

Consider the Competitive Side of Ballroom Dancing? You Might Just Like It!! *By Liz Gonzalez - Competition Chair USA Dance AV Chapter*

Have you ever thought about ballroom dancing? Ballroom dancing for social fun? Or how about competitive ballroom dancing? Either choice you make you are guaranteed to have fun, make new friends, and enter a world of dance that is classy and rich. Not to mention you get in shape- fast!

Lets focus on competitive ballroom dancing. Dancing of any style including ballroom has many benefits such as building stamina, improving and strengthening muscles, and helping in weight loss. Dancing is healthy for brain function, releases endorphins that helps us release anxiety and in turn makes us feel good.

So what does competitive dancing have to offer? Why should we compete? Competitive dancing has all the above benefits plus it builds teamwork, builds self-awareness, self-improvement, self-confidence, builds better posture, improves poise and your dance style, increases your happiness, and you can wear those beautiful gowns or costumes full of rhinestones and wear all the glamour makeup. It allows you to become the best dancer you can be, and competing gives you a goal, the meaning, the deadline to perform, the learning of new patterns, the dance education. The entire experience is what drives you, the bottom line is that competing will push you to achieve more which will ultimately lead to achieving the goal of becoming the best dancer you can be.

Winning a competition is not everything, it is the commitment you made to yourself and your partner, and after the competition you can say that you are closer to reaching your goal- you have improved your dancing so many times over and the experience brings us closer to the dancer we dreamed about being.

If you are interested in ballroom dancing - check out the local studios or colleges that offer ballroom classes in the begining levels and if you would like to pursue a competitive level of ballroom dancing you may want to consider taking private lessons as well as group classes and you may have to travel to another city to get training at the competitive level. Perhaps you just want to watch a ballroom competition and get a feel for competitive ballroom dancing.