

## Let's Dance

John Muir danced a Highland Fling all night, once, when caught out in a storm.

It quite possibly saved his life.

The physical activity would have kept his body temperature up to a healthy level.

When body temperature gets too low a person can develop hypothermia.

And also, focussing on the dance would have kept his wits about him.

It would stop him falling asleep.

There was no 'music', as such-just the roar of the storm and John's internal rhythm.

Dancing is recognised as a good way to keep fit and keep your spirits up.

Here is a selection of music from various, different genres. We hope you enjoy dancing to it!

1. Let's Dance by David Bowie

[https://youtu.be/VbD\\_kBJc\\_gl](https://youtu.be/VbD_kBJc_gl)

2. This is Me from The Greatest Showman

<https://youtu.be/IRyMoHJu-i8>

3. Superstition by Stevie Wonder

[https://youtu.be/\\_ul7X5js1vE](https://youtu.be/_ul7X5js1vE)

4. Romeo and Juliet by Prokofiev

<https://youtu.be/SyDo3h1Tu7c>

5. El Sol De la Noche by Salsa Celtica

<https://youtu.be/z3fJEocuJ58>

6. Dunbar Royal British Legion Pipe Band

<https://youtu.be/1Om4FXQKqs>

Now let's take a well earned rest 😊