

## 10 reasons why you should learn to dance.

Written by Sergio Leal

Sunday, 28 November 2010 20:05 - Last Updated Thursday, 02 February 2017 20:40

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### **Top 10 Reasons Why You Should Learn to Dance!**

1. **Exercise** - Get in shape while having fun!
2. **Balance** - You work hard... do something fun for yourself!
3. **Expand Your Social Life** - Meet new people with a common interest!
4. **Gain Self-Confidence** - Stand out on any dance floor!
5. **Great Way to Spend Time with Your Favorite Loved One**
6. **Improve Your Social Dancing Skills** - and social gatherings!
7. **Relieve Stress** - Take your mind off of everyday stresses!
8. **Overcome Shyness** - It's time to come out of your shell!
9. **Improve Your Posture** - correct dance technique!
10. **Improve Your Memory** - Memorize many dance patterns!

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