

Square dancing and its benefits

by [Eva Smart](#)

Top 10 Square Dancing Benefits

Allemande left and do-si-do, swing your partner, round she goes! The American Square Dance is an important part of our cultural history. Square dancing is good, old-fashioned fun and a lively way to spend time, and there are many benefits to this activity.

Square Dancing is an Americanized version of the medieval court dances of Old England, and of the various folk dances that are part of many European cultures. What has distinguished Square Dancing from most other folk dances is the use of a caller to help direct the steps of the dancers. Typically, groups of couples are arranged around a circle or square shape, with the steps moving them around the circle and back and forth with other partners. A caller has music and a microphone, and directs people through a variety of routines and steps. You can dance one number, or you can dance all night!

It's fantastic fun, and as a pastime Square Dancing offers tons of [health](#) benefits. It also can provide social and emotional benefits for the rest of your life.

1) The music is the best! Often it is performed live, with lots of fiddles filling the room with music, but recorded tunes might also be used. It is lively, toe-stomping music, and it fills dancers with energy and a carefree attitude. Music is a great benefit to our spirits and to the lasting health of our brains.

2) It's easy. This is a great benefit to beginners. Square dancing is MUCH easier than line-dancing or prescribed dance routines, because a caller helps you through the steps. The steps are simple, and you will quickly catch on even if you enter the dance not knowing the difference between a do and a si-do. If you mess up, you'll quickly catch up by watching your group.

3) Movement is great for your body. While it's not strenuous-which means that most people can do it-it does get you moving and provides some cardio strength building. The health benefits are some of the most important benefits to older square dancers. The music and the fun can make you forget you are getting a workout, but your blood is pumping, your limbs are moving and your lungs are getting [fresh](#) air pushed throughout your body.

4) It's addicting, which means you'll be back again and again to reap its benefits. [Exercise](#) is not much of a benefit if you don't do it! Square dancing, however, has great appeal and a social connection, so it is common for dancers to make it a weekly or bi-weekly activity.

5) People who are embarrassed by free-style dancing often find the steps much more comfortable. Every one is doing the same thing you are doing, so there's no reason to be shy! This provides a lot of benefits. It reduces the stress people sometimes feel socially or at activities, and it encourages full movement participation.

6) Square Dancing is social! It is a blast to hang out with friends and families in this way. Also, it's an easy way to meet new people without the pressure of thinking of things to talk about to break the ice.

7) The steps require you to use both sides of your brain, and what is called "cross-lateral" movements, which are movements that cross from one side of your body to the other. These are great exercises for your brain, memory and coordination, which are all important as we develop as children and as we age as adults.

8) It reduces stress. Stress is the number one [health](#) issue, and it is related to disease and disorders of all kinds. The combination of all of the above-listed benefits make square dancing an excellent solution to the need for stress-reduction.

9) No age limits or ability requirements are a great benefit. There are no barriers from making square dancing a lifelong hobby.

10) Most importantly, if you stick with it, you will want to get yourself some cowboy boots, or western wear, and cowboy boots are cool!

With all of these benefits, the pastime of Square Dancing has many fans. It is a fun link to our country's past, and it is a fantastic way to improve your health while spend time with others. Swing your partner and give it a try!