THE SCIENCE OF DANCING

DAD DANCING WITH PRIDE
According to studies by Dr Peter Lovatt of the University of Hertfordshire, aka "Dr Dance", girls under 16 are the group most confident in their dancing ability, but this declines in women over 55. Men over 65, however, were very confident dancers.

SHAKE IT, BABY
Women rate male dancers higher when they use larger and more variable head, leg and torso motions. These could show "honest signals of traits such as health, fitness, genetic quality", said researchers at Northumbria and Gottingen universities.

CHEEK TO CHEEK
Studies have found that tango dancing benefits Parkinson’s disease patients, with a 12-week course boosting memory.

BRAIN DANCE
Research by Columbia University, New York, involving PET imaging showed that synchronising music and movement is a "pleasure double play" for the brain, engaging both the intellectual brain and the physical body unlike any other activity.

Sara Vetro