

## Contra Dancing

Written by Admin\_html\_test  
Sunday, 14 March 2010 19:00

---



People are constantly trying to find new ways to lose weight or exercise. If you stay up late to watch TV, you will see nothing but Chuck Norris and other actors selling you the latest product that got them into their latest six pack shape. They always make it look so easy.

My favorite is the Ab Circle Pro. Just sit on your knees and hold on for your life as you go side to side on the machine. I cringe every time I see that commercial not because I believe it won't actually work but I do have my doubts. I cringe because of the extreme curve in your lower back it induces and the chance for injury. But that is just the professional in me speaking.

So, when my friend suggested I check out this new/old craze called contra dancing, I was skeptical. Contra dancing refers to folk style dance where couples line up in two lines while a caller calls out the dance moves. I know, it sounds like something straight out of 1720's and you are right.

Now, I know you are thinking this sounds like square dancing. I have never been square dancing, so I can't say for sure but I didn't see any women in gingham skirts dancing around or haystacks.

It was not only a great way to get a cardiovascular workout without even realizing it but a great sociological experiment. The main premise behind contra dancing as I see it, is socialization. Upon my arrival, I was immediately asked to dance by a lovely gentleman, who was kind enough to teach me the basics. He was very understanding as I learned the steps and preceded to head in the wrong direction several times. I was then asked to dance three more

## Contra Dancing

Written by Admin\_html\_test  
Sunday, 14 March 2010 19:00

---

times by complete strangers and it was not in a weird creepy way. Since you end up dancing not just with your partner throughout each dance, people's need for personal space is dissolved.

I know it sounds crazy but never in my life have I arrived at an event where I only knew one person and within in minutes I was completely welcomed and felt like I belonged. And never in my life have I been so dizzy after dancing. (I learned later the key is to look in your partner's eye, which is a weird concept for strangers to attempt.)

Maybe it is because I have always had a love of dancing but I really think it would appeal to many people, especially those looking to meet new people and a new workout. And it is usually on the weekend and at night. I love it when my leisure activities double as exercise. It is the ultimate goal for multi-taskers like myself. Why sit at home staring at your new exercise equipment? Get out there and try something new whether it be contra dancing, karate, or a boot camp! I think you will find that when you have a sense of belonging you will feel more apt to stick with your routine.