

# Kick Off Your Shoes and Dance at the Italian Festival!

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by iahfofiowa

Italian Folk Dance has been an integral part of Italian culture for centuries. From the days of Dante through modern times, dance has been a continuous thread in Italian life.

The Des Moines-based Italian Folk Dance Group, **Il Trattenimento Italiano**, will perform traditional Italian dances on the Casey's Main Stage of the Italian American Heritage Festival of Iowa on Friday, July 30, at 6:15 pm.

The dancers will return to the Casey's Main Stage on Saturday July 31, with the children's group performing at 1:00 pm and the adult group taking the stage at 6:00 pm.

To get an idea of what to expect, watch the video below showing Il Trattenimento Italiano performing at this year's [All Things Italian Festival](#) in Fairfield, Iowa.

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