Bolero - Dance from Andalusia and Castile

Bolero is a dance that can be performed solo or in pairs. It is a very sensual dance often accompanied by singing. Movements in bolero are prolonged, with rich hand gestures and long steps that end with standing on tiptoe. It includes many figures involving turns and steps. The basic step in bolero is shifting the body weight from one leg to the other.

Flamenco - Guitar and Castanets

The term flamenco refers to the way of performing songs and dances. Flamenco songs are characterized by a unique performance style. The textual layer, which often consists of invocations with words like "aj, aj, aj" and elements of melisma (producing multiple sounds on a single syllable of text), is enriched by music performed on the guitar (with the notes plucked) accompanied by castanets. There are strong connections between flamenco and gypsy music.

Flamenco, a dance inseparable from the music of the same name, is a very energetic and dynamic way of telling a story. Flamenco can be performed solo, in pairs, or in groups. The rhythmic steps are emphasized by frequent clapping, finger snapping, or tapping of heels.

Very important in flamenco are the elements of the dancers' attire. It includes: low-heeled shoes (both for women and men), long skirts, scarves, corsets, or dresses in highly saturated colors, adorned with many ruffles. The dresses should have a deep neckline and a cut tailored to the dancer's silhouette in the torso. The bottom of the dress is flared and forms a large skirt during turns. A flower is often pinned in smoothly tied back hair. The male flamenco costume consists of tight, black trousers with a high waist, a red scarf tied at the waist, high boots, a white shirt, and a short vest, often adorned with intricate embroidery. Dancers usually hold a fan (woman) or castanets (man) in their hands. The fan dance performed by women is a spectacle in which this prop plays the main role.

Flamenco is characterized by complex and graceful movements of the hands, fingers, and wrists performed to the sides of the body and above the head. Steps involve spirited stamping to the rhythm of the music, lifting the knee-bent leg, and adding steps.

Jota - Group Dance

Jota (pronounced as hota in Spanish) is a dance with Aragonese origins. It is a very energetic form of expression often accompanied by castanets. In this dance, often performed in groups, the hands are raised to shoulder height, and the dancer holds castanets in their hands, striking them to the beat of the music. Leg movements involve intertwining steps and jumps. Dancers move in all directions, stepping high, lifting their knees, and often spinning.