

5. Dance

The different hand gestures in a dance are generally associated with the shape of the birds or animals. Many of the movements in dancing are the imitation of movements of animals and birds seen in nature. As a result, many of these hand gestures are named after birds and animals.

Human beings use physical movements and facial gestures to express emotions. Occasionally they express joy through dancing. To multiply this happiness, they involve more people to dance in groups.

In Indian music there are two types of dances.

(1) Classical dance (2) Folk dance

Dances are bound by their rules. Hand gestures give special beauty to the dances.

1. Classical Dance



Manipuri



Kathak

2. Folk Dance



Koli Dance



Bhangada

Hand Gestures (*Hastamudra*)

Hand gestures are an important aspect of traditional classical dances. Hand gestures are used meaningfully in Indian classical dances.

Asamyukta Hastamudra: A *mudra* performed using only one hand.



Mushthi



Shikhar



Ardhashandra



Kapitthya

Samyukta Hastamudra: A *mudra* performed using both the hands.



Matsya



Garud

My Activity

Practice various *Mudras* used in dance.

Using your fingers, perform *mudras* of birds and animals to cast their shadows on the wall.

- ◆ Guide the students while practising the *hastamudras*.