Differntiate Dance and Folk dance

<table>
<thead>
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<th>Dance</th>
<th>Folk dance</th>
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<td>• is an <strong>art form</strong> that generally refers to <strong>movement</strong> of the body, usually rhythmic and to music,[^1] used as a form of <strong>expression</strong>, <strong>social interaction</strong> or presented in a <strong>spiritual</strong> or <strong>performance</strong> setting.</td>
<td>• The dances tell stories about the community, of the land, of relationships, of the culture (that means way of life) of the people. There are different dances for different communities and they tell different stories.</td>
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Dance may also be regarded as a form of nonverbal communication between humans, and is also performed by other animals (bee dance, patterns of behaviour such as a mating dance). Gymnastics, figureskating and synchronized swimming are sports that incorporate dance, while martial arts kata are often compared to dances. Motion in ordinarily inanimate objects may also be described as dances (the leaves danced in the wind).
Dancing has evolved many styles

**Breakdancing and Krumping**

**Interpretative**

**classical styles**

**step dances**
Countries in the world have their own cultures made more colorful, beautiful and vibrant because of Folk Dances that are reflection of who they are.
Philippine folk dances

* **Dance: Idaw**

This dance sometimes has many names and different versions. Most common is this dance depicts the hunting ritual performed before a tribal war. The tribesmen would go out and look up and watch for the scared Idaw bird. Which is said to lead the tribe to victory. Also look at the clothing, Philippines being a very hot climate, plus the use of as little material as possible, the traditional clothing was not made to cover much of the body....
Cariñosa – Cariñosa is a word that describes an affectionate, friendly and lovable woman. This dance is performed in flirtatious manner with fans and handkerchiefs to assist the dancers’ hide-and-seek movements.
Sinkil dance takes its name from the bells worn on the ankles of the Muslim princess. Perhaps one of the oldest of truly Filipino dances, the Sinkil recounts the epic legend of the "Darangan" of the Maranao people of Mindanao. This epic, written sometime in the 14th century, tells the fateful story of Princess Gandingan, who was caught in the middle of a forest during an earthquake caused by the diwatas, or fairies or nymph of the forest.
* Dance : Tinkling
Tinkling is considered the national folkdance with a pair of dancers hopping between two bamboo poles held just above the ground and struck together in time to music. Originated from Leyte Province, this dance is in fact a mimic movement of “tikling birds” hopping over trees, grass stems or over bamboo traps set by farmers. Dancers perform this dance with remarkable grace and speed jumping between bamboo poles.
Cultural and Folk dances represent hardships and daily back breaking tasks, that has turned into an art form. Some of these dances here were actually activities or chores of the Filipino endured to survive the poor economy and state of the nation.....
Thank you and Mabuhay!!!!