DANCE AS AN EXPRESSION

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Sometimes emotions can be rather hard to express especially for developing children. That is why many parents choose to enroll their child into dance lessons.

There are different types of dance, which can express different emotions as well. Dance uses body movement to convey stories and statements. More often than not, dance and music are closely associated with one another, both are art forms that can also act as a medium for voicing out unsaid words and feelings.

Teaching dance to young children has many benefits and positive effects. Dancing can build confidence and self-esteem. One aspect of dance is that it is a performed art, it is intended to be showcased and appreciated by many. That is why from the very beginning, dancers are thought to carry themselves with confidence and make the crowd notice them. In order to be a good dancer, one must learn to influence the crowd and capture their interest.

Dance can also teach a child how to handle and solve problems efficiently. As pretty as it is, dancing is not for the faint hearted. The time and effort to put together a routine is not a joke. It takes a lot of patience and endurance to create elaborate choreographies that fit perfectly with the music of choice.

Dance is also a way for an individual to understand and respect the differences between culture. In dance different cultures are well represented. Every country has a dance that is unique to them that expresses their history and individuality. The costumes reflect the rich and lush creativity of every single culture. In the Philippines, for example,
there are countless indigenous dance in our country from several different regions, from the Tinikling, to Pandango sa Ilaw, to the flirtatious courtship dance of Karinyosa, we have so much to offer. And by teaching children the principles of these dances, they also learn the culture behind it.

Rhythmic activities that can be done with groups also build leadership skills as well as the discipline and cooperation. Some dance genres, like ballet can be performed alone or in solo, while others like Cha-cha and Tango are done with partners, but there are routines like that of modern hip-hop dances that needs group coordination in order to execute the choreography correctly. These kids of dance engrave discipline and teamwork to the child. In an early age they are though the importance of working together and following instructions. As they grow up, the child will have an instinctive behavior that allows them to cooperate and coordinate with others while still being themselves, which is a rather positive characteristic.

As any other physical activity dance also promotes strength and endurance, as well as flexibility and coordination. Dance is not easy, it is physically exerting and takes a lot of energy. Dance also improves posture and balance. In order to perform some routines and steps, dancers need to have physical capability and body resistance. When started at a young age, a child can build the appropriate body type for specific dance forms. Gymnastics and ballet require slim and lean body type that are flexible, the same is for cha-cha, but for Tap-dancing however, it does not necessarily need such, what the dancer need is strong powerful legs.

In dancing, there is no discriminations. Everyone has a type of dance suited for them. This is why it is advisable to teach a child early so that they could be introduced to the benefits of expressing emotions and feelings through creative body movements.
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