DANCE



Dance is the rhythmic movement of the body, usually to music. Also, dance is a performing art form consisting of purposefully selected sequences of human movement. This movement has aesthetic and symbolic values.

Origin/History of Dance

It is not possible to say when dance became part of the human culture; but archaeological evidence indicates that dance has been an important part of

ceremonies, rituals, celebrations and entertainments since the earliest human civilizations. Examples of such evidence include 9000 year old painting in India at the rock shelters of Bhimbetka, and Egyptian tomb paintings depicting dancing figures dated 3300BC. Before the invention of written languages, dance was one of the methods of passing stories down to generation to generation. Dance was also used to show feelings for one of the opposite gender. Another early use of dance may have been as a therapy in healing rituals.

Uses of Dance

Dance provides the following benefits:

- Dancing is used to entertain during social and ceremonial activities
- It is used to pass important information and messages like unity, love, tolerance, peace, etc.
- Dancing allows one to express oneself.
- A sense of unity is formed with dance.

- Dancing provides physical/mental refreshment and relaxation.
- Dancing is a form of exercise.
- Dancing is used in performing religious rituals.