

# Traditional Dance

*Seen at Northern Pow Wows*

Features traditional regalia of cloth or leather, with traditional design and materials. Dancers perform with precise, highly controlled movement.

# Buckskin and Cloth Dance

A traditional dance from the South. The name refers to the type of material from which the dress is made. The regalia is similar to the Northern traditional dance; however, in the South, buckskin and cloth dancers are judged in separate categories. The dance steps are the same for both regalia categories.

# Fancy Shawl Dance

Women wear long, usually fringed, brightly colored and decorated shawls, and perform rapid spins and elaborate dance steps.

# Jingle Dress Dance

*Healing Dance*

The jingle dress includes a skirt with hundreds of small tin cones that make noise as the dancer moves with light footwork danced close to ground.