



“The pen is mightier than the sword.”

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Why I Go Ballroom Dancing

By: Ben Emata

Any doctor or people engaged in the science of medicine and even quack doctors in far-flung countryside would tell us physical activities are good for the heart. That means one must engage in any form of physical exercise to maintain a healthy heartbeat, joy in the spirit and more active life. In giving yourself physical actions, you give your heart a great task by allowing it to pump blood for healthier life. You perspire profusely, an indication that you burn fats and calories appropriately. Fats are disastrous to the body since it make you become obese and blood and cholesterol level can do its tragic job in the flow or clogging of blood in the arteries. It could cause death or being in the vegetable state if one is lucky enough to survive.

This precisely is the reason why our educational system has prescribed physical education, calisthenics, drills, sports, and others to young boys and girls in schools. Various games are encouraged for no other purpose but to put to action dormant human structures. Many people go to parks and playgrounds to play, jog around, walk, run or just engage in any physical exercise to allow the heart to palpitate thus permit the smooth circulation of blood. And by such an activity, they maintain a good habit of physical exercise and better health. Every man has his own way of making himself physically fit.



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To my mind, one of the best forms of physical exercises that is also effective like any other items in the list and adopted by a lot of people is ballroom dancing. I went for its fantasy and for many years I saw people from all walks of life more particularly the elderly perform those beautiful dance steps in full cadence with music. I like dancing better because it gives me the same result that others are getting in jogging and running. And I even enjoy it more because there are things in dancing that one does not get in just running or engaging in other sports.

The Music and Dance steps

There are the fantastic musical pieces to enjoy like those composed by great musicians like Glen Millers, Tommy Dorsey, Xavier Cougat and many more. You hear live bands and see great performances of great musicians, famous singers, and classical pieces, latest in jazz, swing, etc. and something new in the musical world. Music alone is good for the brain and the spirits. As if these are not enough, in dancing you meet new and old friends and still meet more, more friends. Meeting friends is unlimited. This encounter between man and woman holding hands to the sound of the trumpet in the rhythm of great music is adding energy to the spirit and human system.

In dancing, one has to be sanitized, well dressed, grooming, glamorous in appearance and some scents of freshness. The reason is there is body touch in this business and a close contact with the opposite sex, which can spell a lasting impression. The nice effects of this form of physical exercise are you enjoy the music and other's company. By constant conversation and exchange of ideas, you become very close to each other and this situation can spread



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to relatives. Thus, the birth of a database for business contacts. Unwittingly, networking out of friendship and business relationship can evolve.

On top of all these your presence with lots of people can make you smile without let up. You talk, laugh and even emotional at times just listening to great compositions of the yesteryears. Holding the tender hands of a woman in public without good reason can be malicious and is definitely courting a criminal case and one can get a slap or even date with jail time. But holding her hands while both of you listen to music and your legs and her legs freely swing and sway beneath the shadow of cascading rhythm is not immoral. These actions are definitely legalized by music and highly authenticated by orchestra playing and lights. It is an ordinary sight in any dance floor.

Antiques Are Active; Business Flourishes

Dancing makes your body move and your senses alert. Your heart beats faster while your muscles go wild and health nourished. It is not rare to see antiques people (age 80 – 90) supposedly destined to the museum of human beings, happily doing the cha-cha, tango, rumba, salsa, swing, samba and the cumbia. And these gentle oldies enjoy a lot instead of just watching sadly at the sunset and waiting for the twilight moment of their lives. These are concrete signs that indeed in dancing there is strength earned in the body designed to last longer. With music, one just twists his body, moves to the left and quickly to the right, back or front plus learning by sight dance steps. On top of the benefits man can derive in dancing, there are also things that can enrich his mind and pocket. For instance, the database you developed after meeting



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a lot of dancers can become your clients on whatever marketing venture you may have. In my case, I am engaged in newspaper advertising and certainly my dance buddies can refer me to their businessmen-relatives. This is shooting two birds with just one bullet. You get the benefit of dancing while you earn through contact with classmates. And in some cases, romance blooms in the middle of the dance floor that had resulted in some marriages of museum-bound antiques.

The Hazards of Jogging

In jogging, walking or plain running around in sidewalks, parks or anywhere else, there is always that risk of being run over by a car. There is that danger of being overtaken by a mad dog and bitten. There is also that dreadful incident of being kidnapped or abducted or for ladies being raped. Sudden change of weather can take place sometimes and expose a runner in heavy rain. Besides, almost always a jogger is all by himself and lonely while the dancers confine themselves in the great dance floor. A dancer hears the music that shatters the sounds of thunders and lightning and echo into the whispers of foot works and dance steps. Into the night, dancing relaxes your soul and into the wonders of dreamland. It goes in extreme excitement.

After a good number of years that I indulge in clean dancing, I still consider myself an amateur. To me I don't have to be a winner in any competitions or would even participate in dance tournaments. All I need is dancing at my pleasure and to go with the current style of music. My wish is I should go with the appropriate timing of the tempo and the drum that makes it to the cadence of steps. Some people are too timid to think of their steps that fall apart. My



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advice is never being conscious of your blunders while dancing. Just proceeds as the music goes and let your determination to learn are the guiding star to become just an ordinary ballroom dancer. When the tempo goes upstream, let loose yourself, go and float gracefully in the air and be in precise motion with the drums that lead the way. Remember always the things that spell the rhythm whether it is swing, tango, bogie boogie or rumba.

For all you know, I have performed a tango dance during a wedding in Monterey, California, with partner who is of dance fame. I also performed the “Paso Doble”, a Spanish dance during our organization annual reunion in Las Vegas, Nevada, also with another famous dance partner.

I performed the tango too in smaller organizations and indeed it drew a lot of cheers and acclamations from guests.

Dancing is for all people regardless of profession or calling. We go into the venture, because we want to enjoy the art and give our heart a chance to work. In this exercise, whole body system works like the legs, the hands, the head, the stomach, and the thigh - - even the hair and have course the senses. It is fascinating with all those eyes watching you and the cheers of people who also enjoy your performance. If music is for the soul, dancing is for the body. Thus a combination of these two special features can make one extraordinarily happy.