The Final Cut
Dissolving transitions

The main reason why people use a dissolve is to show a connection between two places. So for example you might have the person sitting in the room looking at the phone. You might then want to show the person that is going to phone them. So by using a dissolve you can help make it a little bit clearer that these two locations, these two places, and people are connected. It can also be used to make things slightly softer and slower, you know, or to slightly peculiarly you can use it to show that you're actually using it to go somewhere completely differently. A classic example of would be a flashback or dream sequence.
This is a relatively simple yet interesting used of effects within editing. The way this has been achieved has been by layering the same picture on top of itself, offsetting them slightly with where they're positioned within the frame. It may be done to put across some emotion or feeling. You may want your viewer to feel disorientated or strange. Or with this with it being dance, so therefore art based you might actually just think that it looks nice.