



[https://www.youtube.com/results?search\\_query=a+protuguesa](https://www.youtube.com/results?search_query=a+protuguesa)

Culturally speaking, Portugal is known for a number of vibrant traditional dances. A few of them are: [Vira dance](#), Chula dance, Corridinho dance, Malhao dance etc.

But, have you ever wondered what these Portuguese traditional dance forms actually entail? If your answer to this question is 'no', then you need not worry, because through this article we at 'DanceAsk' intend to provide you with must-know facts about these dance form also called *Ranchos Folclóricos* through our Article on *"Things you need to know about Portuguese Traditional Dances."*

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- **Portuguese Traditional Dance forms, and the music:**

- Portuguese Dance & Music
- 'Rhythmic music' is mainly used in most traditional dance forms in Portugal. Furthermore, it is folk music that is made use in Portuguese dance styles. In addition, apart from vocals (singing), clapping of hands also forms an integral part. The musical instruments accompanying most traditional Portugal dance forms include the Portuguese guitar, mandolin, bagpipes, accordion, violin, and traditional guitar.



- **Portuguese Traditional Dances dress and costumes used:**

- 'Colourful' is a word that best describes the costumes used in most traditional dance forms in Portugal. In addition, the male costume differs completely from those worn by females. They are as follows:

- Portuguese Traditional Dance

- **Gents:** The attire worn includes a black pant, a white shirt, a broad red cloth tied around the waist, a hat, and a pair of shoes.

- **Ladies:** The costume includes an overcoat, a colourful skirt, pair of stockings and shoes. The colourful head scarf or handana adorned by women





## The traditional dances of Portugal & costumes

Folk dancing is a very traditional type of dancing which still happens in Portugal today, these dances are usually celebrating a Saint as Portugal is a very Catholic and religious country. There are many types of dances depending on which part of Portugal you are living in, each with a different story to tell. Some types of dances include the Vira, Chula, Corridinho, Malhão and Fandango.

# Vira



Vira is a traditional dance from the north of Portugal (Minho). It is similar to the Australian Waltz, where couples form a circle facing each-other and go around a circle doing different steps, changing partners as they go, or sometimes the women may have 'solos.'

The costume is a long length red and black skirt with a flower pattern on the hem of the skirt. Women wear a white shirt and a red head-piece.



# Chula



The Chula is very similar to the Vira in the way that you are still a couple going around in a circle, but it is also very popular in Douro which is also in the North of Portugal.

While the Vira is danced as the waltz, this dance is danced to a piano accordion and also a guitar with a singer. There are a lot of fast moves and feet stomping while hands are clicking. The costumes are fairly similar however the patterns on the women's skirts differ.





# Corridinho



This dance is very popular in Algarve, danced in pairs forming two circles, girls on the inside and boys on the outside. This is one of the most popular kinds of dances that people do, as it is said to be easier faster and more fun. The music is fast and there is also stomping involved, and changing direction within the circles.

The costume is more detailed and uses more of the Portuguese colors in the design (green and red).



# Malhão

Malhão dancing is very well known in Estremadura. It is not really one of the dances that is done as it is not very popular.

The costumes are plainer with no bright colours of designs, a red and black skirt.



# Fandango

The fandango is similar to the Vira, however the steps and music is much different. It is a dance which is originally formed in Spain. This dance is much loved and celebrated in Portugal not only on special saint celebrations but also at Christmas.

The costume is a long red skirt and a red shirt. Also, the design is different as well.



# Pauliteiros de Miranda

Traditionally, the Pauliteiros are a group made up exclusively of 8 boys and three musicians (bagpipes, box and bass drum). They perform the peditory in the old way, starting at 6.00 a.m., after the bagpipe's dawn, dancing some lhaços (name given in Miranda language to designate each of the melodies, text and choreography that are part of the pauliteiros' dance) in front of churches and chapels, they pray in front of houses that are in mourning, etc.

Display of the repertoire according to a growth of the show starting with the lhaço 25 (a lhaço to break sticks), the Bicha (in which castanets are used exclusively) and the Salto do Castelo (in which a pauliteiro jumps over a human tower).

The hugs given between the dancers at the end of each performance.

















































