# The Pleasure of Dancing and the Different Kinds of Dance Forms by Mark Bennett

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Dancing is a kind of pleasure that stimulates us. It makes us feel aroused and stirred up. Many of us may not be good dancers. But when a situation comes for us to shake our legs, we just whole heartening perform this stimulating activity. Now, many of you must have hit the dance floor and had a great time. It seemingly never disappoints you that whether you are making a mockery of yourself, you just enjoy being on the dance floor. Why?

Well it is simple. Dancing helps you to express your feelings. You don't need to be ashamed to express your feelings. Come on man! We live in a free society and we have the rights to express our feelings and emotions. When it is on the dance floor with other people, it gives us a great exuberant feeling and a feeling of don't care attitude. Lots of people enjoy the dynamism of dancing. Why dancing is dynamic. Man! You have different styles and types of dancing that the dynamism just pumps up your adrenaline. Seriously, the feelings and emotions with which each dance is done are awesome and cool.

Now, throughout the world, there are millions and millions of types of dancing. Each country has got their own type of dancing. Some of them are based on their traditions and culture. You must have seen or heard of various African dances that are performed during marriages and hunting rituals. These are dances that are followed by people for centuries and brought down by their ancestors. You can see dances to please gods to have rain or bring good hunt. Even there are dances to please brides by eligible suitors. Anyway, all around the world each dance is unique and based on certain culture. Now some of the most common dances that are done by people are ballet, jazz, tap dance, and hip-hop.

Let us take ballet. A ballet is a slow dance which you could say is the keystone of other types of dances. There is a lot of stretching and movement of the legs in this kind of dance. Dancers use the entire dance floor in a ballet. A ballet usually tells us a story and sometimes they can be fascinating and engrossing to watch.

A Jazz dance is a kind of fun dance. You know a dance that is fun to do and where you just break loose your feelings. This kind of dance is a combination of different styles and there are a lot of bold movements.  Jazz dancers are splendid in expressing their feelings and emotions. Dancers just evolve themselves to the tune of the music.

One of the most entertaining dances is the tap dance. This dance involves the tapping of the feet on the ground. It does not mean just normal tapping, but a rhythmic tapping based on the music and the song. In a tap dance, dancers wear special shoes that have a metal tap on the end. They use this shoe to create a drum kind of sound that coincides with the music. Tap Dancers have very good knowledge of the rhythm and feeling of the song.

Hip-Hop dance is the latest and most common kind of dance. Based on the hip-hop culture, this dance is quite famous among the youngsters. It involves various kinds of moves like breaking, popping, locking, etc. Most of the night clubs and DJ clubs have this kind of style of dancing along with rain dance. Seriously this kind of dancing involves the entire movement of your body and your body parts. You need to practice a lot to perfect this kind of dance move. Ultimately dancing gives you a soothing feeling. A feeling that can ease your pain, stress, and problems. The joyful feeling is just like having the Verizon FiOS Bundles. You cannot control your excitement and you feel like exploding your emotions.

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Mark is a freelance writer and columnist. He has written many articles on communicating, speaking, dance, society, self improvement etc. Besides writing articles, he does hardcore research on the web about entertainment, current affairs, and offers like a Verizon FiOS Bundles provided by Cable TV service providers.

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