

# **What is line dance**

**A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing each other or in the same direction, and executing the steps at the same time. Line dancers are not in physical contact with each other. Like any other dance, line dance is an aerobic exercise and brings well known benefits, for example:**

- reduction in the risk of cardiovascular disease;**
- weight control;**
- psychological well-being and other benefits associated with physical fitness.**

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***Fitnance uses all types of music genre when teaching line dance (for example, hip hop, jazz, gospel, R&B). Present your song and I will choreograph a dance to it.***