**LET’S DANCE**

Can you dance? Do you dance? Are you good at it?

Are there any particular dances you "specialize" in?

Would you say that you enjoy dancing or is it an embarrassing torture?

Does your dancing (or your opinion of dancing) change after a few drinks?

What functions does dancing have?

**Listening:** I have loved dancing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can remember. It was a part of my life when I was growing up \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ important to me now. It has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ best way to exercise. What can be better than dancing to your favourite songs? I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ clubs and discos. I can dance all night long. I never get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . When I was small, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ school discos. I’d also dance at the parties my parents, friends and neighbours had. I don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ever stop dancing. I also love looking at dancing. Ballet is beautiful. Dances \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the world are beautiful. I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ professional dancer must be a good one. One thing that always amazes me is how much children love dancing. I think dancing must be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Dancing can make you smarter**

It is a well-known fact that dancing can help increase your health. However, research now suggests that there are even further benefits of dancing. It can very dramatically reduce the risk of developing Alzheimer’s or dementia or it can even make you smarter.

According to a 21-year study which compared the effects of both physical and mental recreational activities such as golf, cycling, playing tennis, dancing, reading, doing crosswords, and learning a new language, frequent dancing was the only physical activity which reduced the risk of Alzheimer’s by 76 per cent.

The study doesn’t say why dancing is so good for us, however, there are several possible reasons for this. The first is that dancing needs quick thinking and decision-making processes in each step and move. The second possible reason is that when you learn new dance styles, moves and techniques, you are learning new skills, which creates new neural pathways. The third potential reason is that when you dance you use different mental functions such as emotional, kinesthetic, or musical.

Not all styles of dancing have the same effects. The styles of dance that are the best for you are those when you are constantly trying and learning new steps and routines. Try taking dance lessons or make up your own moves and figures.

Ideally, the more often you dance, the greater the rewards. Try to include it in your regular exercise routine and challenge yourself to improve and learn new skills frequently. It will improve your physical health but it can also reduce the risk of dementia in your later years.

**Vocabulary:**

increase-

suggest –

compared -

reason –

kinesthetic –

rewards -

challenge -

improve -

**Reading comprehension:**

Which activities were compared in the study?

Are all styles of dancing equally good for us?

Why is dancing good for us?

What are the benefits of dancing?

**Discussion:**

How often do you dance?

How important is dancing in our culture?

Is there a national dance in our country?

Do you like dancing in discos?

Do you have any early memories of dancing?

Why do people like to dance?

Do you like watching other people dancing? Do you ever go to see dance performances? Do you watch dance programmes on TV, e.g. Stardance?

What dances from other countries do you like?

Are there any famous dancing groups in your country?

Do you think being a professional dancer would be a good job? Do you know any professional dancers? What sort of lives do you think they lead? How much rehearsing do they do?

Do you like movies about dancing?

What kind of music do you think is good to dance to?

Do you prefer dancing alone or with other people?

What do you think of ballet?

Do you ever dance in the streets at festivals?

Traditionally it is has been the man's responsibility to ask a woman to dance. Is that still the case in our society?

If you're a woman, have you ever asked a man for a dance?

If you're a man, how do you feel when you ask a woman to dance?

Have you ever had formal dancing classes? How many different dances do you know?

What's your opinion of the choreography on TV shows?

Ballroom dancing is officially recognised as a sport by the International Olympic Committee which, in theory, opens the door to it one day becoming an Olympic sport. What's your opinion of this?