

DANCING IS GOOD FOR YOU

Read the text below & use the words in capitals to form a word that fits in the gap in the same line.

Since the dawn of civilization, dance has been an important part of life, and dance (0) historians struggle to identify the first evidence of dance HISTORY as it has always been an intrinsic part of human (1) _____ BEHAVE

The earliest recorded dances, discovered in the 9,000-year-old Bhimbetka rock paintings in India, were used to tell stories and celebrate (2) _____ events, whilst also serving as a way of passing on SIGNIFY information to future generations.

But why has dance, something which can make someone look utterly (3) _____ if done wrong, always seemed to be natural to RIDICULE our DNA? Experts argue that its psychological and physiological benefits are the cause. (4) _____ studies have discovered that dancing is not NUMBER only an (5) _____ form of non-verbal communication, but it is EFFECT also a mood-boosting cure that can alleviate (6) _____ improve DEPRESS interpersonal (7) _____ and cure illnesses. Physically, RELATION dancing makes us happy because, as with any repetitive exercise, it releases endorphins. Also it's a socializing event, (8) _____ ABLE us to be physically close to people and more emotionally connected to them.

