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Vocabulary: dancing 词汇: 跳舞

If you asked me to dance, I'd probably freeze on the spot. I lack **rhythm** and **coordination** and some people say I have **two left feet!** But with some persuasion and **Dutch courage** I can be tempted to take to the dance floor and **shake some moves** – and that, apparently, is only natural.

Experts have found as well as being fun, dancing might have helped us to survive as a species. **Evolutionary anthropologist** Bronwyn Tarr from the University of Oxford has been telling the BBC World Service CrowdScience programme that when we dance with others, we are rewarded with feel-good **endorphins** that change how we feel about ourselves and those around us.

Dancing alone is one thing but it's dancing as a group that makes our brain reward us with a cocktail of feel-good **hormones** and is likely to lead to profound social effects. It's being **in-sync** with others that makes us happy. She says that "dancing **fosters** social closeness between people. It helps us build **social connections** and communities. In our past, those social connections would have been critical for surviving."

You certainly need the right kind of music to help you **shimmy**, **boogie** or even **twerk**, but once you get the right beat and **get into the groove** with others, it can be an **uplifting** experience. Even my cringeworthy **dad dancing** makes me feel good sometimes. And in Swindon in the UK, this 'style' of dancing has been taken to a new level, where babies, attached to their fathers' chests in a sling, have been dancing with the aim of increasing the **bond** between parent and child.

Dance is also a good way to keep fit and improve our mental health. In Wales there have been calls for doctors to **prescribe** dance classes to people who are unwell. The Arts Council of Wales claims there are many health benefits. And Bronwyn Tarr says "more and more we're actually discovering that your **longevity** – your life expectancy – is predicted by the social connections that you have... still today it's something we should do more of."

It could be part of being an uptight Englishman that makes me a reluctant dancer. Look at other nationalities such as Cubans where dancing is at the heart of their **cultural identity**. And in Brazil at Carnival time, people **let their hair down** by dancing together day and night. They seem to be having a good time – so maybe I should get on my feet and dance!

## 词汇表

<b>rhythm</b>	节奏感
<b>coordination</b>	协调性
<b>two left feet</b>	“两只左脚”，跳舞时舞步笨拙
<b>Dutch courage</b>	借酒壮胆，酒后之勇
<b>shake some moves</b>	扭动几下
<b>evolutionary anthropologist</b>	人类进化学家
<b>endorphin</b>	内啡呔
<b>hormone</b>	荷尔蒙
<b>in-sync</b>	与...同步的
<b>foster</b>	培养，促进
<b>social connection</b>	社会关系
<b>shimmy</b>	跳希米舞（抖动肩部和臀部的舞蹈）
<b>boogie</b>	跟着流行乐跳舞
<b>twerk</b>	抖臀
<b>get into the groove</b>	进入理想状态
<b>uplifting</b>	令人精神焕发的
<b>dad dancing</b>	“爸爸式舞姿”（较笨拙、过时的舞步）
<b>bond</b>	纽带
<b>prescribe</b>	（医生）开（药）
<b>longevity</b>	长寿
<b>cultural identity</b>	文化认同
<b>let one's hair down</b>	放松，尽情享受

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false: *Dancing in a group makes us feel good.*
2. According to Bronwyn Tarr, what is it about dancing that once helped us survive?
3. Why does The Arts Council of Wales want dance classes to be prescribed to ill people?
4. Which word used in the article means 'embarrassing or making you ashamed'.
5. What chemical produced in our body makes us feel good when we dance?

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I'm trying to \_\_\_\_\_ a good relationship with my neighbour.

foster	bond	prescribe	boogie
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2. After a day in the office, I find it \_\_\_\_\_ to take a long walk along the beach.

lift-up	uplift	uplifting	uplifted
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3. My sister is a moody teenager, it must have something to do with her \_\_\_\_\_!

two left feet	shimmy	hormones	endorphins
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4. The exams are over so I am having a party where we can all \_\_\_\_\_.

have a hair do	let our hair out	keep our hair on	let our hair down
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5. I'm going to change to a healthier diet because I know it promotes \_\_\_\_\_.

longevity	hormones	coordination	Dutch courage
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## 答案

1. 阅读课文并回答问题。

1. True or false: *Dancing in a group makes us feel good.*

**True. Dancing in a group does make us feel good, probably more than dancing alone.**

2. According to Bronwyn Tarr, what is it about dancing that once helped us survive?

**It helped us build social connections which meant we could survive as a group.**

3. Why does The Arts Council of Wales want dance classes to be prescribed to ill people?

**It claims that dancing has health benefits – it's good for us.**

4. Which word used in the article means 'embarrassing or making you ashamed'?

**The word is 'cringeworthy'.**

5. What chemical produced in our body makes us feel good when we dance?

**The chemical is a type of hormone called endorphins.**

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I'm trying to **foster** a good relationship with my neighbour.

2. After a day in the office, I find it **uplifting** to take a long walk along the beach.

3. My sister is a moody teenager, it must have something to do with her **hormones!**

4. The exams are over so I am having a party where we can all **let our hair down.**

5. I'm going to change to a healthier diet because I know it promotes **longevity.**