

Diversity Gazette

Connection Through Dance

by Victoria Bowman

Dance (v.) - "the movement of the body in a rhythmic way, usually to music or within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself."

<https://www.britannica.com/art/dance>

Dance has been a part of human expression since before humans came together to form complex societies. The earliest records of dancing are through paintings adorning cave walls from almost 10,000 years ago. Outside of simple expression, dance has been used socially by the elite to make connections and display status. In my opinion, the most important part of dance is the way it lets people connect, come together, and learn from one another.

I have been dancing for over a decade and it has always been something that allows me to wholly be myself. Upon coming to Carolina, I was unsure if there would be a dance organization where I would find people like me. I could not have been more wrong. Carolina is a place where every dancer can find what they're looking for. My search for dance organizations at UNC yielded 52 results,

catering to a world of different backgrounds, styles, and cultures. I would like to tell you about some of them.

The range of Indian dance styles is apparent in UNC's FIVE Indian dance clubs teaching Classical, American fusion, Bhangra, Bollywood, Raas, and Garba styles. These styles represent the multiple cultures through India and are not only a way for Indian students to connect with their culture but also a way for non-Indian students to learn a skill and culture they might not have had access to.

Other cultural dance clubs include Flying Silk which teaches Classical Chinese dance, Unicorn K-pop Dance Team which focuses on the culture and styles of Korean K-pop dance, and Que Rico, teaching premier Latin dance. All three of these clubs are not just focused on choreographing dance, they also have a heavy focus on the cultural background of the regions the styles come from. When it comes to American styles, the organizations cater to a range of levels, allowing anyone from any dance background the space to express themselves.

To me, dance has always been about connection, whether to the music, other people, or oneself. It is an important part of expression, stress relief, and understanding one another. With the creation of such a range of clubs, UNC students have shown a commitment to making sure that no matter what your dance background is, there will be a space for you to learn, connect, and feel at home.

History of the Gazette

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