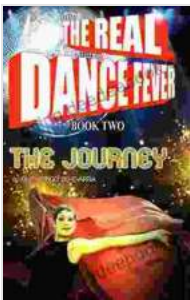


# The Real Dance Fever

Dance fever has been a recurring phenomenon throughout history, with different dance crazes sweeping the globe and captivating people of all ages. From the medieval tarantella to the 1950s twist, dance crazes have provided a way for people to express themselves, socialize, and escape the everyday. This article will explore the history of dance crazes, from the Middle Ages to the present day, and examine the social and cultural factors that have contributed to their popularity.



## The Real Dance Fever: Book Two, The Journey: The music and the love never really end. by Mateus Batista

★★★★★ 5 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 195 pages
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## The Middle Ages

The first recorded instance of dance fever occurred in the Middle Ages, during the 13th century. The tarantella, a folk dance from southern Italy, was believed to be a cure for the bite of the tarantula spider. People who were bitten by a tarantula would often fall into a trance-like state and begin to dance uncontrollably. The only way to break the trance was to play

music and encourage the person to dance until they collapsed from exhaustion.

The tarantella was not the only dance craze to occur during the Middle Ages. Other popular dances included the saltarello, the estampie, and the carole. These dances were often performed at festivals and other social gatherings, and they provided a way for people to let loose and have fun.

## **The Renaissance**

The Renaissance was a time of great social and cultural change, and this was reflected in the popularity of dance. New dances were created, such as the pavane, the galliard, and the volta. These dances were more formal and structured than the dances of the Middle Ages, and they were often performed at courtly balls and other high-society events.

One of the most famous dance crazes of the Renaissance was the chorea Sancti Viti, or Saint Vitus's dance. This dance was characterized by involuntary movements of the limbs and body, and it was often thought to be a sign of demonic possession. People who were afflicted with Saint Vitus's dance would often be taken to shrines or other holy places in the hope of being cured.

## **The 18th and 19th Centuries**

The 18th and 19th centuries saw the rise of new dance crazes, such as the waltz, the polka, and the quadrille. These dances were more accessible to the general public than the dances of the Renaissance, and they quickly became popular at balls and other social gatherings. The waltz, in particular, became a symbol of romance and courtship, and it is still one of the most popular ballroom dances today.

## **The 20th Century**

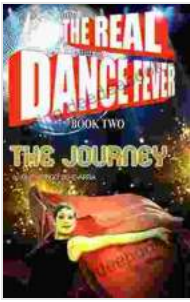
The 20th century was a time of great social and cultural upheaval, and this was reflected in the popularity of dance crazes. New dances were created, such as the Charleston, the jitterbug, and the twist. These dances were often associated with youth culture, and they provided a way for young people to express their individuality and rebel against the older generation.

One of the most famous dance crazes of the 20th century was the disco dance craze of the 1970s. Disco music was a combination of soul, funk, and R&B, and it quickly became popular at nightclubs and other dance venues. Disco dancing was characterized by its flamboyant moves and flashy costumes, and it became a symbol of the hedonistic lifestyle of the 1970s.

## **The 21st Century**

The 21st century has seen the rise of new dance crazes, such as the hip hop dance craze of the 1990s and the K-pop dance craze of the 2010s. These dances have been popularized by social media and the Internet, and they have provided a way for people all over the world to connect with each other and share their love of dance.

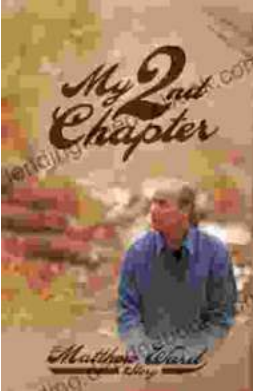
Dance fever has been a recurring phenomenon throughout history, and it is still a popular way for people to express themselves, socialize, and escape the everyday. Dance crazes have come and gone, but the allure of dance remains as strong as ever. Whether you are dancing the waltz at a ball or the latest hip hop dance at a nightclub, dance is a powerful force that can bring people together and make them feel connected to something larger than themselves.



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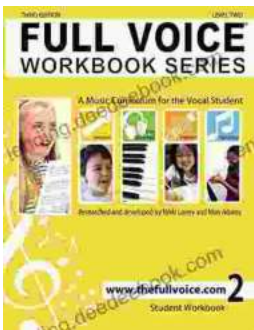
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