

What is Kathak Dance?

- *Kathak* is one of the classical dance forms of India
- It involves fast footwork and spins
- The name *Kathak* is from the Sanskrit word 'katha' meaning 'story'
- *Kathak* dance began centuries ago with professional story-tellers called 'kathakas', who sang stories with some elements of dance.



- *Ghungroos* are the brass bells that *kathak* dancers wear wrapped around their ankles.
- Before dancers put their bells on to dance, they hold them to the forehead, mouth and over the heart, to connect the mind, body and soul.
- The bells ring as the dancer strikes his or her feet on the floor. This gives the dancer a connection with the floor and the earth.
- The bells allow *kathak* artists to be musicians and dancers at the same time