

# Ballroom Dancing Enhances Relationships

By Richard Fiore

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Ballroom dancing gives couples an opportunity to strengthen their relationships in a unique way. It is an activity that truly helps individuals to establish a greater sense of harmony with each other. This article will highlight some interpersonal benefits of ballroom dancing.

It is so easy to get caught up in life's daily routines that enjoying our significant other can become increasingly more difficult. This can cause couples to feel isolated in their relationships. Attending ballroom dances together allows you and your partner to be fully present with one another. Spending time together in an engaging activity such as ballroom dancing sure beats watching TV or staring at a cell phone screen. By sharing time in doing something fun together, couples are able to rekindle their relationships. Ballroom dancing provides a great means by which to accomplish this goal. When couples are out dancing, they naturally spend more meaningful time together. The time spent on the dance floor is an excellent counterbalance to sitting at home doing mundane things.

Ballroom dancing is a combination of work and play. It is an opportunity to work through the dance as a couple. It is a way of learning to work together as well as working to learn together. It is an enjoyable activity that affords couples an opportunity to dissolve competitiveness within their relationship. Ballroom dancing truly provides a means for partners to be on par with each other. In essence, it is an agreement to be open and willing to share in a joyful experience. However, this is an individual choice that requires mutual cooperation. Therefore, it is especially important not to spoil the mood with criticism during a dance session. If you feel that something needs to be said, make sure to state the positive first. It is all too easy to focus on the negative and forget to acknowledge the positive. It is better to sincerely compliment your partner rather than to feign praise. Be careful not to direct critical remarks at your partner on the dance floor. Saying things such as, you need to pay closer attention, or you are not stepping correctly etc. is never a good idea. Rather, it is always better to use the pronoun 'we', rather than 'you', in these situations.

Being able to effectively communicate with each other is vital to any relationship. This alone can help you and your partner avoid difficulties both on and off the dance floor. Ballroom dancing requires that both partners move together as one throughout the dance. This requires verbal as well as non-verbal communications.



Most individuals focus mainly on basic techniques such as feet placement, footwork and timing etc. To do this, ballroom dancing requires other levels of communications. There are various aspects such as interpretation of the rhythm, non-verbal lead and follow cues, the physical connection, facial expressions and more. The numerous body language signals always seem to register more clearly between partners. Conversely, verbal communication is also an important supporting factor. Communicating problematic occurrences on the dance floor such as improper weighting, timing etc. is a delicate situation. The key is to be especially aware and courteous about how you are communicating in these instances. More importantly, a genuine desire to communicate the joy of dancing with your partner should be at the very top of the list. The feeling of exuberance can be best conveyed by sincere appreciation and presence with each other.

One of the most attractive facets of ballroom dancing is that it is an intimate activity. It creates a physical connection that requires trust to occupy each other's close-in space. It has the potential to express passion, playfulness and a true desire to connect deeply with each other. This expression provides a supporting means by which partners show their affection for one another both on and off the dance floor. There is something very exhilarating about the connection that couples experience together on the dance floor. It has the potential to rekindle passion with your partner.

Ballroom dancing is an exciting activity that can strengthen relationship bonds. It does this in a way that no other activity can. It helps people to more fully express sides of their personality that might ordinarily be suppressed. The non-verbal communication that takes place on the dance floor may even serve to enhance verbal communication in everyday life. Ballroom dancing is an activity that fosters a sense of harmony with each other. It helps individuals move through life more gracefully and can add a lot to your relationship.

## Ballroom Dancing at Adelphi University

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### **New Fall Class Schedule**

**Description:** This class offers an opportunity to gain experience in social / ballroom dancing. It is an excellent choice for those looking to develop fundamental dance skills as well as building on previous experience. The instructor will break down all dance figures and combine them to form amalgamated routines. Best practice syllabus-based techniques in timing, feet positions, alignment, footwork, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Social dancing gives you a more positive outlook on life!

Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes or dance shoes. Sneakers or rubber bottom shoes are not recommended.

**Candidate Dances:** Foxtrot, Rumba, Waltz, Cha Cha, Swing, Salsa/Mambo, Bachata, Tango & Meringue

**Class Dates (Fall 2021):** Fridays - 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18 and 12/2

**Instructor:** Richard Fiore – Dual Licentiate, US Imperial Society of Teachers of Dancing

**Location:** Adelphi University, One South Ave., Garden City, NY 11530 - Woodruff Hall Dance Studio

**To Register:** \$125/person for general admission. **Registration with a partner is recommended.** Call Noreen DeNicola at (516) 877-4260 or email [ndenicola@adelphi.edu](mailto:ndenicola@adelphi.edu)