

Dance Day Dance Day



African Dance

Dance has always been an important part of daily life in Africa. They danced for special occasions such as a birth or a marriage, or as a part of their daily activities.

African dance moves all parts of the body. They often bent slightly toward the earth and flatten their feet against it with their feet wide apart. Many African dances are performed by lines or circles of dancers. They danced mainly with and for their community and were usually accompanied by the rest of the group singing, hand clapping, and shouting.

Drums were the main instrument for accompaniment, hand clapping, foot tapping, and body patting were sometimes used instead of drums or they helped the drums to provide the beat.

In their dancing Africans often carried special objects such as masks and often wore costumes.

Working in a small group, create an African dance using the above information as a guide.

Provide accompaniment for your dance with rhythms. You may also want to use the African masks or the instruments you created in Freedom Songs.

Perform your dance for the rest of the class.

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