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Dance stems back to the beginning of time. It is an art form of body movement that is traditional, structured and or free in its form. Some cultures perform certain dance moves to celebrate birth and marriage as well as mourning or sending off the deceased. More seriously, some people are gifted with flexibility and coordination of movement therefore study and train further to develop their art and skill. Besides the traditions and training, dancing is also a way to let the body go and flow with music; it's exercise without a routine – especially in a party atmosphere like at night clubs, weddings and all parties.

Traditional dance, like Riverdance from Ireland, has become a worldwide phenomenon, and the show has been on tour since 1994. The dance is made up of stepdancing (similar to tap dancing) combining the Irish jig (rapid leg movement whilst the upper body is mainly stationary). First performed during the interval of the Eurovision Song Contest, with Irish Dancing Champions Jean Butler and Michael Flatley, it received a standing ovation and demand to perform on other shows until it became a fully booked show of its own.

Dancers are renown to earn little money for dancing professionally and there is normally a lifespan as to how long dancers are employed for. Most dance companies arrange packaged salaries for dancers to rehearse and perform 6 nights per week in dance shows, ballets, operas, circus and musicals. The real big time money to be made for a dancer is to be booked for likes of international female singer, Madonna or for international events like FIFA World Cup.

Trapeze acts has fast become a trend for corporate bookings in latter years. Aerial arts using silks and juggling fire objects during drinks receptions for major FTSE 100 companies are lucrative ways to attain a salary that is well paid and a schedule that is constantly busy. The amazing tricks that these dancers perform during the circus have become such a wonder that Cirque du Soleil was formed to produce worldwide shows.

TV reality shows like So You Think You Can Dance (Nigel Lythgoe and Simon Fuller) and Live To Dance (Paul Abdul) have boosted the platform for dancers to make a real career of the unique talent. By winning of these live TV competitions offers the dance act or solo dancer a large sum of money, packaged contract to work for the best international music companies and be trained by the most famous choreographers (that have already worked with superstars like male singers Michael Jackson, Usher and Justin Timberlake, as well as female singers like Madonna, Jennifer Lopez, Paula Abdul and Britney Spears).

The bar is higher than before to become a dancer. It's not just based on classical training of ballet, modern dancing, tap dancing and contemporary movement some 15 years ago. Now dance incorporates street, hip-hop, B-Boying and breakdance as well. In Asia, Battle of The Year showcases the best dance crews, which mainly are winners of Korea and Japan. Their agility, flexibility, fearless dance move take the audiences by storm with their skills and mind-blowing talent. This type of dance includes trapeze, gymnastics, breakdancing, tap dancing and classical all mixed into one.

Training to be a professional dancer is not light work. It is based on cardio, strength building, coordination of dance moves and stretching. Dancers train for at least 3-4 hours per day even whilst performing every night. Their bodies need to be in a constant state of fitness. Healthy eating is a must to provide the right source of energy; so lots of protein, high omega foods, vegetables and slow releasing carbohydrates. Sleep is imperative for improving energy levels giving the body time

to rest its muscles and mind to relax from the intensity of performance. Heat rub, ice-cold baths and massage are also part of a dancer's daily routine to ease aches and pains.

If not cut out for the hard work and slim chance of stardom as a dancer, well you can always just find happiness on a dancefloor in any nightclub! However for the serious minded, put your trainers on, hit the gym and find the nearest dance studio to become involved today. The younger the better, as flexibility, learning of dance and coordination is at its optimum from an early age. If you have the real skills to dance and move, do not hesitate, as choose now as the time to dance!

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