How to use Humanoid animation?

1) Find the animation you need on the website https://www.mixamo.com and download it with the following settings:

2) Import the animation into your Unity project.
3) Select animation in Unity. In the Inspector window, on the Rig tab, change the Animation Type to Humanoid. Apply.
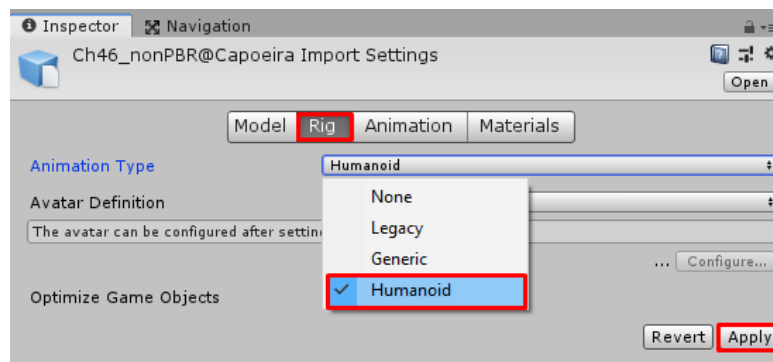
4) Make sure your model is also set to Humanoid Animation Type:
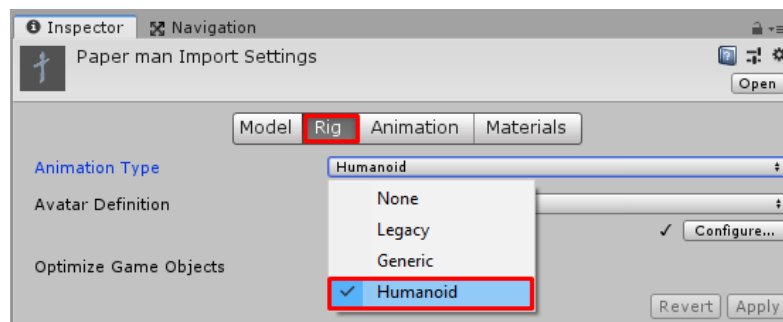
List of animations used in the Video

Dance:
Hokey Pokey
Rumba Dancing
Salsa Dancing

Idle:
Arm Stretching
Idle
Shaking Hands 2

Running:
Goofy Running
Running
Running Forward Flip