The History of Dance

Since ancient times, people have danced. Cave and rock paintings found in India depict people dancing 9,000 years ago! Throughout history and around the world, people have danced for ritual and for celebration, as well as for fun.

Every culture has its own traditional dance styles, and its own reasons for dancing. In ancient Greece, citizens would dance to honor gods and to celebrate events. Ancient Egyptian women danced at funerals to express sadness. People around the world still enjoy Dragon Dances during Lunar New Year. Another dance still performed formally today is ballet, which became popular in the 1600s thanks to King Louis XIV of France.

Nowadays, while people still have their own dance customs they observe locally, many forms of dance transcend borders. Whether bhangra, bachata, flamenco, or haka, all over the globe, there are countless styles of dancing, and countless reasons for it.

Make up a dance to a favorite song. Draw each step in the boxes below.

Now make up a dance that tells a story. Pick a favorite book or a famous fairy tale.