***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*

LIVEWORKSHEETS