

Why You Should Learn Pattern Dancing!

(aka Team Dancing) ©2019 Janet Lewis (updated 2019-12-17)

Promotes Team Work and Leadership-

A group of eight people have to work together to be successful at Pattern Dancing/Team Dancing. Not many other dance forms require a team. There may be one person who emerges as a leader for others, if assistance is needed.

Improves on Memory Recall Times and Mental Health-

A dancer must learn or memorize how to do the calls, and then only has a second to recall how to do the dance step before it needs to be executed. Studies show that you can slow the onset of Alzheimer's with activities that involve both mental and physical activity at the same time.

Improves Listening Skills and Paying Attention-

The Caller can put the calls in any order, so there is no memorizing any set routines, only the specific calls. The dancing is all improvisation on the spot. You must listen so you catch what the Caller says. A dancer never knows what the Caller will say.

Improves Communication Skills-

If a dancer missed a call, he must rely on the other dancers to help him by telling him where he needs to be or what the call was.

Improves Coordination-

Pattern Dancing causes your brain and body to work together to execute the calls.

Works on Comprehension, Execution and Following Directions-

As a dancer moves about on the dance floor, it is very easy to see if they have understood the instruction given to them.

It Expands Your Music Base-

We dance to everything from Rock to Country to Contemporary music. It helps you with Rhythm, Timing and Styling.

It is Educational-

Pattern Dancing is Math class, as we use different fractions, patterns, and formations.

It is a Healthy Environment-

There is no smoking or no alcohol allowed at any Pattern or Team Dance Events. That means it is a safe haven for people or families who wish to avoid those things or for those in recovery programs.

The Touch is a Healthy Touch-

Holding hands to do a particular call or move, like Right and Left Grand, or giving a high five as you pass by others dancers is a healthy kind of touch that all of us need.

It is Stress Relief-

When you are trying to listen and remember all the calls or moves, you can't be thinking of the worries of the day. It takes your mind off everything else.

It Makes You Laugh-

Where else can you forget your right from your left and not be given a hard time? Don't worry; it has happened to all of us. We laugh at ourselves and move on. What else can you do?

It is a Social Event-

Meet people of all ages in a non-threatening, relaxed social environment. Lifelong friendships are built through the social interaction of others who enjoy the same activity.

It Improves Fitness-

How much exertion you put into dancing is up to each participant. For a high intensity work out, you can rev it up. Not ready for high intensity? You can take it easy for a beneficial and relaxing workout. One can lower blood pressure, improve cholesterol profile, or slow heart rate by dancing regularly. It is also a weight-bearing activity for bone health. Dancing also leads to better balance control as we age. For every 30 minutes you dance, you can burn 200-400 calories. A dancer logs an average of 8000 steps at a dance.

The Travel Opportunities-

There are weekend events or weeklong events. Pattern Dancing is called in English worldwide.