

dance masala

Our workshops are in line with the Current Australian Curriculum for the Arts in Dance, and support learning within the following General Capabilities: Critical & Creative Thinking; Personal & Social Capability; & Intercultural Understanding.

Typical Desi Style

This is Bollywood 101! From hip shaking, to heroes and drama queens, this is an energetic introduction to everything Bollywood, and a fantastic way to engage in Desi culture. He annoys her with compliments, she complains about him, they fall in love, everyone dances, this is how the story goes!

Semi-Classical Bollywood

In this unit, we explore Bollywood routines based on the 8 ancient traditions of classical Indian dance, focusing mainly on Bharatanatyam and Kathak. The moves are stylised and intricate - we recommended this unit for serious dancers, but can add small classical elements (e.g. mudra hastas or hand gestures) to a Typical Desi Style workshop for a more inclusive exploration of a single classical element.

Folk Fusion: Garba & Dandiya Raas

Garba and Dandiya Raas are both forms of folk dance originating from Gujrat (West of India). Garba is characterised by spins; claps; hand and feet movements and circle formations. Raas is similar, but used Dandiya sticks as a percussive element. Garba is connected to the festival of Navratri (9 nights) but is also done at times of celebration e.g. Weddings & parties.

Educational Content Stream

Each workshop includes a discussion of where Bollywood fits in the cultural landscape of India. Every workshop begins with a welcome ritual called Namaskar, basic yoga & warm up, a dance routine and a cool down. Ask us about our teacher's resources!

Hip Hop Fusion

East meets West! Bollywood has keenly followed Western dance trends, and this unit explores the current obsession with Hip Hop and Dancehall culture. Many American born Desi choreographers are making their name in Bollywood at the moment, such as YouTube sensations 'BhangraFunk'. This unit explores how Bollywood interpreted the 'nae nae', and more!

Kuthu Dance or Tappori

Kuthu dance is a super energetic style of dance originating from South India. It's immediately distinctive with its loud drum beats, and frantic, feverish steps. A similar style, 'Tappori' is the Hindi word meaning 'rowdy'. This style was made originated from the street thugs of Mumbai, and is known for it's high energy, comedic and rowdy steps.

Folk Fusion: Bhangra

When people think of Bollywood, they often think of Bhangra, the high energy dance form from Punjab (North of India). It is known for its lively steps with big arm movements, kicks and jumps and is a high-cardio workout! It is done at times of celebration, e.g. weddings and parties, and the Festival of Lohri celebrated by Hindus & Sikhs.