








# What is **Fusion Dance?**

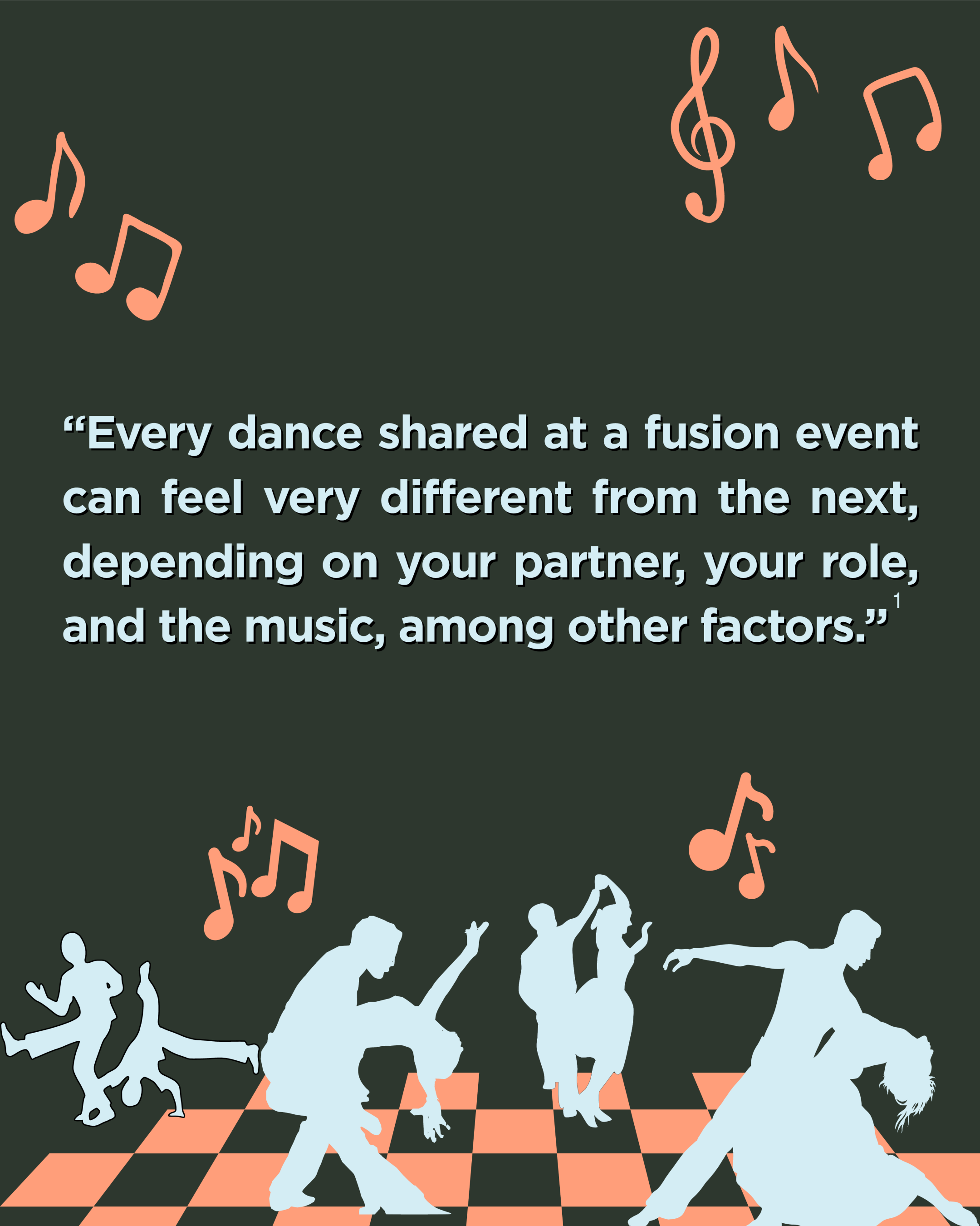
by Uriel Gavito



# There is no one definition for **Fusion Dance!**

*Also known as fusion, this dance has no single definition, and that's kind of the point! Fusion doesn't stick to one style or follow a set structure of steps.*





**“Every dance shared at a fusion event can feel very different from the next, depending on your partner, your role, and the music, among other factors.”<sup>1</sup>**

# Common Definitions for Fusion Dance

**you may hear on the dance floor**

“A combo of  
two or more  
dance styles!”

“Fusing your  
movement with  
your partner’s and  
the music.”<sup>2</sup>

“Fusion is all about flow, expression, and  
connection! The ‘basic step’ in fusion is the  
connection you have with your partner. Together,  
you connect to the music as you wish.”

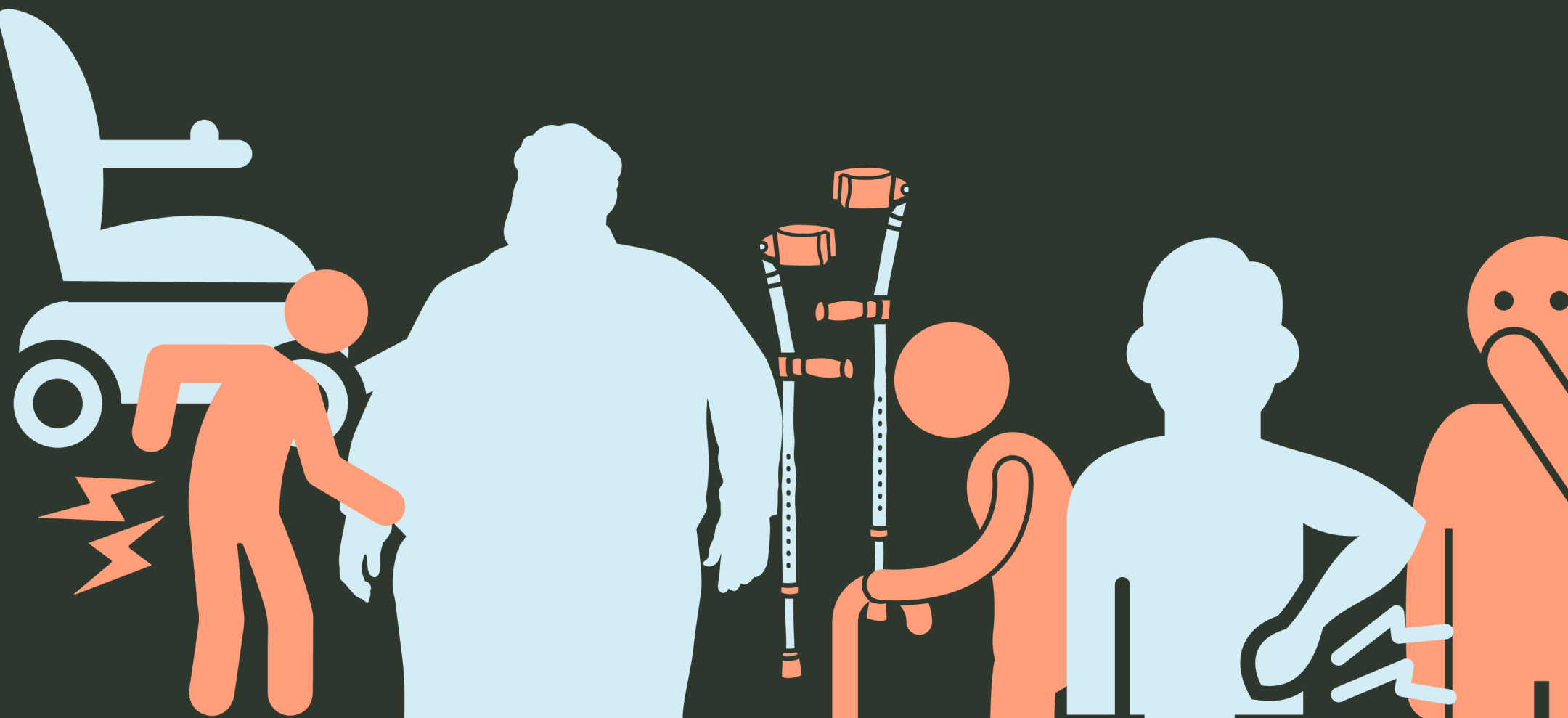
The Definition for Fusion Dance  
that I like the best:

“**Dancing** in a way that  
**expresses the music**  
using **whatever capacity**  
**for dance and movement**  
the dance partnership  
has at its disposal.”<sup>3</sup>



**In this aspect, fusion dance is the most accessible form of social dance for those with disabilities, chronic pain, social anxiety, or other limiting factors.**

And I look forward to exploring fusion dance's potential in this way! I dream of facilitating fusion dance workshops for those suffering from all of the above.





**“Fusion dance is continually and actively evolving. The culture of its communities largely depends on the individuals in them.”<sup>1</sup>**



# The Spiritual Potential Fusion Dance Offers

Dance can be as light or as deep as you choose to make it. Some may approach it like any other hobby... and that's okay. But I believe that view misses something sacred.

Fusion dance, when approached intentionally, becomes more than movement... it becomes a gateway. A space to heal, transform, and connect more deeply with yourself, with others, and with the present moment.

I invite dancers to explore the profound spiritual possibilities that this practice offers. When fusion dance is paired with mindfulness, sacred music, breathwork, and intention, it can evolve into a moving meditation. Into a prayer in motion. A taste of spiritual bliss,

Best of all, fusion dance is non-denominational by nature, it doesn't replace your beliefs, it deepens them. Whatever your faith or path, this practice can become a moving meditation that brings you closer to the divine as you understand it.





# “Okay, but where do I start?”

Fusion dance is still very new and niche. Big progressive cities like Los Angeles, New York City, San Francisco, and Seattle have emerging fusion dance communities. But even then, finding a way in without prior dance experience can be difficult. And if you don't live in one of those cities, your opportunities are even more limited.

A great first step, common in most fusion dancers' journeys, is to learn a popular social dance like Swing, Country, Bachata, or Salsa. Once you feel comfortable with one or more of these, you'll have the vocabulary to explore fusion dance with consent and connection.

Still, the fusion dance is often unknown or overlooked, and I find that to be a TRAGIC! I'm on a mission to share it with the world, and to infuse fusion dance with healing, presence, and spiritual depth.

So, I invite you to sign up for my newsletter at [urielgavito.com](http://urielgavito.com). You can also follow me on Instagram at @urielgavito and @uriel.cinema, and subscribe to my YouTube channel, Uriel Gavito. I'll be sharing tips, online content, and eventually courses on how to explore fusion dance.

I'll also be working to grow dance communities across the country and around the world. If this movement speaks to you, send me an email or DM me! I'd love to connect.

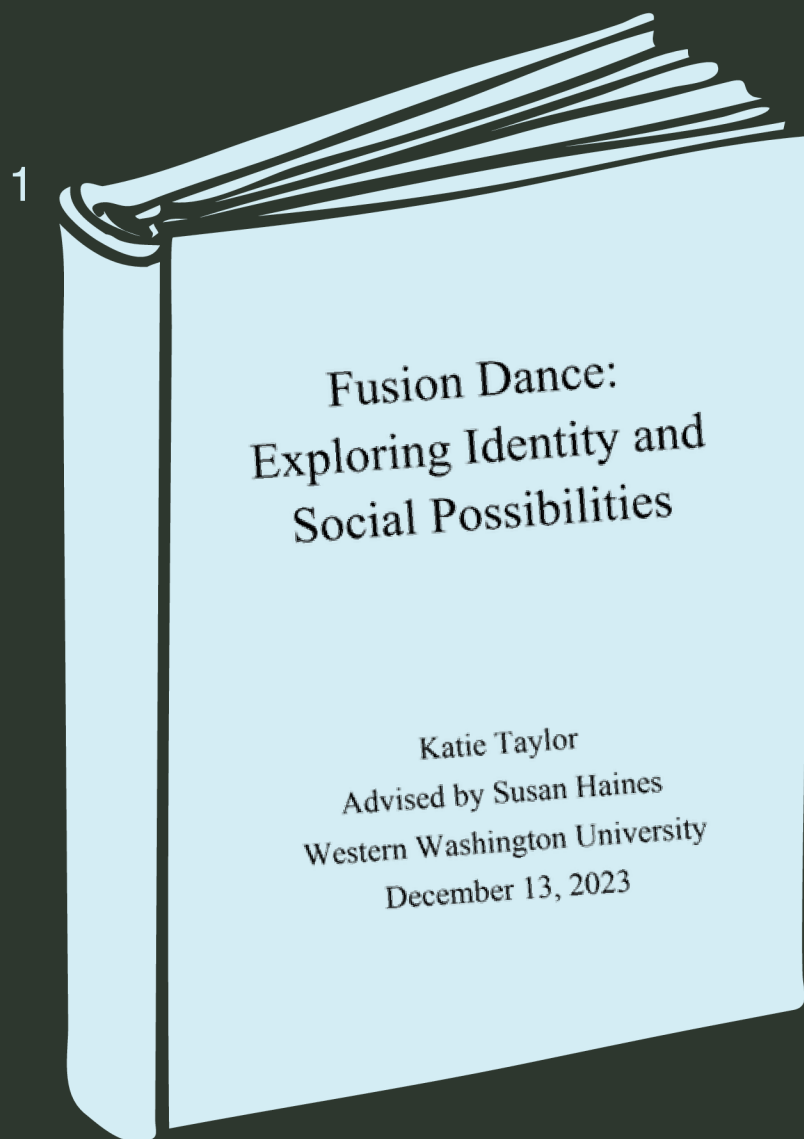
– Uriel Gavito



# Fusion Dance would be hard to explain by myself!

This post heavily draws upon this paper by Katie Taylor,  
I recommend reading it to further learn about fusion dance:

[https://cedar.wvu.edu/wwu\\_honors/755](https://cedar.wvu.edu/wwu_honors/755)



## further citations

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<sup>2</sup> Andrew Sutton, "Damon Stone & Andrew Sutton chat about Fusion - day 1 - inspired by the 'roots' statement," YouTube, June 27, 2023, video, 3:30: [https://www.youtube.com/watch?v=kq9bwJK\\_EoQ](https://www.youtube.com/watch?v=kq9bwJK_EoQ).

<sup>3</sup> Aimee Yen, "Fusion Dance: What is it? Why do we Dance it?," The Dancing Root (blog), accessed June 16, 2021, <https://web.archive.org/web/20210616234120/http://thedancingroot.com/what-is-fusion-dance/>.