

# "Couple's Dance – Science, Research and Everything in Between"

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Background: It is widely held that there is compensation mechanism of the brain when the individual is under pressure and forced to deal with issues that were supported by the injured or malfunctioning area let alone people with no pathologies. The levels of serotonin and oxytocin are also believed to increase through laughter and human touch in dancing activity.

Objective: To improve motor, cognitive and coordinative skills in people as well as enhancing their social skills, and address issues of depression and poor self-image.

The method: Teaching couple dancing in the areas of blues dance, Latin (salsa, bachata, rumba etc.), Ballroom (waltz, foxtrot etc.) and Argentine Tango through a structured methodology and tools

Anticipated results: 1) Improvement in motor and coordinative skills, heightened awareness of their surroundings and application of the dance teaching methods into everyday life especially for elderly and individuals with PD 2) improvement of social skills, especially for young individuals with autistic spectrum disorders.

Discussion: Highly rewarding results in areas of motor, coordinative, cognitive and communication skills have been achieved by following structured training in social dancing. Dance instructors, require clear-cut lesson plans tailored to current anticipated levels of the student's abilities.