

What is Circle Dance?



Dancing in a circle is an ancient tradition common to many cultures for marking special occasions, strengthening community and encouraging togetherness.

Modern circle dance draws on the rich and diverse traditional dances and music of many countries, including Eastern and South Eastern Europe, France, Israel, and Native America. There is also a growing repertoire of new dances to classical music and contemporary songs.

Circle dances can be energetic and lively or gentle and reflective. The style and mood reflects the group and the interests of the teacher. The aim always is to experience the joy of dancing with others and to create a sense of well-being and community.

Anyone of any age or ability can circle dance. Each dance is taught, there is no audience and everyone is welcome. So come on your own or with a friend (you do not need a partner) and join in.

Circle dance groups meet regularly in many countries around the world, including all over the UK, and hold special events, dance days, weekends and even circle dance holidays.

See Grapevine, the quarterly magazine of the Circle Dance Network to find a teacher, regular group or event near you and to read articles on various aspects of circle dancing.

See also the Grapevine website for interesting information on circle dance and how to subscribe to the magazine.

www.circledancegrapevine.co.uk