

Hi everyone,

Why do we dance? As I'm sure you know, there are lots of pleasures associated with folk dancing. Here's a list of some of my favorites:

- the visceral deep pleasure of stepping right on the beat
- the visuals - room and lights whirling around
- being in a partner's arms
- getting into the zone in a circle or line dance, merging with the group consciousness
- keeping the traditions alive
- exploring another culture
- the challenge of pattern recognition in learning a new dance
- the satisfaction of mastering a new dance
- seeing and dancing with friends
- meeting new people
- listening to the music, whether live or recorded, and enjoying the different instrumentation and rhythms
- a related phenomena: playing for people to dance
- leading a dance
- helping people learn
- connecting with people by holding hands in a circle or line
- wearing beautiful and dramatic ethnic costumes
- performing for an audience
- losing yourself in the dance
- conversations while dancing
- the joy of having fun and dancing well in a complicated set dance
- having fun while exercising
- helping us set aside our troubles and the outside world for a while

I looked on line to see what others enjoy about folk dancing and found some nice quotes:

"For me, the steps to the dance are like the words to the songs, so I dance the songs instead of singing them."

"It seems there is a perfect folk dance for every mood: simple and soothing, achingly lovely, exciting, challenging -- the range is immense... and the people are friendly and welcoming. I love it!"

"Folk dance recharges me on so many levels! It is my favorite way to exercise, socialize, and enjoy music!"

So, whatever your favorite pleasures in folkdancing are, I hope you'll dance!

Very best wishes,
Bernice Maslan