



Bhangra/Bollywood Dance

With Dheerja Kaur

Bhangra is a folk dance that originated in the Punjab region of India, conducted by farmers to celebrate the coming of spring. Over the years it spread in popularity, and has become a competitive dance form, performed across the globe. Today, there are over 100 competitive bhangra teams, both independent and collegiate, in North America. These teams have over 60 competitions per year to choose from, and these numbers continue to grow!

Bhangra's popularity hit mainstream American culture in 2003, when Jay-Z produced and remixed a traditional bhangra song (Beware of the Boys) that hit Top 100 lists on radio stations across the country. As a dance form, its infectious high energy and fast paced style has caught on in dance studios, fitness

classes, nightclubs, and even TV shows across the country. Along with being an intense workout, bhangra is a dance that brings pure joy to anyone who performs it!

Bollywood represents the massive Indian film industry, which produces 800-900 movies a year. It's reminiscent of musicals in America, with full blown song and dance numbers peppered throughout the films. The dance is infectious, blending an Indian version of Broadway with bhangra, jazz, contemporary, and various styles to tell a story. The recent Oscar winner, Slumdog Millionaire, brought Bollywood-esque numbers with the song "Jai Ho". The hit TV show So You Think You Can Dance recently began incorporating Bollywood into the show, with three full routines over the past two seasons. Like bhangra, Bollywood is fast paced and enjoyable to perform and watch!



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