Overview:
Dance in Africa is deeply woven into its society. African dances are centered on the earth. Singers and percussion instruments provide the rhythm for the dancers. Spectators are often part of the dances. There are no set barriers between the dancers and the spectators in traditional African dance. Dances of Africa most often express life. African dance celebrate life passages as well as each area’s own history, language, and song.

Circle Dances
Circle dances were historically the earliest form of African dances. They were arranged as a call and response format. Dancers either link arms or hold hands during the circle dance. There is also interaction between the singers and the dancers as they perform.

Adumu Dance
The Adumu is popularly known as the “jumping dance”. It is a coming of age dance and ceremony for young men in Africa. The Maasai warriors often performed this dance. It included a contest for jumping in the ceremonial dance. In the Adumu dance a circle is formed and one or two warrior dancers will jump as high as they can in competition.

Moribayassa Dance
Moribayassa is a dance performed by African women. This dance symbolizes a woman’s overcoming of some adversities in her life. Old ragged clothes are worn as a costume for the featured woman. She begins her dance in this costume as she leads the other village women through her village, dancing and singing. The other women follow her and dance behind her. At a designated area the lead woman sheds her old clothes and changes into new clothes. She then buries her old clothes in a symbol of renewal.
Dances of Africa
What I Learned!

My **FAVORITE** dance of Africa was (and why):

__________________________________________________________

Drawing:

__________________________________________________________

One **FUN FACT** I learned about the dances of Africa:

__________________________________________________________

__________________________________________________________

__________________________________________________________

A **QUESTION** I have about the dances of Africa would be...

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

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Dances of Africa
Explore African Dance!

Directions: For homework, research African dances. Choose to either write about a dancer or style of dance. Fill out the questions below.

What did you research?

Drawing:

Three **FUN FACTS** I learned from my research!

1. 

2. 

3.
Dance Activity!
Dances of Africa

Directions: Watch the video clips below and learn how to do traditional African dance steps!