**Sentences – Dancing: Dance Facts**

* First archeological **proof of dance** comes from the 9-thousand-year-old cave paintings in India.
* One of the earliest uses of **structured dance** was introduced in religious ceremonies that told the stories of ancient myths and gods.
  + Egyptian priests used this kind of visual storytelling in their rituals.
* **Ancient Egyptians** used dancing for both entertainment and religion.
* Dance represented important parts of many Greek and Roman **religious ceremonies**.
* Ancient Greeks and Romans annually celebrated their wine gods **Dionysus** and **Bacchus** with several days long festivities filled with alcohol, song and **dance**.
* History of **European medieval dance** is fragmented and limited, but is believed that simple folk dances were widespread among common and wealthy classes.
* **Modern dance history in Europe** started with Renaissance, when many new dances were invented.
  + After that, periods of Baroque, post French Revolution, Elizabethan era, World War 1, Prohibition, Ragtime and pre-WW2 brought many new waves of dance styles.
* **Waltz**, one of the most popular dances today came into popularity in mid-19th century by the efforts of the famous composer Johann Strauss, but its origins can be traced even to the distant 16th century.
* At first, waltz was performed with arm's length between **male and female dances**.
  + The shocking transition to the close embrace happened only after English Queen Victoria fell in love with the dance and forced this change.
* **Around 30 thousand people** are employed in UK dance industry today, maintaining around 200 dance companies.
* Even people in wheelchairs can dance!
  + Such dancing is very popular in Europe where there are even competitions in Latin dances with special wheelchair choreographies.
* **Professional dance** is today regarded as one of the most demanding physical abilities and sports.
  + According to studies, 80% of all professional dances have at least one major injury during their career and staggering 93% of all dance teachers were forced into that position after career ending injury.
* **High amount of injuries** in professional dancing is induced by high levels of fatigue, little time for rest, inadequate healing techniques and high stress levels.
  + All those factors can produce burn out periods when dancers have decreased strength, coordination, cognitive and immune functions.
* **Lion Dance** is one of the most popular religious and ceremonious dances in China and surrounding countries of Taiwan, Korea and Japan.
  + This dance can signify bringing of good fortune, ward of evil spirits and be an excellent showcase in martial arts proficiency.

Source: http://www.dancefacts.net/