

# CONTENTS

A Note From the Authors 9  
Prologue 12

## CHAPTER 1: SOLO DANCE— RHYTHM I CANNOT RESIST 17

.....  
*We need this. This is not a luxury—it is a necessity.*

SIR SIMON RATTLE

.....  
The Success Story of Dance 18  
    Magic Rhythm 23  
    Born to Dance 31  
    End of the Line: Prom 34  
    The Pony Farm Dance 43

## CHAPTER 2: PARTNER DANCE— DO YOU SPEAK DANCE? 51

.....  
*Dance is Esperanto with your whole body.*

FRED ASTAIRE

.....  
Something in the Way She Moves 52  
    Mirror Dancing 55  
    May I Have This Dance? 65  
    The Search for a Partner 70  
    To Lead and Be Led 76

## **CHAPTER 3: GROUP DANCE— THE SOCIAL BENEFITS OF DANCING 82**

.....  
Dance is the only art of which we  
ourselves are the stuff of which it is made.

**TED SHAWN**

.....  
Dancing for the Feeling of Community 83  
Moving With the Times 89  
Team Spirit 94

## **CHAPTER 4: DANCING FOR THE BODY— DANCE AS AN ELIXIR OF LIFE 97**

.....  
[When I dance], I sort of disappear, I feel a change  
in my whole body... there's fire in my body... I'm just there...  
I'm flying like a bird, like electricity.

**FROM THE FILM BILLY ELLIOT**

.....  
I Like to Move It, Move It! 98  
A Very Special Nerve 101  
Music in Our Head 105  
Body Perception 110  
Dancing Makes Us Smart 114

## **CHAPTER 5: PRESCRIBE DANCE, NOT DRUGS 122**

.....  
*Wherever the dancer steps, a fountain  
of life will spring from the dust.*

**RUMI**

.....  
**The Effects of Dance on  
Our Heart and Immune System 123**  
Back and Joints 128  
Weight Loss 133

## **CHAPTER 6: DANCING AS THERAPY 139**

.....  
*If life brings you to your knees, do the limbo dance.*

**ANONYMOUS**

.....  
Dancing Our Emotions 140  
Dancing Away Your Inner Couch Potato 147  
Stress: Bitten by the Spider 153  
    Against Anxiety 160  
Depressed? Dance It Out! 164  
If One of Our Senses Is Missing 171

## **CHAPTER 7: YOUNG AND OLD— DANCING AT ANY AGE 177**

.....  
*On with the dance! Let joy be unconfined.*

**LORD BYRON**

.....  
Dancing to Protect Against Memory Loss: Dementia 182  
    Parkinson's Disease 186  
Dancing for Children 189

## **CHAPTER 8: DANCE DOES EVEN MORE— LET'S LAUGH, CRY, AND DANCE 194**

.....  
*Sometimes you get lucky and find a soul  
that dances to the same beat as you do.*

**ANONYMOUS**

.....  
This Is Also About Sex 195  
Nice to Meet You 201  
Enjoying Dance From a Distance 206  
Integration and “Accep-dance” 219  
Let’s Dance 227

## **CHAPTER 9: DANCE TEST: WHICH STYLE FITS ME? 230**

.....  
*You got to dance like nobody's watchin'.*

**SUSANNA CLARK**

.....  
It Has to Fit 230  
Checklist: What Do You Need for a Dance Class? 233  
May I? Dance! 234

Acknowledgments 254  
Sources 258  
Index of Health Concerns and Dances 299