The traditional folk music of the indigenous people of Tripura – Reangs, Chakmas and Lushais – dates back thousands of years, and the people of Tripura are justly proud of this rich cultural heritage. Each Tripura tribal community has its own dance forms, as do other groups- like the Bengali community- present in the state. The tribal communities have cultural activities throughout the year, which play a significant role in instilling a feeling of brotherhood among the members of the community. Likewise, the Bengali community is also particular about nurturing its own traditions. The tribal communities and the Bengali community together build up a confluence of cultures.
Garia Dance

The life and culture of the people of Tripura revolve around Jhum (Shift Cultivation), which involves selecting a piece of land and clearing it, whereafter seeds are sown. This process is completed by mid-April and followed by praying to “Garia”, the God of Good Harvests. The Garia Puja celebrations continue for seven days, and the Garia Dance is an integral part of the Garia Puja wherein the revered deity is worshipped through singing and dancing.
Jhum Dance

As Jhum involves a tremendous amount of physical labour, the cultivators indulge in singing and dancing in an effort to divert their minds. The dance depicts their lifestyle, mode of cultivation, culture and traditions. This ‘working song’ serves as an inspiration for them to work harder.
Dailo Nritya

Dailo Nritya is a dance performed when the crops are brought home, amidst great festivity and gaiety. Invitations are sent to neighbours, friends and relatives. The entire community participates in the dance.

Lebang Boomani Dance

The Lebang Boomani Dance is the harvest dance of Tripura. In this dance, the dancers aesthetically depict how tokkas (bamboo clappers) are used to catch colourful insects called 'lebangs'. It is believed that the number of 'lebangs' caught signifies how good or bad the year's harvest will be. The dance is performed by men and women to the accompaniment of the Sarinala and a drum called Pung.; the men clap the tokkas while the women join the circle waving colourful scarves.
Cheraw

The Cheraw Dance or Bamboo Dance is a dance of the Lushai community of Tripura. This dance is performed by women to help instil confidence in a pregnant woman. It is believed that even if the pregnant woman dies during childbirth, she will leave for her heavenly abode in peace. (‘Cheraw Kan’ means to step over ‘cheraw’). The dance is performed by girls who gracefully step between and across a pair of horizontal bamboos which are held by two persons, one sitting at either end, who continuously raise and lower them twice and bring them together in regular rhythm, while the dancers step alternately between and outside them.
**Bizu Dance**

The Chakmas form a major part of the tribal population of Tripura, and the Bizu is their most important socio-religious festival. "Bizu" refers to *Chaitra Sankranti* (the end of the Bengali calendar year). Through the Bizu Dance, the members of this community bid goodbye to the year that has just ended and usher in the New Year.

In its erstwhile form, the Bizu Dance was performed within the grounds of temples, though today it has gained popularity as a group dance that is beautifully orchestrated to the rhythm of typical folk instruments of Tripura, like the *Dhol* (Drum), *Baajhi* (Flute), *Hengrang* (a musical instrument made from bamboo) and *Dhuduk* (an instrument similar to the Hengrang).
Hozagiri

The Reangs constitute one of the largest tribal groups in Tripura, second in numbers only to the Tripuris. The Reangs, like other tribal communities, have a distinct art and culture of their own. While the themes of the dances remain almost the same as the other tribes, the dance form of the Reang community is quite different from the others; the movement of the hands and the upper body is somewhat restricted, whereas the movement from the waist to feet creates a wonderful wave. The dancer stands on an earthen pitcher with a bottle on her head, a lighted lamp is balanced on the bottle, and the Reang dancers proceed to bend and twist the lower parts of their bodies in a rhythmic fashion, without disturbing the bottle or the lighted diya. This dance is performed during a festival celebrated annually in the month of April, just before the selection of a site for Jhum, to pray to
'Mainuma' the Goddess of Wealth. The Reangs believe that if the Goddess is pleased with the singing and dancing, she will bless them with bumper crops.
Galamuchamo Dance

The Tripuri community performs this dance at the end of the harvesting season. Through it, the community expresses their gratitude to the Gods for a good harvest. The Galamuchamo dance is performed by dancers dressed in traditional attire, and the musical instruments played during the dance are typical to Tripura.

Hai Hak Dance

The Hai Hak Dance is another dance connected with Jhum cultivation and performed by the Halam community. At the end of the harvesting season, the Halam community invokes the blessings of Goddess Laxmi. They perform the Hai Hak Dance as part of the festivities.
Sangrai Mog Dance

Sangrai is a special, three-day festival of Tripura. The younger members of the Mog community move from one house-to-house carrying the sacred Wish Yielding Tree (Kalpataru) on their heads. The ceremony features singing and dancing. Water is carried in an auspicious pitcher and the elders of the community bathe with this water. Fragrant sandalwood paste is applied to the entrances of houses in the village and water from green coconuts is sprinkled on every house. In a grand ceremony, fragrant water is poured on the roots of the ‘Bodhi Vriksha’. The dance is performed to the accompaniment of a traditional Khouyang.
Wya Dance

The Mogh community of Tripura celebrates the Wya festival on the full moon night of the month of Ashwin. Young boys and girls stand in rows with lamps in their hands to pray to Lord Buddha. Thereafter, they sing and dance in the premises of the Buddha temple. This traditional dance is known as the Wya Dance or the Lamp Dance.

Gajan

The Bengali community of Tripura celebrates the Gajan festival. Prayers are offered to Lord Shiva for a happy and prosperous new year. Dressed as Lord Shiva, Goddess Durga, Goddess Kali, Nandi and Bhringi (the associates of Lord Shiva), the performers dance to the beat of drums and sing songs in praise of Lord Shiva.