



## **African Dance**

“African Dance” is a combination of traditional movements drawn straight from villages throughout around Africa. It includes dance movements that are used in ceremonies and events such as festivals and harvests and that illustrate thematic elements dealing with war, love, death, etc. African dance is said to be the foundation for dance as we know it today. In fact, many genres of dance, such as hip-hop, jazz, tap, contemporary, breaking, popping/locking, etc, incorporate many African Dance movements. Ultimately, African Dance is a fast paced, energetic, community driven compilation of movements that tell stories. What you will get from this class is a greater understanding of “dance style” and body awareness combined with a fun and interactive workout.