**Traditional music and dances as the aspect of the african culture**

Traditional music and dances are important aspects of African cultures history and traditions Across Africa's regions, music and dance hold significant cultural, social, and spiritual importance, serving various functions within communities. Traditional Dance was practiced where the villagers gather in the central square to participate in traditional dances, a communal expression of joy, celebration, and cultural identity. Each dance tells a story and it has its own rhythm.

**Importance of traditional music and dance**

* Social Cohesion:

Music and dance bring the community together thus a sense of unity, belonging, and shared identity among its members.

* Spiritual Connection:

Traditional music and dance connect the villagers with their spiritual beliefs and ancestral traditions.

* Emotional Expression:

Music and dance used to show emotional expression, allowing individuals to celebrate, mourn, or express their feelings in a communal setting.

* Community Celebration:

Festivals, ceremonies, and rituals were marked by music and dance, bringing joy, excitement, and a sense of occasion to the village.