

Use the word given in capitals to form a word that fits the gap.

DANCING IS GOOD FOR YOU



In recent decades, in both theatre and cinema, dance shows have become (1) _____ [INCREASE] popular. Meanwhile, the British Amateur Dancesport Association estimates that there are four million people participating in dancing activities in the country every week. But the (2) _____ [POPULAR] of dancing is by no means a recent phenomenon.

Since the dawn of (3) _____ [CIVIL], dance has been an important part of life, and dance (4) _____ [HISTORY] struggle to identify the first evidence of dance as it has always been an intrinsic part of human (5) _____ [BEHAVE]. The earliest recorded dances, discovered in the 9,000-year-old Bhimbetka rock (6) _____ [PAINT] in India, were used to tell stories and celebrate (7) _____ [SIGNIFY] events, whilst also serving as a way of passing on (8) _____ [INFORM] to future (9) _____ [GENERATE].

But why has dance, something which can make someone look utterly (10) _____ [RIDICULE] if done wrong, always seemed to be (11) _____ [NATURE] to our DNA? Experts argue that its (12) _____ [PSYCH] and physiological benefits are the cause. Numerous studies have discovered that dancing is not only an (13) _____ [EFFECT] form of non-verbal (14) _____ [COMMUNICATE], but is also a mood-boosting cure that can alleviate (15) _____ [DEPRESS], improve interpersonal (16) _____ [RELATION] and cure (17) _____ [ILL]. Physically, dancing makes us happy because, as with any (18) _____ [REPEAT] exercise, it releases endorphins. Also it is a socialising event, (19) _____ [ABLE] us to be physically close to people and more (20) _____ [EMOTION] connected to them.

Adapted from: CAE Practice Tests Plus 2