Folk Dances of India: Bhangra

Bhangra is a fusion of numerous folk dances spread throughout the geography of Punjab. These dances include Jhummar, which has a 16-beat dhol cycle, from Jhang-Sial, Sialkoti from Sialkot, Sammi etc. With the flow of time, a uniform bhangra routine formulated with the local dance forms being specific sections in routine.