psycho-social effect as it manages to bring together people who interact and feel alike.

„Regarding the movement activities, dance is a formative-educative activity useful in getting a good physical shape, movement abilities or other skills. It is also a good way to obtain pedagogic skills that can even succeed in a teaching career.

From an educational point of view, dance has an important role to strengthen our personality and facilitates the social relationship between people." (Năstase V. D., 2011)

Dance may have various purposes such as:

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„The aim of practising dance is to keep fit, to be healthy both physically and psychically, to socialize and to increase strength and performance. It also aims at the bodily-kinaesthetic, physical, aesthetic and socio-cultural education, competitions, communication with the others and high performance fulfilment." (Năstase V. D., 2011)

Through dance we express feelings of joy, hope, sadness, a wide range of emotions. The experts claim that, while we are moving or dancing, the human body releases endorphins which are responsible for having a sense of well-being. Dance is the vital energy, it is the expressivity itself. It is useful to our human body and to our emotions. The word „dance" comes from Sanskrit and it means "tension". Indeed, there is a certain tension in our body which must be released. Dance therapy is like a "journey" that we take in order to discover ourselves. Thus, we are able "to explore" our own body, gestures and movements. It is a journey meant to discover one's personal dancing style, one's ability to express himself through dance. It aims not only to show who we are as individuals but also to reveal our strengths, weaknesses, fears and inner conflicts.

Being regarded as a therapeutical method that psychologists recommend in order to reduce stress, dance can change your opinion regarding physical practice and yourself because it can sensibly modify your tonus.

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2.1. The benefits of some of the dance styles

- *Rock'n 'roll* – (the "anti- cellulite" rhythm)

It is the dance style that everybody enjoys practising and it fits perfectly any kind of event: anniversaries, weddings, and fancy parties.

What is it good for? Rock'n'roll helps you to control your movements better, to breathe easily and to improve your memory. Furthermore, you can get rid of cellulite and regain your former shape, as you work your leg muscles, abdomen and buttocks.

- *Argentinian Tango* – (a good practice for the heart)

It originally comes from Argentina and it rapidly became very popular throughout Europe. Today we can distinguish between various styles of tango.

What is it good for? Tango is the perfect practice for the heart as it accelerates the pulse from 80 to 120 heartbeats per minute. The same result is obtained after doing aerobics. All the sudden movements strengthen and toughen your muscles without any risk of injury. Tango has also positive effects on your back and joints.

- *Salsa* – (10 calories per minute less)

It is a "street" dance which implies a great deal of spontaneity and it bears almost no rules. Apart from several specific movements, the rest is based on everyone's will and instinct.

What is it good for? Salsa is not only a couple dance but also an excellent way of movement. It gives the pelvis and the joints a certain suppleness and toughens the shanks. It is excellent for reducing the muscular tension. While dancing salsa, one can burn 10 calories in a minute. It is the perfect exercise if you wish to have a better posture and reshape your body.

- *The Viennese Waltz* – (it gives the joints a great deal of mobility)

The waltz is the most elegant and charming of the dance styles. It emerged in the 19th century in Vienna. Today's style of the Viennese Waltz was only approved in 1927.

What is it good for? 1, 2, 3 ... 1, 2, 3 and the dancing couples are travelling counter clockwise around the floor.

When performing this rotary dance, your heart and lungs are equally at work. By dancing waltz one can improve his locomotion skills, the sense of orientation and coordination as well as the flexibility of joints.

- *Samba* – (strong lungs)

Samba is today the icon of Brazilian national identity. It is of African origin and it was first danced by the former slaves brought to the Brazilian plantations.

What is it good for? Samba dance helps you improve your energy level and it stimulates the blood circulation. When dancing samba, your body works hard and it consistently pumps oxygen throughout your body. As a result, it increases your breathing and gives you a sense of well-being. Samba dance helps you stay cheerful and get rid of depression and sadness.

- *Cha-Cha- Cha* – (improves your posture)

This dance style was especially created for competitions, cha-cha-cha became popular between 1930s-1940s. It is an energetic and sensual dance style and the steps are extremely easy to follow.

What is it good for? Not only does it enhance the cardiovascular endurance but it also helps you lose weight and stay in a good shape. In addition, this dance style is good for controlling your posture and walk.

3. CONCLUSIONS

- Dance helps you to control your movements better, to breathe easily and to improve your memory.
- Dance helps you improve your energy level and it stimulates the blood circulation. When dancing, your body works hard and it consistently pumps oxygen throughout your body.
- Not only does it enhance the cardiovascular endurance but it also helps you lose weight and stay in a good shape. In addition, dance is good for controlling your posture and walk.

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