

# Black History Praise Dance Songs



**Black history praise dance songs** are an essential component of the rich cultural tapestry that defines the African American experience. They serve not only as a form of artistic expression but also as a way to convey spiritual messages, commemorate historical events, and celebrate the resilience of a community that has faced significant challenges. This article delves into the roots, significance, and popular examples of praise dance songs within the context of Black history, showcasing how these songs have evolved and continue to inspire generations.

## The Significance of Praise Dance in African American Culture

Praise dance is a unique blend of worship, movement, and storytelling. It has its origins in African traditions where dance was used as a form of communication and celebration. For African Americans, praise dance has become a vital form of expression within the church and broader cultural contexts.

### Historical Context

The roots of praise dance can be traced back to African tribal dances, which were often performed during religious ceremonies and communal gatherings. When enslaved Africans were brought to America, they retained many of their cultural practices, including dance, which evolved over time due to the influence of European religious practices and the African American experience.

During the 19th and early 20th centuries, Spirituals and Gospel music emerged as significant genres for African Americans. These musical forms often included rhythmic movements that could be considered early forms of praise dance. As African American churches grew, so did the incorporation of dance into worship services, leading to the development of what we now recognize as praise dance.

# **The Role of Praise Dance in Worship**

Praise dance serves multiple purposes within the church setting:

1. **Expression of Faith:** Dance is a way for individuals to express their love and devotion to God. It allows for a physical manifestation of spiritual feelings.
2. **Storytelling:** Many praise dance songs tell stories from the Bible or recount historical events significant to the African American community, making the messages more relatable and impactful.
3. **Community Building:** Praise dance often involves groups, fostering a sense of community and shared belief among participants and congregants.
4. **Cultural Identity:** For many African Americans, praise dance is a way to celebrate their heritage, connecting with their ancestors through movement and song.

## **Popular Black History Praise Dance Songs**

Over the years, many songs have become staples in praise dance performances. Here are some notable examples:

### **1. "I Will Trust in the Lord"**

This spiritual song has roots in the African American church and is often used in praise dance performances. Its message of faith and trust in God resonates deeply, making it a popular choice for worship settings.

### **2. "He's Got the Whole World in His Hands"**

This classic song symbolizes God's omnipotence and care. Praise dancers often incorporate movements that reflect the song's message of protection and love, creating a powerful visual representation of faith.

### **3. "Total Praise" by Richard Smallwood**

"Total Praise" is a modern gospel classic that emphasizes complete devotion to God. Praise dancers often interpret the lyrics through expressive movements that convey gratitude and worship, making it a favorite in many church services.

## **4. "Yes, Lord" by The Mississippi Mass Choir**

This song is a testament to the African American experience, expressing unwavering faith amidst trials. Praise dance performances of this song often include joyful, spirited movements that inspire the congregation.

## **5. "Every Praise" by Hezekiah Walker**

A contemporary anthem of praise, "Every Praise" celebrates God's goodness and faithfulness. Praise dancers often use energetic choreography to reflect the song's uplifting message, making it a popular choice for church events and celebrations.

# **Elements of Praise Dance Choreography**

Creating choreography for praise dance involves several key elements that enhance the interpretation of the song being performed:

## **1. Movement Quality**

Praise dance often incorporates a variety of movement styles, including:

- Flowing movements that reflect the grace of worship
- Sharp, strong movements that emphasize power and conviction
- Rhythmic clapping and stomping that engage the congregation

## **2. Use of Space**

Dancers utilize space in ways that enhance the performance. This can include:

- Traveling across the stage to symbolize a journey of faith
- Forming formations that represent unity within the church community
- Incorporating levels, such as kneeling or raising hands, to convey different emotional states

## **3. Facial Expressions and Gestures**

Facial expressions play a crucial role in conveying the message of the song. Dancers often use gestures that complement their movements, such as:

- Open arms to symbolize welcoming
- Fists raised to represent triumph

- Hands lifted to show reverence and surrender

# **Incorporating Praise Dance in Community Celebrations**

Praise dance is not limited to church services; it can also be a powerful tool for community engagement and education. Events that celebrate Black history often include praise dance as a means of honoring the struggles and victories of the African American community.

## **1. Black History Month Celebrations**

During Black History Month, praise dance can be a centerpiece of programs that highlight significant figures and events in African American history. Dancers can perform to songs that tell stories of resilience, unity, and faith, engaging audiences in a celebration of heritage.

## **2. Cultural Festivals**

Praise dance can be featured in cultural festivals, showcasing the artistic talents of dancers while emphasizing the importance of faith and community. These performances can attract diverse audiences and foster understanding and appreciation for African American culture.

## **3. Educational Workshops**

Hosting workshops on praise dance can help educate participants about its historical significance and cultural roots. These workshops can also provide opportunities for individuals to learn choreography and develop their own praise dance routines.

## **Conclusion**

Black history praise dance songs are an integral part of African American culture, reflecting a deep connection to faith, heritage, and community. Through movement and music, praise dancers tell powerful stories that resonate with audiences and celebrate the resilience of their ancestors. As these songs and dances continue to evolve, they remain a vital expression of identity, spirituality, and cultural pride. By embracing and promoting praise dance, we not only honor the past but also inspire future generations to carry forward this meaningful tradition.

## **Frequently Asked Questions**

## **What are some popular praise dance songs that celebrate Black history?**

Some popular praise dance songs that celebrate Black history include 'Lift Every Voice and Sing,' 'A Change is Gonna Come' by Sam Cooke, and 'Glory' by Common and John Legend.

## **How do praise dance songs contribute to the celebration of Black history?**

Praise dance songs often incorporate themes of resilience, hope, and faith, reflecting the struggles and triumphs of the Black community throughout history. They serve as both a form of worship and a way to honor cultural heritage.

## **Can you name a contemporary artist known for their praise dance music relevant to Black history?**

Kirk Franklin is a contemporary artist known for his gospel music that often includes elements of praise dance, addressing themes relevant to Black history and culture.

## **What role does choreography play in the interpretation of praise dance songs?**

Choreography in praise dance is essential as it helps convey the emotional and spiritual messages of the songs, enhancing the storytelling aspect and allowing dancers to express their personal and communal experiences.

## **Are there specific movements associated with praise dance that honor Black history?**

Yes, specific movements such as the 'freedom steps' or gestures that mimic traditional African dances are often used in praise dance to honor the cultural roots and historical struggles of the Black community.

## **How can praise dance songs be used in educational settings to teach about Black history?**

Praise dance songs can be integrated into lessons about Black history by using them to explore themes of civil rights, spirituality, and cultural expression, allowing students to engage with history through music and movement.

## **What is the significance of the song 'Wade in the Water' in praise dance?**

'Wade in the Water' is significant as it has historical ties to the Underground Railroad and is often used in praise dance to symbolize liberation and spiritual journey, making it a powerful choice for honoring Black history.

## How has praise dance evolved in modern Black churches?

Praise dance in modern Black churches has evolved to include various styles such as contemporary, hip-hop, and African dance, reflecting the diverse cultural influences within the community while still maintaining a focus on worship and message.

## What are some resources for finding praise dance songs that highlight Black history?

Resources for finding praise dance songs include online music platforms like Spotify and Apple Music, gospel music websites, and community church recommendations, which often feature playlists specifically highlighting songs relevant to Black history.

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