

Question: What are the benefits of tap dancing?

Answer: Tap dancing is a fun style of dance that anyone can learn, regardless of previous dance experience. Tap dancing is beneficial in many ways. Benefits of tap dance include increasing cardiovascular conditioning, strength, flexibility and coordination. Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.

Tap dancing also develops a great sense of rhythm and timing. Tap instructors help students focus on music awareness while incorporating tap steps and combinations. Best of all, tap dance is a solo dance style...you don't need a partner to do it, although that's fun, too.

Health benefits

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- Improved condition of the heart and lungs
- Increased muscular strength, endurance and motor fitness
- Increased aerobic fitness
- Improved muscle tone and strength
- Weight management
- Stronger bones and reduced risk of osteoporosis
- Better coordination, agility and flexibility
- Improved balance and spatial awareness
- Increased physical confidence
- Improved mental functioning
- Improved general and psychological wellbeing
- Greater self-confidence and self-esteem
- Better social skills.