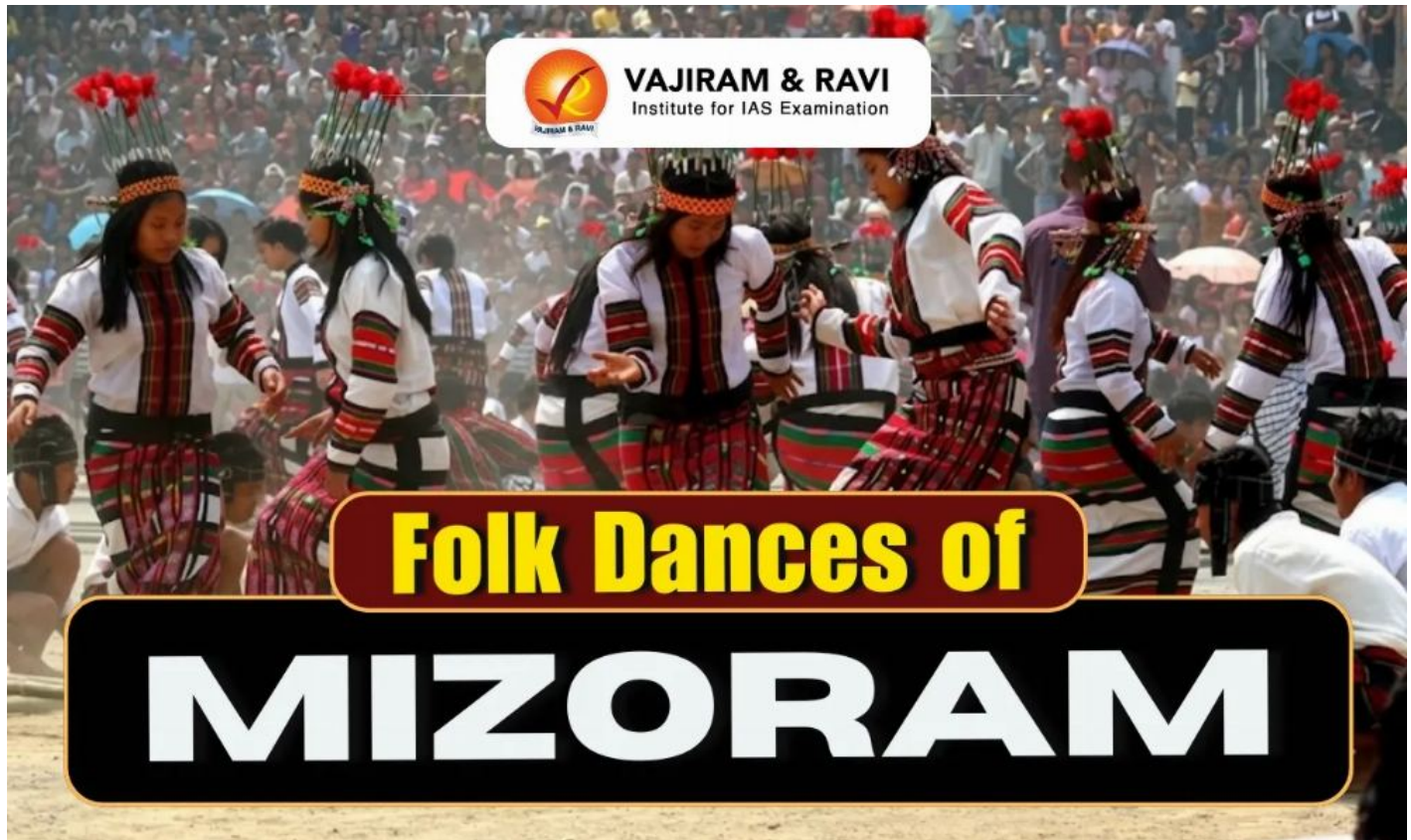


Folk Dances of Mizoram, List, History, Culture, Significance

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The **Folk Dances of Mizoram** are an important part of the state's rich cultural heritage and reflect the **traditions, community life and festive spirit of the Mizo people**. Most of these dances are performed in groups and are closely connected with festivals, celebrations and social occasions. Accompanied by traditional music, colourful attire and rhythmic movements, these dances help preserve the **cultural identity and traditions of Mizoram**.

Major Folk Dances of Mizoram

- **Cheraw Dance:** Also known as the **bamboo dance**, Cheraw is one of the most famous traditional dances of Mizoram. Men sit on the ground and move pairs of bamboo poles in a rhythmic manner, while women step gracefully between them. The dance requires excellent **timing, coordination and concentration** and is commonly performed during festivals and other celebrations.
- **Khuallam Dance:** Khuallam is popularly called the **"Dance of the Guests"** because it is performed to welcome guests from neighbouring communities. It is associated with the **Khuangchawi ceremony** and is mainly performed to the beats of drums and gongs. Dancers traditionally wear the **Puandum**, a handwoven Mizo cloth.

- **Chailam Dance:** Chailam is traditionally performed during the **Chapchar Kut festival**. Men and women stand alternately in a circle, with women holding the men's waists and men holding the women's shoulders. The dancers move to the rhythm of **drums and the Mithun horn**, while musicians and instruments are placed at the centre.
- **Chheihlam Dance:** Chheihlam is a **joyful community dance** associated with celebration and social gatherings. Performers sit or squat in a circle while a dancer in the centre sings or recites **Chheih Hla** through rhythmic body movements. As the dance continues, others may take turns joining the performance.
- **Chawnglaizawn Dance:** This dance is traditionally associated with the **Pawi community** and has an emotional connection with mourning. Traditionally, a husband performed it after the death of his wife, with friends and relatives joining him to share his grief. It is also performed during festivals and to celebrate a **successful hunt**.
- **Tlanglam Dance:** Tlanglam is a popular **group dance** performed by men and women of different age groups. It is performed to traditional music, particularly **Puma Zai**, with dancers wearing colourful traditional clothes and headgear.
- **Zangtalam Dance:** Zangtalam is a traditional dance of the **Paihte community**. Men and women dance together while singing, accompanied by the beats of a drummer who helps maintain the rhythm and pace of the performance.
- **Sarlamkai Dance:** Sarlamkai is traditionally known as a **war or victory dance**. It was performed to celebrate success in battle and honour brave warriors. Dancers use movements associated with warfare, including shields and swords, while **gongs, drums and cymbals** provide the rhythm.
- **Sawlakia Dance:** Sawlakia is another traditional dance connected with **victory and heroic achievements**. It traditionally represents the celebration of a warrior's success, with dancers using symbolic movements and traditional instruments to create a lively performance.
- **Par Lam Dance:** Par Lam is a graceful dance generally performed by **women dressed in colourful traditional attire**, often decorated with flowers in their hair. The dancers sing while performing, while musical accompaniment is provided by men playing instruments such as guitars.

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Traditional Dances of Mizoram and Their Features

- Most traditional dances of Mizoram are **group performances** involving both men and women. They are closely connected with festivals, community gatherings, celebrations, hunting traditions and important social occasions.
- **Music and rhythm** play an important role in these dances. Traditional instruments such as **drums, gongs, cymbals, bamboo poles and the Mithun horn** are commonly used to create the rhythm and guide the dancers.
- Many dances are performed in **circles or organised group formations**, reflecting the strong sense of community in Mizo society. The dancers often move together in a coordinated manner rather than performing individually.
- **Traditional clothing and ornaments** are an important part of these performances. Colourful Mizo dresses, handwoven shawls, jewellery and traditional headgear add to the visual appeal of the dances.

- Different dances express different aspects of life. While **Cheraw highlights coordination and grace**, dances such as **Sarlamkai and Sawlakia reflect victory and bravery**, whereas **Chawnglaizawn expresses grief as well as celebration**.

Cultural Significance of Folk Dances of Mizoram

- Folk dances are an important part of **Mizo cultural identity** and help preserve the traditions, customs and collective memories of different communities in Mizoram.
- These dances bring people together during **festivals, ceremonies and community celebrations**, strengthening social bonds and encouraging participation across generations.
- Traditional performances also help pass cultural knowledge from **older generations to younger people**, ensuring that traditional music, clothing, instruments and dance practices continue to survive.
- Folk dances reflect the **diverse experiences of Mizo society**, including celebrations, harvest and festivals, community life, hunting traditions, warfare, bravery and expressions of grief.
- Today, these dances are not limited to traditional ceremonies. They are also presented during **cultural programmes, public events and festivals**, helping introduce Mizoram's rich heritage to people across India and beyond.

Source: <https://vajiramandravi.com/current-affairs/folk-dances-of-mizoram/>

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