



Arts & Entertainment

BhangraFest dancers eye world record

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Want to learn more about the traditional Punjabi dance form Bhangra, but not sure where to start?

This Sunday's BhangraFest, happening in the Civic Centre, might have the answer. Organized by members of Mississauga organization Bhangra Nation, the show will feature performances by dancers with the group as well as those with the Mehak Punjab Dee Academy, Punjabi Dance Academy and Punjab VACA.

And, with colourful costumes and stunning choreography, the dance form is truly something to behold.

The free event starts at noon.

Bhangra Nation co-founder Ranvir Rai said there will be plenty of instruction and performances throughout the afternoon.

"It will be a good opportunity for beginners to come out and learn more about the forms that exist," said Rai.

"There will be quite a variety of performances."

Styles performed include professional, a traditional-version of the dance with performers moving to the sounds of the dhol (a double-sided barrel drum), and freestyle, where the modern sounds of hip-hop and R&B are blended with traditional Indian music.

The dancers will also try to set a world record for having the most bhangra dancers performing at the same time.

The world record attempt takes place at 3 p.m. and members of the public are invited to participate.

Bhangra Nation was established in 1997. The name "symbolizes the unification of all nations to creating a global awareness" of the folk dance, the group says.

For more information, visit www.bhangranation.com.

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