

TAKE A LOOK AT THESE AMAZING BENEFITS OF TAP DANCING FOR ADULTS



- It's good exercise, and helps develop stamina, coordination, and flexibility
- Fun style of dance that anyone can learn, regardless of previous dance experience.
- Tap dance movement strengthen hips, knees, and ankles and increases flexibility.
- Tap dancing will improve cardiovascular health and can also burn off lots of calories.
 - It's a great leg workout which helps boost your metabolism.
- Tap dancing can be customized to anyone of any age and all fitness levels. Not only can adults participate, but senior citizens can enjoy the dance as well.
- Tap dance gets the heart rate up in a way that's way more enjoyable than a jog around the block. It tones the major muscle groups in the legs and core and is a super fun way to stay in shape.
- The quick footwork is great to build flexibility and muscle memory movements that will last a lifetime!
- Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.
- Tap dance works the core for improved balance. And the benefits of a strong core are numerous, including less back pain and risk of falling.
- Tap dancing is a great foundation for hip-hop dancing.