

# What is DANCE in the community?

## How Street Dance culture builds community

<https://www.youtube.com/watch?v=rQ-8rtlt5J0>

### Community dance can include:

Gathering together as a group or community to dance together and get a sense of identity and belonging to a locality or cultural group. Coming together with others who want to enjoy a specific dance style.

### What is the importance of dance?

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of **physical and mental benefits including improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness.**

What is the importance of dance in the community?

#### **Mental health & wellbeing**

It is a great way to express yourself creatively and even learn more about who you are. This helps with self-confidence, self-esteem, social skills and general mental functioning.

How can you promote dance in your communities?

**Encourage your friends and neighbours to join.** If you are unable to dance then find other ways to support. Go to festivals. Offer to sew the costumes or help run their website or drive them to performances or use whatever skills you have.

How can dance unite communities of individuals?

Studies show that **dancing in groups encourages social bonding.** Researchers point out that when people dance in a group, they experience a blurring of the self into their groups due to the synchronization that occurs while dancing. Synchrony dissolves the separateness, bonds us, and expands our sense of self.

### What are the health benefits of dance activities in your community?

What are the benefits of dance in social and cultural?

The art of dance helps teach a child to focus, creativity, and discipline, all in which are mandatory in any area of education.

Social Benefits- Dance **improves sensitivity, understanding, appreciation, and consideration for others,** both for their similarities and differences.

Why dance is important in our life essay?

Answer 1: **Dance teaches us the significance of movement and fitness in a variety of ways through a selection of disciplines.** It helps us learn to coordinate muscles to move through proper positions. Moreover, it is a great activity to pursue at almost any age.

What is the impact of dance on people?

### **Increased Energy and Stamina**

As your physical fitness improves there are many other benefits such as increased stamina, energy, weight loss and improved respiratory efficiency. As you continue to dance you will start to feel stronger and your stamina will increase.

What is the purpose of dancing?



Basic motives: self-expression and physical release

One of the most basic motives of dance is the **expression and communication of emotion**. People—and even certain animals—often dance as a way of releasing powerful feelings, such as sudden accesses of high spirits, joy, impatience, or anger.

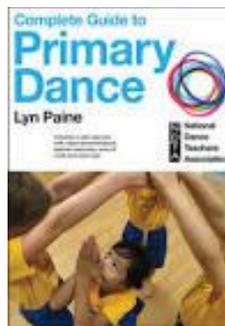
What are the benefits of dancing cultural?

Cultural dance has shown promise in **reducing problematic weight gain, stress management, increasing interest in physical activity, and increasing life satisfaction**.

How does dance reflect life?

Dance **allows for us to express our emotions and increase our awareness of ourselves and others through creative movement thus increasing our emotional maturity**. Movement within a class setting is structured but also allows for an emotional and physical release.

What is the value of dance?



Paperback

Dance **develops physical, creative, imaginative, emotional and intellectual capacities**. It also requires social skills. Dance provides opportunities for artistic and aesthetic education as well as opportunities for children to explore and express moods and ideas symbolically through movement.

How will you use dancing to promote physical fitness in your community?

As well as improving the body's flexibility and bone structure, dancing also **boosts stabilizing core muscles to balance the body and make muscles and tendons less susceptible to injury**. Coordination and reflexes are also strengthened through regular dancing workouts.

How will you promote cheer dancing as an excellent means of achieving fitness?

**Stretching exercises within each class** will develop your flexibility, increasing your range of movement. This will help improve your high kicks, jumps and tumbles within the sequences.

How can dance mixers contribute to fitness and community building?

Social dance and dance mixers **improve sense of well-being and help develop a more positive outlook in life**. Social dance and dance mixers build connections with other community members.

How does dancing affect socialization in terms of community?

Dance increases their flexibility and range of motion as well as improves their balance, coordination and muscle strength. But what's often overlooked are the ways dance can promote important social-emotional skills. **Through movement, students can learn acceptance, respect, teamwork and cooperation**.

How does dance gives sense of togetherness within a group?

**Synchronization and Hormones Provide a Feeling of Unity**

Those who danced in sync developed closer bonds with their partners than those who danced out of sync. That sense of togetherness has been argued to come from the blurred perception of self that comes from dancing in groups and doing the same movements.

Why is unity important in dance?

It is essential that a dance has unity. **The separate movements in the choreography must fit or flow together and must be important to and contribute to the whole**; phrases that are not essential to the concept/intent of the work should be eliminated.

What are the advantages of learning to dance in other areas of your life?



Dance provides an added benefit of constantly varied movements, which is one of the best ways to **build core strength, increase coordination, improve balance, expand flexibility, tone muscle, and develop exceptional spatial awareness**.

## What are some of the benefits that we can enjoy with a healthy community?

<https://owaves.com/benefits-of-living-in-a-healthy-community/>

How important is promoting an active lifestyle in school at home or in a community? Exercising as a family has many benefits including improved health, increased self-esteem, and opportunities for deepening connections. By promoting an active lifestyle in your program, **you are helping families get fit and have fun together.**

What benefits can you gain as you and your families engage in folk dancing? Another beneficial advantage is that they can significantly **improve their aerobic capacity, lower body muscle endurance, strength and flexibility, balance, agility and gait** through the dancing.

Why it is important to understand the nature and background of dance? So why is it important for us, as dancers, to have a knowledge and understanding of dance history? **History allows us to gain a better understanding surrounding the events, challenges, and celebrations that helped to form the people who developed our art form.**

Why is it important to use dance as a form of fitness activity? Dancing is an exercise that engages the entire body as well as the mind. Learning and remembering choreography keeps your brain active while constant movement addresses your heart, circulation, balance, muscles and joints. Dancing kills calories, and it is fun to boot! It's great exercise for both men and women.

How does dance influence culture? Dance is filled with aesthetic values, making it distinct from one society to another and is shrouded in symbolism that **expounds on the cultural heritage of a community accordingly being unique from one society to another.** Hence, ritual dances affirm the belief of the system of society.

How social dance can benefit our social life?



**It's great exercise, fun, builds self-confidence and improves physical coordination.** For singles, there's simply no better way to meet people than to be able to dance with confidence at parties. Dancing gives couples a marvelous past-time to share.

What is the role played by dance in socializing with other people? Dance can help you think differently about **expressing communication and how to gracefully respond to one another.** In closing, dance can be socially freeing, a building block for relationships and confidence and an expression of your joy and passion for life. Music and movement are a part of every human being.

How is dance a cultural expression?

Dance **provided a form of social affirmation and a means of expressing national or tribal loyalty and power**, and it was a part of religious ritual, providing a direct means of communicating with the spirits.

How dancing is beneficial socially emotionally and physically?

The physical movements of dance have been shown to reduce levels of stress, anxiety and depression. Much like aerobic exercise, dance provides relief from stress and tension. Physical exercise elevates dopamine and endorphins, two neurotransmitters responsible for feelings of pleasure and happiness.

What is the importance of social dances as a student?

Did you know that social dancing reduces stress and tension, adds romance, strengthens your bones and muscles, improves posture and flexibility, creates social connections, wards off certain illnesses like dementia, builds confidence AND makes you smarter?! It's true! The benefits of social dancing are endless.

**How can dance change the world?**

Dance has changed the world in 3 unique ways, the first is that dance can express how you feel through movement, you can be you while you dance, dance can allow you to feel safe and get out of the real world, and dance is actually a fun way of exercise your brain and body.

Dancing can be a way to stay fit for people of all ages, shapes and sizes, having a wide range of physical, and mental benefits including improved condition of the heart and lungs, increased muscular strength, endurance and motor fitness, increased aerobic fitness, improved muscle tone and strength, weight management, ...

How will you promote dance in your community?

**Encourage your friends and neighbours to join.** If you are unable to dance then find other ways to support. Go to festivals. Offer to sew the costumes or help run their website or drive them to performances or use whatever skills you have.

What is the real meaning of dance?

1 : to move one's body rhythmically usually to music : to engage in or perform a dance (see dance entry 2 sense 2) dancing to our favorite song Shall we dance?

2 : to move or seem to move up and down or about in a quick or lively manner dance for joy leaves dancing in the wind. transitive verb.

What is dance in your own words essay?

Dancing is an art that refers to the movements of body parts and especially to rhythmic and to music. Dancing is taken as a form of nonverbal communication that is used to express emotions, ideas or tell a story. Dances are social, participatory or performed for an audience.

How can you relate dancing in real life situation?

Dancing helps express your inner emotions, allowing you to get in touch with your body's natural way of moving. If you dance for the pure love of dancing and moving your body, you can learn a lot about yourself. The more you learn about your body and ultimately yourself, the more your confidence improves.

What are the impacts of dance to you as a student?

Physical Fitness

The greatest thing about Dance is that it is a fun way to get some exercise that helps students improve coordination between their mind and body. Resulting in active concentration during the lessons and reducing the boredom students usually feel during the classroom discussions.

What are the benefits and importance of community?



Community belonging **boosts physical and mental health.**

Living in a vibrant community gives people a sense of belonging, which reduces the risk of mental health issues, lowers heart disease mortality, and contributes to better overall health,\* says AHC.

What are the benefits of community empowerment?

Community empowerment necessarily **addresses the social, cultural, political and economic determinants that underpin health, and seeks to build partnerships with other sectors in finding solutions.** Globalization adds another dimension to the process of community empowerment.

What are the community dances?

'Community dance' has been described as **a dance practice in which professional dancers engaged with various communities to create dance performances.** Often the process of dance making is given higher value than the performance.

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