

DON'T MISS THESE GREAT TRENDS IN BALLROOM DANCING!

By Andrea Bisconti, Fred Astaire Dance Studio

While there are a lot of classic dances – Waltz, Foxtrot, Tango – it's pretty obvious that dancing also has trends. You can probably think of a few right off the bat: The Twist, the Monster Mash, the Macarena.

But what's happening right now in the world of partner dancing? Here are some of the most popular dances today:

SALSA – You can find a salsa night at a local restaurant or club nearly every night of the week. Salsa originated in the Caribbean and was first introduced to the United States in the 1930s. At first, you could only find salsa in Latino or Caribbean neighborhoods. Now, you'll find it throughout the United States. Salsa is fast, flirty and fun. Search "salsa nights or salsa clubs" online and you'll find lots of places to dance.

BACHATA – Sexy, (somewhat) slow and sensual, this dance is also seen at every salsa club in town. You dance very closely in Bachata with lots of hip movements and cuddling. The rise in Bachata's popularity has led to workshops around the country, Bachata contests and performances that can light a dance floor on fire. Again, check it out online and see if a class is right for you. (Beginner classes will NOT require you to dance closely with someone, so don't worry if that sounds a bit much for you.)



Frankie and Lois dancing an Argentine Tango

ARGENTINE TANGO – Talk about sensual. This dance is all about leg flicks, subtle movements and chemistry between a man and a woman. You'll find Argentine Tango nights all around the Cleveland area and a VERY dedicated community of dancers. The dance originated in Buenos Aires in the late 1800s by lonely men who wanted to impress the few women available in that city at the time.

Of course, swing has been popular since the 1940s along with a host of other dances. But if you're looking to expand your social life, get some exercise and have a great time – check out these three dances at your local clubs and dance studios. *Enjoy!*

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Andrea Bisconti

Andrea has owned the Fred Astaire Ballroom Studio of Willoughby for 11 years. She chose ballroom dancing because it challenged both her mind and her body. Most importantly, she's dedicated to changing people's lives through dance.

Through dance I've seen people gain energy, confidence, friends and mobility. Dance changes their entire perception of themselves. ~Andrea



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