

Dancing

Dancing is largely about the fluidity or gracefulness of movements. It is also about the rhythm and beat of body in motion as it is synchronised with the music. Dancing can be slow, fast or alternating between slow cadence and fast tempo. The feet, legs, thigh, belly, arms, hands, neck and head all participate in creating a dance. Some dances, however, may emphasize the movement of a particular part of the body, such as in the case of belly dancing. Other dancing moves have more emphasis on the entire series and patterns of movements rather than on the particular body parts that are involved in the dance.

Dancing can be classified into several categories. For instance, dancing can be categorised based on the number of people doing the dance, such as solo dancing, partner dancing and group dancing. Dancing may also be classified according to purpose, such as religious ritual, entertainment and socialisation. Dancing may also be classified based on the accompanying music forms, such as jazz, waltz, tango, disco, salsa, electronica and hip-hop. Some music genres, on the other hand, also have corresponding dances, such as in the case of classical music genre that commonly correspond to classical ballet.

Some dances are highly expressive and may represent non-verbal form of communication. Some dances are very structured while others are loose. Some dances are combined with other forms of performing arts, such as in the case of musical play. Other forms of dancing are already considered as sports. Ballroom dancing, which is actually a set of various types of dances, is now considered as highly competitive sports. On the other hand, there are sports that have elements of dancing, such as in the case of synchronised swimming and Brazilian Capoeira, which is actually a martial art that is disguised as dancing.

Not all people have talent for dancing. Fewer still are able to earn income from professional dancing. However, almost everybody else can learn some forms of dancing. Many people are enthusiastic about dancing as a hobby and as a means of socialisation. Dance clubs, dance schools, choreographers and private dance instructors thrive because of the high demand of people to learn dancing. From ballet to modern dance, from tribal dance to ballroom dance, there is always some form of dance that is suited to an individual.