

Why Salsa dancing?

It is well known that you do not have to be of any Latin descent, to understand and appreciate the common benefits that are experienced when dancing salsa. Although there are many reasons why people flock to the salsa scene, most agree it is full of high energy, loud music, and fun dancing! Below are some more reasons why people go salsa dancing.



Benefits to (excuses for) dancing Salsa

- Increases self confidence
- Strengthens motivation
- Weight loss and muscle gain
- Greater muscle tone
- Improves flexibility
- Promotes good posture
- Less impact stress on the knees
- Highly aerobic exercise
- Boosts physical endurance
- Improves circulation
- Relieves stress
- Listen to inspirational music
- Attracts people of all ages/cultures
- Appeals to people with positive attitudes
- Listen and dance to live bands
- Easy way to meet new people
- Great way to network
- Dress to impress
- Different type of club dancing
- Learn music syncopation
- Ability to learn other dances
- Sharpen Lead and Follow skills
- Join a dance team
- Join a competition team
- Found in foreign cities/countries
- Many salsa styles to choose from
- Dance choreographed or freestyle
- No previous dance experience needed



How many calories will you burn while dancing?

That depends on the type of dancing. Here's a range of some of the most popular varieties, based on a 150-pound person, per hour:

♪ Swing dancing:	235 calories/hour
♪ Ballroom dancing:	265
♪ Square dancing:	280
♪ Ballet:	300
♪ Belly dancing:	380
♪ Salsa dancing:	420+
♪ Aerobic dancing:	540+

Remember that salsa dancing is not just fun but is beneficial to a balanced life.

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QUICK QUOTE!

"Salsa is a social, musical, cultural, hybrid force that has embraced jazz, folklore, pop, and everything else that is relevant or could stand in its evolutionary path. It is the reconciliation of the three roots that make up our Latino culture: African, European, and native Caribbean roots." Willie Colón

RECOMMENDED LINKS

- ♪ <http://www.ritmobello.com>
- ♪ <http://www.batanga.com>
- ♪ <http://www.pandora.com>
- ♪ <http://www.colombia.com/RADIO>
- ♪ <http://www.discosfuentes.com>
- ♪ <http://www.tosalsa.com/guide>
- ♪ <http://www.salsaartists.com>
- ♪ <http://www.dancetime.com>

Next issue: Salsa Checklist – Are you dancing salsa correctly?

