

THE ART OF DANCING

Dancing is a demanding sport which requires endurance, concentration, and discipline. In a performance, a dancer attempts to put forth a certain mood to the audience through various movements. Creating this mood is very intense work. If one is to perform effectively each of these must be working.

Endurance is one of the most important aspects of this unison. If anyone is to become a successful dancer endurance must be present. Endurance can be built up through various techniques. The most common way is through many hours of strenuous work outs and practice. Work outs are to warm up and become limber. This exercise also helps to keep a person in shape for a performance. Practice is also essential in preparing for a proper performance. Having strong endurance enables one to perform under many challenging situations.

Not only do these challenging situations require one to have endurance, but also concentration. Concentration is one of the most major aspects of dancing. A dancer must develop the talent to concentrate on more than one thing at a time. During practice the level of concentration does not have to be as strong as it does during a performance. In practice one is more concerned with learning the intricate steps and staying on beat with the music. Come show time this changes drastically though. Now the concentration not only has to be focused on particular movements at particular times, but also on things like smiling, looking past the audience, and attitude. Somewhat like endurance, concentration is built up through a discipline of everyday practice.

So dancing becomes a discipline like any other sport. If not practiced day after day one is most likely to become lethargic and uninterested. It is also possible to forget important steps and become clumsy. If the performance itself is not practiced daily the exercise must be. This is to avoid such things as pulled muscles, sprains, and many other problems that might occur. Discipline along with daily practice help a dancer to become precise and effective in a performance.

In essence, to become a successful dancer and to learn the art of dancing requires a lot of hard and strenuous work. It takes many hours of sweat, tears, and sometimes frustration. One has to have the endurance, concentration, and discipline to become an effective dancer. After this is obtained many new feelings are discovered. The feelings of anticipation, excitement, and accomplishment are just a few. So even if all the intense work seems too much at times, it actually pays off in the end.