

In a six-step Highland fling, a dancer will jump vertically 192 times (the equivalent of running a mile) on one foot at a time, while performing complicated and intricate footwork, and using the muscles from head to toe. Highland dancing is therefore akin to sprinting, so go run a mile with your arms above your head, on your toes, in soft shoes, while wearing 7-10 pounds of wool clothing.

Oh and don't forget to smile....