How people dance can tell you a lot about their society. But because dance is a physical activity, its meaning is difficult to comprehend unless you dance the dances. Similarly, it is impossible to understand the meaning of dance unless you know in what historical context it was performed. In this colloquium students read, write, and dance through 200 years of American history. But this is not a history of dance class. It presents dance as an embodiment of the economic, social, cultural and political world in which people dances their dances. It is a seminar on American history that uses the experience of dancing to deepen our understanding the past.