

Dances

THE LORD'S PRAYER

This sacred dance has been performed at the Pow Wow every year since 1946. Choreographed and narrated by Chee Chee Thunder Bird and backed by the voice of her nephew, the late Randall Gregoire Bess, the dancing has been passed on to the next generations of Thunder Bird women.

WOMEN'S EASTERN BLANKET DANCE

This dance tells women's stories. They express the joy of dancing and showing skill and grace in their beautiful blankets. It is often used as a courting dance.

MEN'S EASTERN WAR DANCE

This dance was done by men in preparation for battle or hunting. Upon their return they dance their stories.

SMOKE DANCE

The Smoke dance comes from the People of the Longhouse. It is fast stepping, fast paced artistry in motion.

TRADITIONAL DANCE

These dances are among the oldest of all with varying styles of dance. The men's traditional dances often tell a story of tracking prey in a hunt or an enemy in battle. The women's traditional dances are slower paced or stationary displaying the grace and dignity of the caregivers.

GRASS DANCE

Grass Dance comes from the Great Plains where it was done in preparation for ceremonies. Men would dance down the tall grass with sweeping movements.

JINGLE DRESS

This style of dance and dress were used to promote healing. Metal cones carefully sewn to the dress create a beautiful sound as the dancers move.

FANCY DANCE / SHAWL DANCE

Men Fancy dancers and women Shawl dancers wear bright regalia and use their fanciest moves being careful to stop on the last beat of the drum.

HOOP DANCE

This dance originated with the Taos Pueblo people and has grown to be a highlight of Powwows everywhere.

ROUND DANCE

The Round Dance, a 'Friendship dance', is done in a large circle holding hands.

STOMP DANCE

In Stomp dances everyone follows the lead singer in call and response.

RABBIT DANCE

This is one of the few dances where men and women dance together as partners. It's been said that the moves are patterned after the Gold Rush square dances.

Contest Categories

Tiny Tots

Everybody Wins!

Girls 6 to 12

Traditional

Jingle Dress

Fancy Shawl

Teen Girls 13 to 17

Traditional

Jingle Dress

Fancy Shawl

Boys 6 to 12

Traditional

Grass

Fancy

Teen Boys 13 to 17

Traditional

Grass

Fancy

Women 18 to 49

Eastern Blanket

Northern Traditional

Southern Traditional

Fancy Shawl

Jingle Dress

Women 50 and Up

Golden Age Eastern Blanket

Golden Age Traditional

Men 18 to 49

Eastern War

Traditional

Southern Straight

Grass

Fancy

Men 50 and Up

Golden Age Eastern War Dance

Golden Age Traditional

SPECIAL CONTESTS

Chief Red Fox Special, Traditional Men

Chief Thunderbird Hand Drum Competition

Jason King (Northern Traditional, ages 12-17)

Smoke Dance Competition