

Why Dance? – The connection.

By Don Mindach

I have wondered that question since I was in the sixth grade. Like most guys I was very afraid of even the thought of dancing in public. The thought of a girl's rejection and not doing something well was an overpowering reason to never go anywhere there was a "dance". So for the puberty to young adulthood I avoided all but the most insistent prompting by the ladies in my life.

Then I met "Bridget" She was a vision of loveliness, fun, funny, bubbling with enthusiasm, and not the slightest bit judgmental about my very poor ability. She was patient with me, but somehow managed at the same time demand my best effort, and just being with her was fun, I wanted very much to please her, and win her approval with my advancements. After several weeks, I began to relax and feel the connection the music brought to us, when our dance went well. Soon the experience was much more than just an opportunity to be close to a very pretty girl, I was enjoying the non-verbal connection to the person inside "Bridget" on several levels. I found the natural beat of the music inside me, and dancing soon became as easy as walking. I saw the approving looks from others who saw us on the dance floor. I will always remember the poise, confidence, balance and that wonderful dance teacher brought to my life.

I was disappointed when she started arranging dances with other students and teachers but soon I found that I could "connect" with almost anyone under the right conditions. Those connection, though rare, are out there and worth the effort it takes to find. It is sometimes comes with just the right song at the right time, other times it is the right type of music, with that special partner that understands something the way you understand it. If you are very lucky, you will find someone you "click with" often.

If you don't know what I am describing here, you have not felt that connection. I have been associated with several dance organizations, groups and I have danced with hundreds since Bridget, and I can tell those who have connected. It is always flattering when the ladies say something like "I have never danced like that before". I can always tell I was their first. These days I can look over a floor full of dancers and see the partners that I might have a chance of having that magic moment.

Advise for guys; Learn to lead and keep time, not much else matters, the steps can be important but it is not what dancing is about, it is the connection with you partner have that makes all the difference. Learn to connect, it is the reason we dance.