Why grandpa is the best mover on the dance floor

IF BEING told you dance like your dad is an insult, being likened to your grandfather could be the ultimate compliment.

Research shows men's confidence on the dance floor rises with age. And by retirement, it is at an all-time high.

But for women the opposite is true, with nothing matching the abandonment of dancing in front of the mirror as a teenager.

The results come from a study of thousands of Britons carried out by Peter Lovatt, a professional dancer turned psychologist.

Dr Lovatt, of the University of Hertfordshire, asked almost 14,000 men and women to imagine they were dancing at a party and to rate their prowess.

This revealed how 'dance confidence' varies with age, according to the journal Personality and Individual Differences.

'The study also shed some light on 'dad dancing' - the wild moves made by men of a certain age at wedding receptions.

When Dr Lovatt asked those taking part to describe how they danced, he found men in their late 30s and 40s owned up to making exaggerated and unco-ordinated moves. This, says the researcher, may be nature's way of keeping them out of the way of young, fertile women.

Dr Lovatt said: 'I believe everybody can dance. You don't have to move like John Travolta, just be yourself.'