



Portuguese culture: dance



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Portuguese Culture - Dance

Dance in Portugal is characterized by Portuguese folklore that takes different forms depending on the different regions of the country. Below we present the most important popular dances.

The *corridinho* is one of the most traditional dances in the Algarve. It is danced in pairs, the girls inside and the boys outside. Rotate in the same place, moving your feet quickly. Although it is in the Algarve that reaches greater notoriety, it is also part of the local folklore in Estremadura.



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The *bailinho*, is the most famous typical dance of the island of Madeira. It is accompanied by the *brinquinho* - the traditional regional instrument, made with castanets, ribbon and wooden dolls, dressed in the regional costume, which when rattled against the cane that supports them, emits sound.



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Minho, is rich in traditional dances, of which Vira, Cana Verde and Malhão stand out. What stands out most of them, apart from the dance itself, is the women's clothing, which with their varied colors and accessories, adorn the ballet, leaving the most beautiful and elegant environment.



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In Ribatejo the dance with the greatest diffusion is Fandango. It is a kind of dance of seduction, the man revolves around the woman singing and shouting enthusiastically. Sometimes the dance is done by two men who "compete", against each other, face to face, tap dancing the best they can.



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In Trás-os-Montes, the *Pauliteiros de Miranda* make a swing that is very relevant in the folklore of the region. A group of men dressed in typical costumes face each other with pallets. The dance evolves with the rhythmic sound of the pallets hitting and the movements of the participants. These "fighting dances" do not include women.



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In the Douro Litoral province, folklore is rich in traditional dances, which are: "Chula", "Malhões", "Viras", and "Rusgas". The capital of Douro is Porto. Folklore do Douro Litoral is a happier folklore than that of Beiras, Alentejo, and Trás-os-Montes.

