

# 10 Reasons to Start Taking Salsa Dance Classes or to Start Dancing by Morry Krispijn from Salsaventura

## **The 10 Best Reasons To Take Dance Lessons or to start dancing**

Do you know why many people take dance classes? Of course people go to dance class to learn how to dance. But why does one want to learn how to dance? Do they want to exercise more, meet (more) people, have more fun, do they want to learn something new or are they looking for an intimate relationship?

Sometimes the reasons change. For example, I once started dancing because I had planned a trip to South America and I wanted to be able to dance. Today I mainly dance because of the music, the atmosphere and the people. I just love to be around people that love dancing. It feels like kindred souls.

Therefore I always recommend people who are already able to dance, to keep dancing. It is one of the greatest gifts you can give to yourself. That is also one of the main reasons that we give all students once a season free entrance to our monthly party. We do this so that they can practice what you have learned, even outside the dance class and to get familiar with the dancing scene outside of their class environment.

However, not everyone uses this option. And when I once asked one of our students: "Why don't you go to the montly party?" He said, "the lessons are fun enough already."

I became curious and, based on his reaction, I conducted a brief survey among a large number of our students with the question:

“Why would you recommend someone to take dance classes?” The reactions were diverse but speak volumes. As a result of the reactions, I have compiled the 10 Best Reasons for you to take a dance class.

So here we go!

The first good reason to go to dance class seems to be an open door:

### 1: To learn how to dance

Now you may think: "tell me something I don't know". But for me this answer came as a bit of a surprise. Why? About half of all people who attend classes are single. The other half comes with his / her partner. So it would not be so strange that people who go to class are looking for new friendships, a relationship, socializing or the possibility to do something fun together. Dancing can therefore be an ideal means to achieve something that is not directly related to dancing.

### 2. For the atmosphere

Taking a dance class is generally a pleasant affair. For most people, a good dance class is an ideal mix between learning a lot, laughing a lot and having fun together in a great atmosphere.

### 3. To meet new people

In many dance schools the teacher will ask you to change partners during the class. This a great way to meet new people. We also see students meeting up together to go to a party. They many times use Facebook or Whatsapp groups to plan a date together.

#### 4. To do something fun with your partner

It is not for nothing that ballroom dance schools have been advertising the slogan: "Dancing is fun for 2". Dancing is an ideal way to do something fun together, to learn something new and to exercise / exercise together.

#### 5. For your fitness / health

A test was done by the Dutch TNO a few years ago. Measurements were taken during various dance lessons. Salsa was ranked second in terms of intensity. As first not entirely as a surprise, African dance. The Bachata, Kizomba and Zouk were not included in that study at the time, but they will also come close to the intensity of Salsa. The fact is that dancing is very good for your health. In the meantime, various studies have shown that it can prevent or at least delay dementia.

#### 6. For relaxation

This is also a great reason to dance. Dancing actually reduces stress. An ideal way to bring some balance into your life if, for example, you are busy with your brain all day. In addition, endorphins are released during dancing. The word endorphin is combined from the strains endo, which can be translated with inside, and morphine, which refers to the morphine-like effects. This is the main reason that dancing can be very addictive.

## 7. Growth

One of the 6 human needs is growth. And no matter how well you can dance, by continuing to practice you will eventually get better.

## 8. You can dance anywhere in the world

Dancing unites. Did you know that you can dance the Salsa in more than 80 countries around the world? This means that you can always dance somewhere when you are on vacation or on a business trip. This allows you to get to know the locals very quickly, which can lead to great experiences and new friendships.

## 9. To the music

It is hard to explain, but when many people hear Salsa, Bachata, Kizomba or Zouk, most of them cannot stand still. The structure, the different instruments that are used, the interaction of the musicians. And apart from the lyrics, each of these types of music has a unique sound.

## 10. To keep it up to date

"What is not trained is lost"! And that also applies to dancing. And although you can keep your dance level up by going to parties, a large part of the students seems to benefit from taking dance lessons regularly.



## Links:

- [Salsaventura.tv – Online platform with hundreds of high quality instruction video's](https://salsaventura.tv)
- [Youtube channel](#)
- [YouTube 6 Turn Pattern System](#)
- [YouTube 7 Ways of Holding Hands](#)
- [Salsaventura playlist on spotify](#)

## Salsaventura offers:

### The Salsaventura Franchise formula

- Do you own a dance studio or do you want to start one? Join Salsaventura and get the full teachers program, a great easy to use administration package and our full support.  
For more information please contact: [info@salsaventura.nl](mailto:info@salsaventura.nl)

### Salsa Teacher Training

- Every year we teach our one week Teachers course on the beautiful island of Ibiza. For more information please contact [info@salsaventura.nl](mailto:info@salsaventura.nl)

### Salsaventura.tv

- Step by step structured Online instructions from beginners tot advanced at [www.salsaventura.tv](http://www.salsaventura.tv)

### Dance Classes

- We offer high quality dance classes for all levels in Salsa, Bachata, Kizomba and Zouk. Please check out: [www.salsaventura.nl](http://www.salsaventura.nl)

## **About myself**

I started dancing back in 1996 and picked up my first Salsa steps in Cali, Colombia. When I came back to Holland after this great latin adventure I decided to take classes. With a background of martial arts I had received great teachings from great teachers. During that time there were not many great teachers around in the latin scene so after receiving another quit disappointing class I decided to make a change. My main goals then was, and still is, to offer step by step, structured dance classes with an eye for detail and space for fun.

I developed a system called “The 6 Turn Pattern System”. This was till recently probably the best kept secret in the Salsa scene. I am very happy to see how people are picking up on the system using it in their dancing.

My main goal is to spread the passion for Salsa around the globe. So if you are interested in partnering up, let me know. You can reach me at: [morry@salsaventura.nl](mailto:morry@salsaventura.nl)



Website: [www.salsaventura.nl](http://www.salsaventura.nl)

E-mail: [info@salsaventura.nl](mailto:info@salsaventura.nl)

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