

Popular Dance Styles

Dance is a type of art that generally involves movement of the body, often rhythmic and to music. People enjoy expressing themselves through movement. The word "dance" conjures up different images for different people. Over the years, dance has evolved into several distinct forms. Different styles of dance are distinguished by many things such as shoes, music, and costumes.

Hip Hop Dance :

Hip-hop dance refers to "Street Dance" styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping. This dance style, usually danced to hip hop music that evolved from the hip hop culture. Hip dance consists primarily of moves executed close to the ground.



Zumba :

Zumba is a popular fitness program inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine.

Zumba seems to be an optimal fitness choice, mixing cardio intervals with resistance training. Many experts believe that an interval/resistance combination maximizes caloric output, fat burning, and total body toning. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps.



Salsa Dance :

Salsa is a syncretic dance genre from Cuba. Salsa is normally a partner dance, although there are recognized solo forms. Salsa is usually danced to the salsa music although most people perform the steps with Latin American music as well. Salsa requires a couple, although you can choreograph it as a form of line dance in which a partner might not be necessary.



Latin Dance :

Latin dance is a fast-paced, often sensual, partner dance characterized by sexy hip movements. However, hip movements are not intentional in any of the Latin dances. The hip motion is a natural consequence of changing weight from one foot to the other. Learning Latin dances is fairly easy, as most of the dances are made up of the same basic foot steps.



Ballet :

Ballet serves as a backbone for many other styles of dance, as many other dance genres are based on ballet. Ballet is based on techniques that have been developed over centuries. Ballet uses music and dance to tell stories. Ballet dancers have the ability to transport an audience to another world. Ballet dancers must be highly trained and disciplined, but their hard work and dedication is evident in their ability to glide effortlessly across a stage



Western Dance :

western dance includes several dance forms, usually danced to country-western music. If you've ever been to a country and western club or tavern, you've probably seen a few cowboy boot-wearing dancers twirling around the dance floor with big smiles on their faces. Known to be an informal and relaxed style of dance, dancing is not meant to be sloppy.

