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Country dances list

The 196 countries of the world can logically be divided into eight regions according to their geography, largely aligned with the continent on which they are located. That said, some groups do not strictly adhere to divisions on the continent. For example, the Middle East and North Africa are separated from sub-Saharan Africa along cultural lines. The Caribbean and Central America are also grouped separately from North and South America due to similarities based on latitudes. Asia stretches from the former stans of the USSR to the Pacific Ocean. There are 27 countries in Asia and it is the largest and most populous region in the world, with about 60 percent of the world's population living there. The region boasts five of the 10 most populous countries in the world, with India and China occupying the top two places. BangladeshBhutanBruneiCambodiaChinaIndiaIndonesiaJapanKazakhstanNorth KoreaDouth KoreaKyrgyzstanLaosMalaysiaMaldivesMongoliaMyanmarNepalPhilippinesSingaporeSri LankaTaiwanTajikistanThailandTurkmenistanUzbekistanVietnam The 23 countries in the Middle East, North Africa and Greater Arabia include some countries that are not traditionally considered part of the Middle East (such as Pakistan). Their inclusion is based on culture. Turkey is also sometimes placed on the lists of Asian and European countries because, geographically, it cross both. In the last 50 years of the 20th century, due to the decrease in mortality and high fertility rates, this region grew faster than any other in the world. As a result, the demographics there are tilting young, while in many more developed regions, it would be in Asia, Europe and North America, the population bubbles are older. AfghanistanAlgeriaAzerbaijan (Former republics of the Soviet Union are usually grouped into a single region, almost 30 years after independence. In this list, they have been placed where it is most appropriate.) BahrainEgyptIranIraqIsrael (Israel may be located in the Middle East, but it is certainly a cultural outsider and probably better belongs attached to Europe, would be its maritime neighbor and the Member State of the European Union, Cyprus.) JordanKuwaitLebanonLibyaMoroccoOmanPakistanQatarSaouda ArabiaSomaliaSyriaTunisiaTurkey United Arab EmiratesYemen The European continent and its local region contain 48 countries and stretches from North America and back to North America as it encompasses Iceland and all of Russia. In 2018, data show that about three-quarters of its population lives in urban areas. Having so many peninsulas, and the region itself being a peninsula of Eurasia, means a wealth of coastline on the continent-more than 24,000 miles (38,000 kilometers) of it, in fact. AlbaniaAndorraArmeniaAustriaBelarusBelgiumBosnia and HerzegovinaBulgariaCroatiaCyprusCzechCzech RepublicDenmarkFinlandFranceGeorgiaGermanyGreeceHungary and the North American plate, so geographically it is halfway between Europe and North America. However, culture and are clearly of a European nature.) IrelandItalyKosovoLatviaLiechtenlandLithuaniaLuxembourgMacedoniaMaltaMoldovaMonacoMontenegroLandesNorwayPolandPortugalRomaniaRussiaSan MarinoSerbiaSlovakiaSloveniaSpainSwitzerlandUkraine United Kingdom of Great Britain and Northern Ireland (United Kingdom is the country composed of constituent entities known as England, Scotland, Wales and Northern Ireland.) The Vatican Economic Powerhouse North America includes only three countries, but occupies most of a continent and is thus a region on itself. Since it stretches from the Arctic to the tropics, North America includes almost all major climate biomes. In the furthest reaches north, the region stretches to the middle of the world - from Greenland to Alaska - but at its farthest point from the south, Panama has a narrow point, which is only 31 miles (50 kilometers) wide. CanadaGreenland (Greenland is an autonomous territory of Denmark, not an independent country.) MexicoAmerica of the United States of America Among the 20 countries of Central America and the Caribbean, none is landlocked, and half are islands. In fact, there is no location in Central America that is more than 125 miles (200 kilometers) from the sea. Volcanoes and earthquakes go hand in hand in this region, as many of the Caribbean islands are of volcanic origin and not dormant. Antigua and BarbudaJamaicaNicaraguaPanamaSaint Kitts and NevisSaint LuciaSaint Vincent and the GrenadineTrinidad and Tobago Twelve countries occupy South America, stretching from the equator to the nearby Antarctic Circle. It is separated from Antarctica by the Drake Passage, which is 1,000 kilometres wide. Mount Aconcagua, located in Argentina's Andes Mountains, near Chile, is the highest point in the Western Hemisphere. At 40 metres below sea level, the Valdés Peninsula, located in southeastern Argentina, is the lowest point in the hemisphere. Many Latin American countries face a financial contraction (such as unfunded pensions for an ageing population, a shortage of government spending, or an inability to spend on public services) and also have some of the world's most closed economies. ArgentinaBoliviaBrazilChileColombiaEcuadorGuyanaParaguayPeruSurinameUruguay There are 48 countries in Sub-Saharan Africa. (Some of these countries are actually intra-Saharan or in the Sahara desert.) Nigeria is one of the fastest growing countries in the world, and by 2050 it will surpass the United States as the third most populous nation in the world. Overall, Africa is the second largest and second most populous continent. Most countries in sub-Saharan Africa gained independence between 1960 and 1980, so their economies and infrastructure are still under development. This is proving most difficult for countries that are landlocked due to additional transport transport the right of way which he must exceed in order to carry his goods to and from the port. AngolaBeninBotswanaBurkina FasoBurundiCameroonCamerounCape Verde The Central African RepublicChadComorosRepublic of CongoRepublic of CongoDemocratic Cords CongoCote d'IvoireDjibouti Equatorial GuineaEritreaEthiopiaGabonThe GambiaGhanaGuinea-BissauKenyaLestohLiberiaMadagascar MalawiMaliMauritaniaMauritiusMozambiqueNamibiaNigerNigeriaRwandaTome and PrincipeSenegalSeychellesSierra LeoneSouth AfricaSudanSudanSwazilandTanzaniaTogoUgandaZambiaZimbabwe The 15 countries in Australia and Oceania vary greatly depending on culture and occupy much of the world's ocean. With the exception of the continent/country of Australia, the region does not occupy much of the land. The islands have been known since Charles Darwin pointed it out for their endemic species and nowhere is this more evident than in Australia and Oceania. For example, about 80 percent of species in Australia are unique to this country. Endangered species in the region range from those in the ocean to those in the sky. Conservation challenges include remote location and the fact that much of the area's oceans are outside the direct jurisdiction of the countries there. AustraliaEast Timor (While East Timor is on an Indonesian [Asian] island, its eastern location requires it to be located in the Oceania nations of the world.) FijiKiribatiMarshallFederated States of MicronesiaNauruNew ZealandPalauPapua New GuineaSamoaSolomon IslandsTongaTuvaluVanuatu If you've been swept away with all the dance TV shows lately and have been trying to re-create the moves you've seen on So You Think You Can Dance and Dancing with the Stars, then here are some exercises that might get you moving. We asked Jaana Kunitz and Julia Powers, both world champions of Latin ballroom dancers, to share their favorite moves on their training DVD, Core Rhythms. Do Paso Doble, aka squat tinged goals: thighs (quadriceps muscles), buns and hamstrings Starting position: Start with parallel feet, toes pointed forward. Step out to one side and perform 3 squats to the left and then 3 squats to the right. Imagine this now: So you perform squats, gently bend forward to the waist and twist the trunk, as you would throw a large flamenco skirt from side to side, in a figure-8 shape. To take it over the top, when you twist, cross your wrists quickly over your head. O! Check out the move here: Do samba, aka standing abdominal crunch Goals: abs front starting position: Stand with feet shoulder-width apart, toes pointed forward. Stretch your elbows on the sides of the body so that it is the height of the shoulder. Bend your arms so that your hands are in front of Flip your hands under and forward so that your palms are facing away from your body. Start bending both knees at the time of samba rhythm. Then tuck your pelvis under and leave your chest to concave. Do this every beat of the music, in time, with knee bending. Check out the move here: Do The Merengue, aka shake these hips! Objectives: oblique muscles (body part) Position starting: Start in a closed position. Raise your elbows to the sides, hands in front of your chest, palms face down. Start bending your knees to the rhythms of merengue a knee at the time, but keep heels on the ground. Start swinging your hips as you move to music. As the hips swing to the right, the ribcage extends to the left. As the hips swing to the left, the ribcage extends to the right. Continue this movement to thin your waistline. Check out the move here: Do you have a favorite dance move? Tell us about it in the comments. This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this content and similar content at piano.io piano.io

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