

State-Wise Folk Dances of India	
Andhra Pradesh	
Folk Dance	Description
Kuchipudi	A classical dance form with roots in ancient Hindu texts, often depicting stories from epics like the Mahabharata.
Dappu	A rhythmic dance performed with a hand-held drum, usually by rural communities.
Dhimsa	A tribal dance from the Araku Valley, performed during festivals and celebrations.
Kolattam	A group dance with rhythmic clapping and sticks, resembling the Dandiya of Gujarat.
Vilasini Natyam	An ancient dance form traditionally performed in temples, now revived as a classical dance.
Andhra Natyam	A temple dance form, showcasing the rich cultural heritage of Andhra Pradesh.
Bhamakalpam	A dance-drama that narrates stories from Hindu mythology, particularly about Lord Krishna.
Veeranatyam	A warrior dance that involves fierce movements, often performed in honor of Lord Shiva.
Tappeta Gullu	A vibrant dance form that involves loud beats and rhythmic movements, typically performed during festivals.
Butta Bommalu	A unique dance where performers wear giant-sized dolls and dance to the beats of traditional music.
Assam	
Bihu	The most popular dance form of Assam, performed during the Bihu festival to celebrate the Assamese New Year.
Bagurumba	A graceful dance performed by the Bodo community, inspired by nature and wildlife.
Jhumura	A traditional dance-drama that combines music, dance, and drama, performed mainly by the tea tribes.
Tabal Chongli	A rhythmic dance performed with small hand-held drums, reflecting the martial traditions of the region.
Natpuja	A ritualistic dance performed in honor of local deities, showcasing Assam's rich cultural heritage.
Kaligopal	A dance-drama based on the life of Lord Krishna, blending music, dance, and storytelling.
Bihar	
Jata-Jatin	A popular folk dance that narrates the love story of Jata and Jatin, showcasing rural life in Bihar.
Bakho-Bakhain	A traditional dance performed during festivals, often accompanied by folk songs.
Panwariya	A devotional dance performed by rural communities during religious occasions.
Sama Chakwa	A dance performed by women to celebrate the festival of Sama Chakeva, symbolizing the bond between brothers and sisters.
Bidesia	A folk theatre form that combines dance, music, and drama, depicting the struggles of rural migrants.
Gujarat	
Garba	A lively dance performed during Navratri, involving rhythmic clapping and circular movements.
Dandiya Ras	A traditional dance performed with colorful sticks, usually during festivals like Navratri.
Bhavai	A folk theatre form that involves dance, drama, and music, often depicting social issues.
Tippani Juriun	A dance performed by women using sticks and plates, often during festivals and celebrations.
Rathwa ni Gher	A tribal dance performed by the Rathwa community during the festival of Holi.
Dangi	A dance performed by the Dangi tribe, reflecting their connection with nature and wildlife.

<b>Haryana</b>	
Jhumar	A popular dance performed by both men and women, known for its graceful movements.
Phag	A dance performed during the spring festival of Phag, celebrating the harvest season.
Daph	A traditional dance accompanied by the beats of the Daph drum, performed during festivals.
Dhamal	A vigorous dance performed by men, usually in the open fields, celebrating the spirit of rural life.
Loor	A dance performed by young girls during the harvest season, reflecting joy and prosperity.
Gugga	A dance performed in honor of Gugga Pir, a folk deity worshipped in Haryana.
<b>Himachal Pradesh</b>	
Nati	A popular dance form, recognized by the Guinness World Records as the largest folk dance, performed during festivals and weddings.
Chham	A ritualistic dance performed by Buddhist monks, aimed at warding off evil spirits.
Jhora	A community dance performed by men and women, reflecting the cultural heritage of Himachal Pradesh.
Chharhi	A dance performed during religious ceremonies, often accompanied by folk songs and music.
Thoda	A martial dance form that combines elements of archery and dance, reflecting the warrior traditions of the region.
Chhapeli	A romantic dance performed by couples, showcasing the joy and festivity of the region.
<b>Jammu and Kashmir</b>	
Rauf	A traditional dance performed by women during the harvest season, characterized by graceful movements.
Dhumal	A vibrant dance performed by men, wearing traditional headgear, usually during celebrations.
Hafiza	A classical dance performed by women, often during weddings and festivals.
Bhand Pather	A folk theatre form that combines dance, drama, and satire, reflecting the social issues of the region.
Hikat	A spinning dance performed by young girls, often during the spring season.
Kud	A ceremonial dance performed by the rural communities, usually during weddings and festivals.
<b>Karnataka</b>	
Yakshagana	A traditional dance-drama form that combines dance, music, and dialogues, often depicting stories from Hindu mythology.
Dollu Kunitha	A drum dance performed by men, characterized by vigorous movements and loud beats.
Veeragase	A warrior dance performed during the Dussehra festival, symbolizing valor and courage.
Karga	A ritualistic dance performed in honor of the goddess Draupadi, involving balancing pots on the head.
Ummatt-aat	A traditional dance performed by women, reflecting the cultural heritage of Karnataka.
Bayalata	A folk theatre form that combines dance, music, and drama, usually performed in open-air settings.

Kerala	
Kathakali	A classical dance-drama form known for its elaborate costumes and expressive gestures, often depicting stories from Hindu epics.
Mohiniattam	A classical dance form performed by women, characterized by graceful movements and elegant costumes.
Kummattikali	A mask dance performed during the Onam festival, involving colorful costumes and rhythmic movements.
Ottam Thullal	A solo dance-drama form that combines dance, music, and satire, often performed during temple festivals.
Kolkali	A group dance performed with sticks, reflecting the martial traditions of Kerala.
Kaikottikali	A traditional dance performed by women during the Onam festival, symbolizing unity and harmony.
Maharashtra	
Lavani	A traditional dance form performed by women, known for its energetic movements and rhythmic music.
Povada	A folk theatre form that narrates the heroic deeds of Shivaji Maharaj, blending music, dance, and drama.
Lezim	A folk dance performed during the Ganesh festival, characterized by the use of small cymbals called Lezim.
Koli	A dance performed by the Koli fishermen community, reflecting their daily life and connection with the sea.
Dhangari Gaja	A dance performed by the Dhangar shepherd community, usually during religious ceremonies and festivals.
Tamasha	A folk theatre form that combines dance, music, and drama, often performed in rural Maharashtra.
Odisha	
Odissi	A classical dance form with roots in the temples of Odisha, known for its lyrical movements and intricate gestures.
Chhau	A martial dance form that combines elements of dance, music, and martial arts, often depicting stories from Hindu mythology.
Dalkhai	A folk dance performed by women during the Dussehra festival, characterized by rhythmic movements and folk songs.
Ranapa	A traditional dance performed on stilts, often enacting chapters from the life of Lord Krishna.
Sakhi Kandhei	A puppet dance form that combines dance, music, and storytelling, often performed during religious festivals.
Gotipua	A traditional dance form performed by young boys dressed as girls, often considered the precursor to Odissi.
West Bengal	
Baul	A mystical dance form performed by the Baul community, reflecting their spiritual beliefs and connection with nature.
Gambhira	A folk dance performed during the Chaitra festival, often using wooden masks and enacting social issues.
Jatra	A traditional theatre form that combines dance, music, and drama, often performed in open-air settings.
Bhatiyali Geet	A traditional boatman's song that reflects the life and struggles of the riverine communities of Bengal.
Dhali	A martial dance form performed by the Dhali community, known for its vigorous movements and energetic music.
Kathi	A stick dance performed by the rural communities, often during festivals and celebrations.

Punjab	
Bhangra	A lively dance performed during the harvest festival of Baisakhi, known for its energetic movements and vibrant costumes.
Giddha	A traditional dance performed by women, characterized by rhythmic clapping and folk songs.
Jhumar	A traditional dance performed by men, known for its graceful movements and rhythmic beats.
Luddi	A folk dance performed to celebrate victory, often during weddings and festivals.
Kikli	A dance performed by young girls in pairs, holding hands and spinning in circles.
Sammi	A folk dance performed by women, often during the festival of Lohri, symbolizing joy and festivity.
Rajasthan	
Ghoomar	A traditional dance performed by women, known for its graceful movements and colorful costumes, often during weddings and festivals.
Kalbelia	A UNESCO-recognized dance form performed by the Kalbelia community, known for its snake-like movements.
Bhavai	A traditional dance performed by women, involving balancing pots on the head and graceful movements.
Chari	A ceremonial dance performed by women, involving balancing brass pots with a lit lamp on the head.
Kachhi Ghodi	A dance performed by men wearing dummy horse costumes, often depicting tales of chivalry and valor.
Terah Taali	A devotional dance performed by the Kamada tribe, involving the use of manjira (small cymbals).
Tamil Nadu	
Bharatanatyam	A classical dance form with roots in the temples of Tamil Nadu, known for its intricate gestures and expressive movements.
Karagam	A ritualistic dance performed in honor of the rain goddess Mariamman, involving balancing pots on the head.
Kummi	A group dance performed by women, often during festivals and celebrations, characterized by rhythmic clapping.
Kavadi	A devotional dance performed during the festival of Thaipusam, involving the carrying of decorated arches (Kavadi).
Kolattam	A traditional stick dance performed by women, often during the festival of Navratri.
Natyanjali	A dance performed as a tribute to Lord Shiva, often during the festival of Natyanjali.
Uttar Pradesh	
Raslila	A devotional dance-drama that depicts the life of Lord Krishna, often performed during the festival of Holi.
Nautanki	A folk theatre form that combines dance, music, and drama, often depicting social issues.
Kajri	A traditional folk song and dance form performed during the monsoon season, often by rural women.
Jhora	A community dance performed by men and women, reflecting the cultural heritage of Uttar Pradesh.
Chappeli	A traditional dance performed during weddings and festivals, characterized by rhythmic movements.
Jaita	A devotional dance performed during religious festivals, often accompanied by folk songs.

Uttarakhand	
Garhwali	A traditional dance form reflecting the cultural heritage of the Garhwal region, often performed during weddings and festivals.
Kumaoni	A traditional dance form reflecting the cultural heritage of the Kumaon region, often performed during weddings and festivals.
Chholiya	A martial dance performed by the Rajput community, often during weddings and festivals, characterized by sword fighting.
Jhora	A community dance performed by men and women, reflecting the cultural heritage of Uttarakhand.
Hurka Baul	A traditional dance performed during the harvest season, accompanied by folk songs and music.
Chappeli	A romantic dance performed by couples, showcasing the joy and festivity of the region.
Goa	
Tarangamel	A vibrant dance performed during the festivals of Dussehra and Holi, characterized by colorful costumes and rhythmic movements.
Dhalo	A traditional dance performed by women, often during weddings and festivals, characterized by graceful movements.
Fugdi	A folk dance performed by women, often during the Ganesh Chaturthi festival, characterized by fast rhythmic clapping.
Kunbi	A traditional dance performed by the Kunbi tribe, reflecting their agricultural lifestyle and cultural heritage.
Dekhni	A fusion dance that blends Western and Indian music, often performed during festivals and celebrations.
Shigmo	A traditional dance performed during the Shigmo festival, reflecting the rich cultural heritage of Goa.
Madhya Pradesh	
Jawara	A traditional dance performed to celebrate the harvest, often accompanied by folk songs and music.
Matki	A dance performed by women, balancing earthen pots on their heads, often during festivals and celebrations.
Phulpati	A dance performed by unmarried girls, often during the festival of Phulpati, symbolizing prosperity and good fortune.
Grida Dance	A group dance performed by men and women, reflecting the cultural heritage of Madhya Pradesh.
Selalarki	A folk dance performed by young girls, characterized by rhythmic movements and folk songs.
Maanch	A traditional folk theatre form that combines dance, music, and drama, often depicting social issues.
Chhattisgarh	
Panthi	A devotional dance performed by the Satnami community, often during religious festivals.
Saila	A traditional dance performed by young boys, often after the harvest season, characterized by rhythmic movements.
Raut Nacha	A folk dance performed by the Yadava community, often during the festival of Diwali, characterized by vigorous movements.
Sua	A tribal dance performed by women, often during the festival of Diwali, characterized by graceful movements.
Pandwani	A folk theatre form that narrates the story of the Mahabharata, often performed by rural communities.
Gaur Maria	A tribal dance performed by the Maria community, often during the festival of Dussehra, characterized by vigorous movements.

<b>Jharkhand</b>	
Karma	A traditional dance performed during the autumn season, often by the tribal communities, symbolizing fertility and prosperity.
Jhumar	A folk dance performed by both men and women, often during weddings and festivals, characterized by graceful movements.
Paika	A martial dance performed by the Paika community, often during festivals and celebrations, reflecting their warrior traditions.
Mundari Dance	A tribal dance performed by the Munda community, often during festivals and celebrations, characterized by rhythmic movements.
Hunta Dance	A traditional dance performed by the tribal communities, often during hunting festivals, characterized by vigorous movements.
Sarhul	A tribal dance performed during the Sarhul festival, symbolizing the worship of trees and nature.
<b>Arunachal Pradesh</b>	
Buiya	A traditional dance performed by the Digaru Mishmi tribe, often during festivals and celebrations, characterized by rhythmic movements.
Rikhampada	A dance performed by the Nyishi tribe, often during weddings and festivals, reflecting their cultural heritage.
Ponu Yoksi	A traditional dance performed by the Adi tribe, often during the festival of Solung, symbolizing prosperity and good fortune.
Bardo Chham	A masked dance performed by the Sherdukpen tribe, often during the Losar festival, symbolizing the victory of good over evil.
Popir	A traditional dance performed by the Adi tribe, often during the festival of Solung, characterized by graceful movements.
Ponung	A group dance performed by women, often during the festival of Solung, symbolizing joy and festivity.
<b>Manipur</b>	
Raslila	A classical dance form that depicts the life of Lord Krishna, often performed during the festival of Holi.
Lai Haraoba	A ritualistic dance performed in honor of the forest deities, often during the festival of Lai Haraoba.
Thang Ta	A traditional martial art form that combines dance, music, and combat techniques, often performed during festivals and celebrations.
Pung Cholom	A traditional dance performed by the Pung (drum) players, characterized by acrobatic movements and rhythmic beats.
Khamba Thaibi	A traditional dance performed by a male and female dancer, often during the festival of Lai Haraoba, symbolizing love and devotion.
Nupa Dance	A traditional dance performed by men, often during the festival of Lai Haraoba, characterized by graceful movements and rhythmic beats.
<b>Meghalaya</b>	
Nongkrem	A traditional dance performed by the Khasi tribe during the Nongkrem festival, characterized by graceful movements and rhythmic beats.
Ka Shad Suk Mynsiem	A ritualistic dance performed by the Khasi tribe, often during the festival of Shad Suk Mynsiem, symbolizing joy and festivity.
Laho	A traditional dance performed by both men and women, often during festivals and celebrations, characterized by rhythmic movements.
Behdienkhlam	A traditional dance performed by the Jaintia tribe during the Behdienkhlam festival, symbolizing the driving away of evil spirits.
Chad Sukra	A traditional dance performed by the Jaintia tribe during the Chad Sukra festival, symbolizing the celebration of the sowing season.

<b>Mizoram</b>	
Cheraw Dance	A traditional bamboo dance performed by the Mizo tribe, characterized by rhythmic movements and intricate footwork.
Khuallam	A traditional dance performed by village guests, often during festivals and celebrations, symbolizing unity and friendship.
Chailam	A traditional dance performed during the Chapchar Kut festival, characterized by rhythmic movements and folk songs.
Sarlamkai	A traditional dance performed during the festival of Chapchar Kut, symbolizing the celebration of victory in war.
Tlanglam	A group dance performed by men and women, often during festivals and celebrations, characterized by rhythmic movements.
Sawlakin	A traditional dance performed by the Mizo tribe, often during festivals and celebrations, characterized by graceful movements.
<b>Nagaland</b>	
Rangma	A traditional dance performed by the Angami tribe, often during festivals and celebrations, characterized by rhythmic movements.
Bamboo Dance	A traditional dance performed by the Kuki tribe, involving the use of bamboo poles and intricate footwork.
Zeliang	A traditional dance performed by the Zeliang tribe, often during festivals and celebrations, characterized by rhythmic movements.
Gethinglim	A traditional dance performed by the Ao tribe, often during festivals and celebrations, characterized by graceful movements.
Nsuirolians	A traditional dance performed by the Lotha tribe, often during festivals and celebrations, characterized by rhythmic movements.
Temangnetin	A traditional dance performed by the Chakhesang tribe, often during festivals and celebrations, characterized by rhythmic movements.
<b>Tripura</b>	
Hojagiri	A traditional dance performed by the Reang tribe, characterized by balancing earthen pots on the head and intricate footwork.
Maimata	A traditional dance performed by the Kalo community, often during festivals and celebrations, characterized by graceful movements.
Lebang Boomani	A traditional dance performed by the Tripuri community, often during the harvest season, characterized by rhythmic movements.
Garia Dance	A traditional dance performed by the Tripuri community, often during the Garia Puja festival, symbolizing prosperity and good fortune.
Basanta Raas	A traditional dance performed during the festival of Basanta, often depicting the life of Lord Krishna.
Jhum Dance	A traditional dance performed by the Tripuri community, often during the harvest season, characterized by rhythmic movements.
<b>Sikkim</b>	
Chu Faat Dance	A traditional dance performed by the Lepcha community, often during the festival of Pang Lhabsol, in honor of Mount Kanchenjunga.
Singhi Chaam	A masked dance performed by Buddhist monks, often during the festival of Losar, symbolizing the Snow Lion, a mythological creature.
Yak Chaam	A traditional dance performed by the Bhutia community, often during the festival of Losar, symbolizing the yak, an important animal in the region.
Tashi Yangku	A traditional dance performed by the Lepcha community, often during festivals and celebrations, characterized by graceful movements.
Khukuri Naach	A traditional dance performed by the Nepali community, often during weddings and festivals, characterized by the use of Khukuri (traditional knives).
Maruni Dance	A traditional dance performed by the Nepali community, often during festivals and celebrations, characterized by rhythmic movements and colorful costumes.

Ladakh	
Spao Dance	A traditional dance performed by the Ladakhi community, often during festivals and celebrations, symbolizing victory and heroism.
Cham Dance	A masked dance performed by Buddhist monks, often during the festival of Hemis, symbolizing the victory of good over evil.
Jabro Dance	A traditional dance performed by the Changpa tribe, often during festivals and celebrations, characterized by rhythmic movements.
Shondol Dance	A traditional dance performed by the Ladakhi community, often during festivals and celebrations, characterized by graceful movements.
Thiksey Gustor	A traditional dance performed by Buddhist monks, often during the Thiksey Gustor festival, symbolizing the victory of good over evil.
Yak Dance	A traditional dance performed by the Ladakhi community, often during the festival of Losar, symbolizing the yak, an important animal in the region.
Lakshadweep	
Lava Dance	A traditional dance performed by the islanders, often during festivals and celebrations, characterized by rhythmic movements and colorful costumes.
Kolkali	A traditional stick dance performed by the islanders, often during weddings and festivals, characterized by rhythmic movements.
Parichakali	A traditional dance performed by the islanders, often during festivals and celebrations, characterized by graceful movements.
Opana Dance	A traditional dance performed by the islanders, often during the festival of Eid, characterized by rhythmic movements and folk songs.
Dandi Dance	A traditional dance performed by the islanders, often during the festival of Eid, characterized by rhythmic movements and the use of sticks.
Thiruvathira Dance	A traditional dance performed by women, often during the festival of Onam, characterized by graceful movements and rhythmic clapping.
Andaman and Nicobar Islands	
Nicobarese Dance	A traditional dance performed by the Nicobarese tribe, often during festivals and celebrations, characterized by rhythmic movements.
Andamanese Dance	A traditional dance performed by the Andamanese tribe, often during festivals and celebrations, characterized by rhythmic movements.
Onge Dance	A traditional dance performed by the Onge tribe, often during festivals and celebrations, characterized by graceful movements.
Jarawa Dance	A traditional dance performed by the Jarawa tribe, often during festivals and celebrations, characterized by rhythmic movements.
Shompen Dance	A traditional dance performed by the Shompen tribe, often during festivals and celebrations, characterized by graceful movements.
Great Andamanese Dance	A traditional dance performed by the Great Andamanese tribe, often during festivals and celebrations, characterized by rhythmic movements.
Classical Dances of India	
Bharatanatyam	A classical dance form with roots in the temples of Tamil Nadu, known for its intricate gestures and expressive movements.
Kathak	A classical dance form with roots in the courts of North India, known for its intricate footwork and expressive storytelling.
Kathakali	A classical dance-drama form with roots in the temples of Kerala, known for its elaborate costumes and makeup.
Kuchipudi	A classical dance form with roots in the temples of Andhra Pradesh, known for its graceful movements and expressive storytelling.
Manipuri	A classical dance form with roots in the temples of Manipur, known for its graceful movements and devotional themes.
Mohiniyattam	A classical dance form with roots in the temples of Kerala, known for its graceful movements and expressive storytelling.
Odissi	A classical dance form with roots in the temples of Odisha, known for its lyrical movements and intricate gestures.
Sattriya	A classical dance form with roots in the monasteries of Assam, known for its devotional themes and graceful movements.