
BBC LEARNING ENGLISH

Take Away English 随身英语

Can men dance? 男性会跳舞吗?



Vocabulary: dancing 词汇: 跳舞

Are men able to dance? Well, if I am an example, then no – I have **two left feet** and taking to the **dance floor** just fills me with dread. But of course, we know that most of us have the potential to **throw some shapes**, so what is it that's stopping us?

If you've ever watched glamorous and **glitzy** dance shows on TV, like the BBC's Strictly Come Dancing, you'll know that there are men who have great **dexterity** and fancy **footwork** on the dancefloor. These professional dancers have spent years learning and performing ballroom dances such as the **waltz**, **foxtrot** and **tango**.

But for a majority of us men, we still prefer to **spectate** rather than participate. And according to a survey commissioned by BBC Radio 5 live, over three quarters of British men have never or rarely danced. It found that over a third of men surveyed wouldn't **strut their stuff**, let alone perform a **paso doble**, on the dancefloor because they were too embarrassed. And ten per cent said what put them off was fear of being the **centre of attention**, being made fun of, or being judged.

Women may say we have to **get a grip**, get on our feet and just let ourselves go! Easier said than done. But what helps is a crowded dancefloor where there is **safety in numbers**. And according to the survey, many men need a drink. One man questioned said, "I don't think I'm very good at it and therefore need some **Dutch courage** to get me on the floor."

One place where the alcohol is flowing is usually at a wedding, so, maybe unsurprisingly, the BBC survey found that 75% of men had previously danced at one. These are also the situations where partners of boyfriends and husbands can persuade them to **move to the groove** of the music! However, this is the time to witness some '**dad dancing**' which is defined in the Oxford English Dictionary as: "An awkward, unfashionable, or **unrestrained** style of dancing to pop music, as characteristically performed by middle-aged or older men." Surely that's not me!

So let's face it, us men just need help. We need training, we need to practise and we need to lose our **inhibitions**. One **convert**, Gareth Dew, who took part in the survey, says, "I think to be able to dance you need to be able to **let loose**, be aware of your body and generally be more comfortable in yourself." Would you agree?

词汇表

two left feet	“两只左脚”，跳舞时舞步笨拙
dance floor	舞池
throw some shapes	跳舞
glitzy	耀眼夺目的
dexterity	敏捷度，娴熟性
footwork	步法，脚步动作
waltz	华尔兹舞
foxtrot	狐步舞
tango	探戈舞
spectate	观看
strut one's stuff	（为引起他人注意）夸张、卖弄地跳舞
paso doble	斗牛舞
centre of attention	瞩目的焦点
get a grip	放下负担，试着去跳舞
safety in numbers	人多保险
Dutch courage	酒胆，酒后之勇
move to the groove	跳舞
dad dancing	“爸爸式舞姿”（较笨拙、过时的舞步）
unrestrained	不受限制的
inhibition	拘束，顾虑
convert	行为已经转变的人
let loose	放松

测验与练习

1. 阅读课文并回答问题。

1. What type of place are dances like the waltz and foxtrot often performed in?
2. According to the BBC survey, what is the biggest reason why men won't dance?
3. True or false? *Men think dancing on a crowded dancefloor is dangerous.*
4. What can help give men the courage to start dancing?
5. Which term used in the article, refers to a period in your life when you are no longer young but are not yet old?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Claudette has a bad foot so couldn't take part in the swimming gala so she had to _____ instead.

get a grip	let loose	spectate	convert
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2. My son is very shy at school and hates being the _____.

centre of attention	centre and attention	central attention	centred attention
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3. After a couple of drinks she lost her _____ and started talking and laughing loudly.

Dutch courage	two left feet	dexterity	inhibitions
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4. I was invited to a very _____ showbiz party, where I met loads of celebrities!

unrestrained	glitzy	convert	Paso Doble
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5. I tried ballroom dancing lessons but to be honest I've got _____ so I gave up.

two right feet	two feet left	two left feet	feet and two
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答案

1. 阅读课文并回答问题。

1. What type of place are dances like the waltz and foxtrot often performed in?
A ballroom.
2. According to the BBC survey, what is the biggest reason why men won't dance?
A third of men surveyed said they were too embarrassed.
3. True or false? *Men think dancing on a crowded dancefloor is dangerous.*
False. Men like to dance on a crowded dancefloor because their bad dancing cannot be seen as easily – it is 'safety in numbers'.
4. What can help give men the courage to start dancing?
An alcoholic drink – it gives them 'Dutch courage'.
5. Which term used in the article refers to a period in your life when you are no longer young but are not yet old?
Middle-aged.

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Claudette has a bad foot so couldn't take part in the swimming gala so she had to **spectate** instead.
2. My son is very shy at school and hates being the **centre of attention**.
3. After a couple of drinks she lost her **inhibitions** and started talking and laughing loudly.
4. I was invited to a very **glitzy** showbiz party, where I met loads of celebrities!
5. I tried ballroom dancing lessons but to be honest I've got **two left feet** so I gave up.