



# Evaluating the dance therapy and standards expressed in afro dance culture

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## DESCRIPTION

African dance expresses similar sentiments not only for worship, but also for social communication. It is also used to instill virtues, values, and even social etiquette lessons, and to help individuals mature and celebrate. There is a common reason why dancing is so important. It is an experience that takes us beyond the material into the immaterial; it is just a way of expressing ourselves when words are not enough. By getting confidence in the midst of hardships and difficulties, the energetic fire of childhood, and the serenity of calm and peaceful years. We call it as cultural or social dances in Africa are movements that embody our cultural values and standards. There is a story, and it's not just about learning different types of moves. One dance move tells a story that is how one culture tells another culture and tells its way of life. African dance is linked to Africa's rich musical traditions expressed in African music. African dance has a unity of aesthetics and logic that is evident even in the dances of the African diaspora. To understand this logic, it is important to delve deeply into the common elements of dances from various cultures, from East to West Africa, North Africa to South Africa.

Africa covers about one-fifth of the earth's land area and about one-eighth of its population. Africa is divided into various independent countries and protectorates. Africans belong to multiple ethnic groups and come from many cultural backgrounds with rich and diverse ancestry. There are over 800 ethnic groups in Africa, each with their own language, religion and way of life.

## Traditional African dance

Traditional African dance is an important element of Africa's cultural heritage, a vivid expression of the region's philosophy and a vivid reminder of the richness and development of its culture over the centuries. More powerful than gestures, more eloquent than words, richer than letters, expressing people's deepest experiences, dance is a complete and unique language. It is an expression of life and joy. In recent years, several regional modern dance companies have been rich in innovation and links to the past. The definition of dance has been expanded to include urban black dance forms of breakdance and hip-hop known for

their artistry and expressiveness. All-female companies like Urban Bush Women formed, and a company dedicated exclusively to hip-hop dance, Pure Movement Dance Company. Tap dancing has found a new audience. Tap dancers who once danced in relative darkness are also recognized and encouraged. They reveal the legacy of women challenging male tap dancers step by step. Created and performed by African Americans, the dance has become a staple of American dance. Contemporary dance companies founded by black tour nationally and internationally.

## **CONCLUSION**

Traditional African dances are part of the life of African communities. Westernization has gradually influenced dance traditions, but most communities still practice various styles of tribal dances. In African communities, traditional African dances are mainly Used as a tribal unifying element, it is primarily used for gatherings, storytelling sessions, and entertainment. Dance styles are usually different and passed down from generation to generation. Below are some of the surprising and fun facts about African dance, but before we do, let's take a look at its history.