



Tibetan Guozhuang

with Ashley Cao

Guozhuang is one style of traditional Tibetan folk dance that is performed by a group of people dancing in a circle. In recent years this dance has become popular in all of China. Ashley Cao grew up in Nantong, China, and has been performing and competing in various styles of dance since she was a child.

- Basic information about Guozhuang:
 - Guozhuang Dance ([China Culture Tour](#))
 - Guozhuang Dance - Tibetan Dance ([Tibet Travel](#))
- Archive video of traditional dancing in Tibet ([YouTube](#))
- Information and video on traditional Tibetan clothing ([Smithsonian Institution](#))
- Many photos and information on different styles of Tibetan traditional clothing ([Folk Costume & Embroidery](#))
- Video with some basic information on the tradition, produced by CGTN in China ([YouTube](#))
- Video with some basic information, produced by China Plus media ([Facebook](#))
- Highlights of Luqu Guozhuang Dance Performance in Gansu ([Xinhua Net](#))
- Guozhuang dance lights up Tibetan festivities ([China Daily](#))

Links to Explore

The dance that Ashley teaches in her video is called “Xianghui” (“Meeting of Friends”). A video of a professional group performance of this dance can be found [here](#), with music for learners to follow along with once they have learned the basic steps.

For teaching videos and more activities to learn Guozhuang dance with Ashley, visit the ArtsSmarts PEI Our Musical Island resource at www.ourmusicalisland.ca

These supplementary learning materials provided by:



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