

The Art of Dancing

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Dance is one of the oldest arts in history. Dance has changed through the years, but it remains one of the most emotional and physical art forms. The first recorded dance was made over 4,000 years ago by ancient Egyptians. Dance was a very important event in their festivals.

There are many types of dances such as jazz, tap, ballet, hip hop, lyrical, musical theatre, and contemporary. There is also break dancing, folk dancing, square dancing, and many more.

Jazz dancing includes sharp and fast movements. It involves a lot of hips and walks, leaps, kicks and other fancy tricks.

Tap can be very fast and difficult. There can be moves such as shuffles, flaps, and other fast footwork.

Ballet is a very soft and graceful type of dance. It includes lots of runs, jumps, and turns.

Lyrical is also very soft and graceful much like ballet. Lyrical is a mix of jazz and ballet. There are lots of rolls and turns.

Hip hop is a fast type of dance. There is a lot of aggressive, sharp movements, bouncing and getting “low”.

Musical theatre usually tells a story or resembles a movie or show. Some popular topics for musical theater are “SpongeBob Square pants”, “High School Musical” and “Beetlejuice”.

Contemporary is very slow. This type of dance is a mix of jazz and lyrical.

Break dancing has lots of tricks and acro moves. Break dancing is almost always done to rap or hip-hop music.

There are also different types of folk and country dancing like square dancing and line dancing.

There are many fun routines to popular songs that are easy and anyone can learn them. Examples are the “cotton eye Joe” dance, the “wobble” dance, “shaboozy” dance, and most recently the “apt” and “anxiety” dances.

My personal favorite style of dance is jazz because it’s very fast and sassy, and it includes a lot of hips and walks and kicks and turns.

One reason I like to dance is because it helps me to express my emotions. If I feel happy, I do jazz. If I feel sad, I will do lyrical or ballet.

Another reason I like to dance is because it burns energy and helps me focus when my ADHD mind is over-stimulated.

Dancing is also good for everyone’s health because it is a very active sport. Dance can help strengthen core muscles, is good for hearts and bones and improves flexibility.

Dancing is good for mental health because it can help relieve stress, improve depression, and help us feel more connected to others.

Dance is where I have met some of my best friends and formed some of my closest relationships. It helps everyone make close connections.

We support each other and lift each other up when we are sad. We work as a team, cheer each other on and have so much fun together.

Dance has been around for thousands of years and with all of that benefits dance has to offer us, it will be around for many more to come.