

## 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 of many countries, including the Balkans, Greece, Israel, Russia, and France. 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 all over the United Kingdom and abroad, and hold special events, dance days, weekends and even circle dance holidays.

See **Grapevine**, the quarterly journal 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.

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**Local Contact:**

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