# How to Dance  
There are many ways to learn to dance, and many different types of dances to learn. This guide will take you through some simple steps to get you started on your dancing journey.  
  
## Find the beat  
Most dance music is written with 4 beats per measure, with drum and bass elements repeating every 4 beats. Listen for these repetitions to find the beat, and then try to nod your head in time with the music.   
  
## Practice at home  
Turn the music up loud and experiment with moving different parts of your body in time with the beat. You could start with your arms and hands, and when you feel comfortable, start moving your legs and feet. Remember, the key is to have fun and not take it too seriously!  
  
## Learn some basic moves  
Here are some simple dance moves to get you started:  
  
- Two-Step: Step from side to side to the beat.  
- Booty Pop (Side To Side): Bend your knees, put your hands on one knee and then straighten the other leg, turning your knee inward.  
- Woah: A popular, simple move, perfect for a night out. Bounce your knees inward rather than up and down, and add an upward kick on each side.  
- Dougie: Shift your weight from side to side, adding some shoulder movements too.  
  
YouTube is a great resource for finding tutorials for specific moves and dances, such as the <co: 0>Two Step</co: 0> or <co: 8>How to Dance to Pop Music for Beginners.</co: 8>   
  
## Go to a dance class  
If you're enjoying dancing at home, why not take it further and sign up for a local dance class? There are many different types of dance classes, from ballroom, to salsa, to hip-hop. Search online for classes near you. Even a few hours of class time can help you learn the basics and build your confidence. Don't be afraid to ask your instructor for help and advice.  
  
Alternatively, if you just want to improve your dancing when out at clubs, remember that club dancing is pretty simple:  
> Move your hips, move your shoulders, move your arms, all to the music and you'll be fine. Less is more... Club dancing is hardly dancing, much less the equivalent of running a marathon.   
  
The main thing is to relax and have fun. As long as you're enjoying yourself, it doesn't matter if you look like an idiot—no one's judging you!