

DANCE!

by Valerie Fraser



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Everywhere, people like to dance. Dancers move their arms and legs to show how they feel or to tell a story. Music is part of many dances. The music can be fast or slow. The dances can be fast or slow, too.



Great dancers train for many years. The dancers move in many ways. They spin and leap. This male dancer lifts the woman into the air.



These women can stand on the tips of their toes when they dance. They wear shoes with flat toes on their feet. Ribbons that are tied with a knot keep the shoes on.





These dancers are telling a story. They move their hands as well as their arms and legs. They bend their knees and wrists. The paint on their faces is part of the dance. So are their dresses, pants, cloaks, and the hats on their heads.



In this kind of dance, the man wears a kilt. He holds his arm in the air. He jumps and turns, lifting his knees.

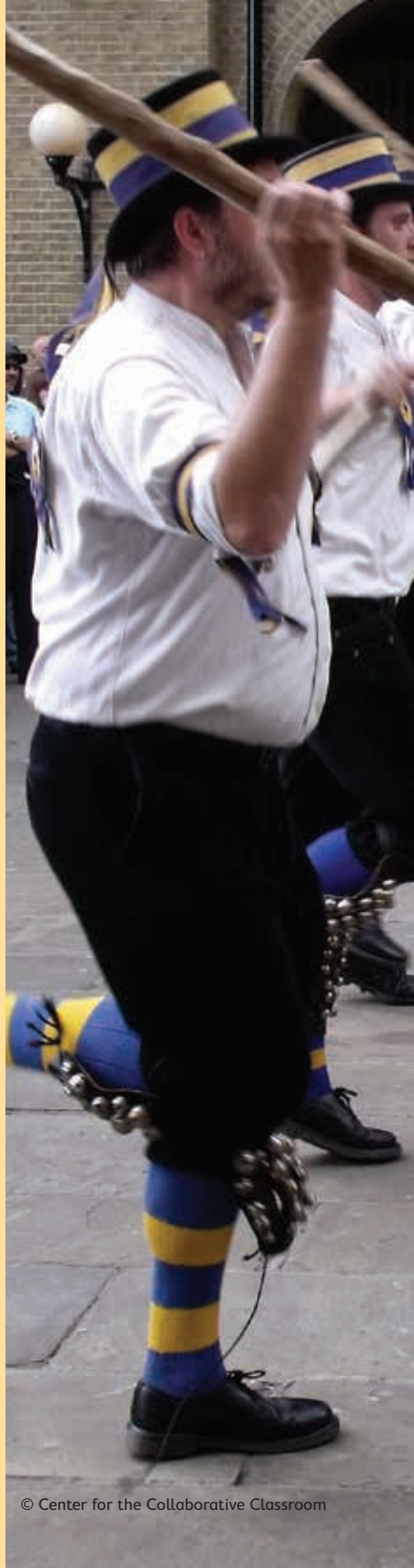


Bagpipes are used in this dance. If the pipes play faster and faster, then the dancers dance faster and faster, too. Each dancer wants to be the best. He wants to be great.

Step dancers move their feet fast, too. But they do not lift their arms. They keep their arms and hands still. They do not even move their wrists. The dancers have shoes that they tie with knots.



These men dance in a line. They tie bells on their knees to make music. They tap and twist their sticks.







Hip-hop dance is done both on the stage and on the street. The dancers do tricks in the air and on the floor or sidewalk. To do this, the dancers must have strong knees and wrists. You may have seen these dancers on the street or on TV.



All over the globe, people are dancing.



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