

## How many calories do I burn while I dance?

Written by Sergio Leal

Monday, 29 November 2010 03:51 - Last Updated Monday, 16 October 2017 19:33

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### ***How Many Calories Do I Burn While I Dance?***

*There is no doubt that dancing is great aerobic exercise, but are you aware of how many calories you're*

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STYLE OF DANCE

Approximate Calories Burned Per Hour

100 lb. Dancer

125 lb. Dancer

150 lb. Dancer

175 lb. Dancer

200 lb. Dancer

Disco, Cha Cha Cha, Mambo, Salsa, Cumbia, Merengue

330

396

462

528

Samba, Ballet, Fast Dances

288

360

432

504

576

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Waltz, Foxtrot, Bachata	Tango, Rhumba, Bolero	144
180		
216		
252		

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