

# RAAS & GARBA

By **S**uruchi  
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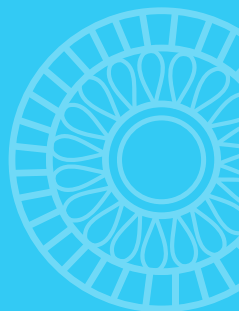


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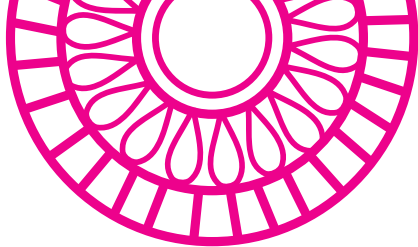
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# What is Raas & Garba?

The Garba-Raas dance style has formed through the joining of two distinct styles: **Garba** and **Raas**. These typical Gujarati folk dances that are energetic and involve whirling and moving their feet and arms in a complicated, choreographed manner. Raas is performed twirling colorful sticks, called **dandiya**, while Garba is performed without props. Basic footwork includes **teshes** (also called double touches), **heeches** (hinchies, glides or sways), **high knees**, and **kicks**.





## Costumes

While dancing Garba-Raas, women wear **chaniya-cholis**, colorful skirts and blouses wrapped around the body, often with hand embroidery and embedded mirrors and shells. Women also often wear traditional Gujarati silver jewelry. Men wear **kediyus**, long tops that usually match the colorful flavors of the women's skirts, and **dhotis**, or pants, and headbands.



## Music

Garba-Raas music is typically very dynamic, involving various voices and percussion instruments, such as **dhols**, to create various rhythms. At the competitive level, Garba-Raas teams will create mixes that are blends of **western** and **traditional Gujarati music** to match their spirited choreography, formations, and props.



# Collegiate Raas

While Raas originated with 12 beat dandiyo lines from festival celebrations, it has evolved for the American stage into a performance characterized by sharp and synced movements by 12-16 dancers, with high energy choreography highlighting skill and athleticism performed to remixed music. Most teams will perform with a theme, which guides the dance and will incorporate props and a backdrop to communicate a story or idea during the dance.

The Ultimate Goal:

# The Raas All-Stars

The US circuit typically has 30-40 teams compete each year at bid-point competitions across the country. The top 8 teams receive an invitation to Raas All-Stars (RAS), the nationals competition held in Houston, TX.



40+

teams in the United States  
that compete to qualify for  
nationals

13

RAS-sanctioned competitions.

8

Raas teams that qualify for the  
national championship.



[www.raasallstars.com](http://www.raasallstars.com)