

NEW

Supreme

care for smoother skin.

Introducing a new range of hair removal creams and waxes.



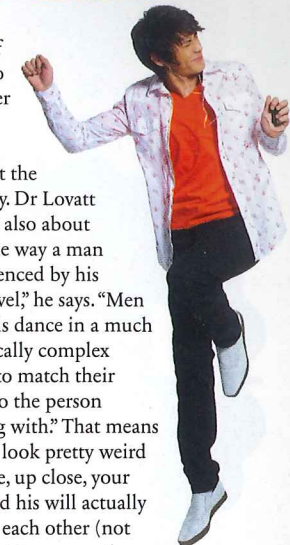
New Veet Suprem'Essence, with Velvet Rose and Essential Oils, leaves your skin delicately scented and luxuriously moisturised.



Veet

What beauty feels like.

veet.co.uk



First things first: men *can* dance – just not usually if they're British. Or straight. And that means that, unfortunately for you ladies, if you're heterosexual and resident in this country, our dodgy dance-floor moves are something you're just going to have to put up with.

But then, be honest – you rather like it, don't you? Personally, my uncoordinated jerks and bounces, the 'surprising' arm movements, that weird half-smiling, half-concentrating expression... it might look pretty silly, but isn't it kind of endearing? And at least it means I'm comfortable enough with myself not to worry about looking like a bit of an arse.

You might think dancing is all about grace, poise, expression – or at least moving vaguely in rhythm to the music – but actually, the truth is rather different. Dancing, it seems, goes way deeper than that, and when it comes to mate selection, the bloke who entices you on to the dance floor is way more likely to lure you into a horizontal tango too.

Dr Peter Lovatt is a lecturer on the Psychology of Dance at the University of Hertfordshire, and recently conducted a study of 14,000 people into how men and women dance. "Men tend to have little confidence in their own dancing until they reach their mid-to-late 20s," he explains. "Before then, a lot of men simply won't dance at all or, if they do, they'll make very small movements"

The problem is, once we gain that confidence, our movements get bigger, more expressive... and less coordinated. "Ironically, that's why they look like they can't dance," he continues. "It's because finally they've got the self-confidence to express themselves on the dance floor, but without the skill to do so in an aesthetically pleasing fashion." In other words, most of us men are destined to shimmy our way into the dreaded 'dad dancing' as we get older. It may be bad to watch, but be grateful – this is

nature's way of warning you to look to younger men to father your babies.

But that's not the end of the story. Dr Lovatt says dancing is also about hormones. "The way a man dances is influenced by his testosterone level," he says. "Men with high levels dance in a much more rhythmically complex way, and tend to match their coordination to the person they're dancing with." That means while it might look pretty weird from a distance, up close, your movements and his will actually mirror each other (not that I'm suggesting,

dear reader, that you dance like a man).

"These high-testosterone men aren't necessarily technically good dancers to watch," he continues, "but they are better to dance with."

I freely admit I can't dance – not in the way that the

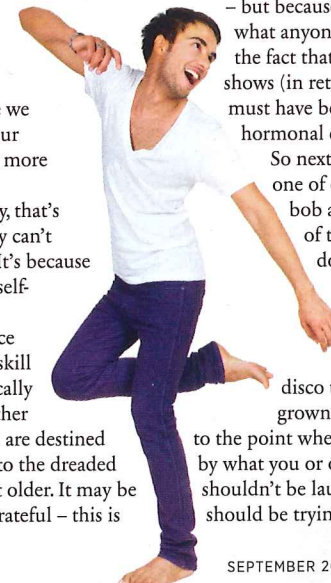
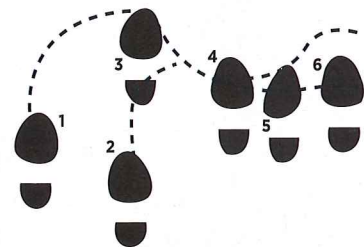
people who win *Britain's Got Talent* can dance (or even those who get laughed off it). But my wife says the moment she really knew I was The One when I joyfully pogoed my way across the room to S Club 7. Not because my moves were in any way impressive – but because I clearly didn't care what anyone else thought. And the fact that she then joined in shows (in retrospect) that there must have been some kind of hormonal connection there too.

So next time you watch one of our species woefully bob around on the fringes of the wedding disco, don't be too quick to judge. He's a man who's packing a whole lot of testosterone in his disco trousers; a man who's grown in self-confidence to the point where he's not bothered by what you or others think. You shouldn't be laughing at us, ladies. You should be trying to dance with us.

The BIG Question

WHY CAN'T MEN DANCE?

It's all part of a mating ritual, says Mr Uncoordinated, Dominic Utton



PHOTOGRAPHS GETTY/ISTOCKPHOTO