

IPS In-Service / IMEA



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Arlington High School
Indianapolis, Indiana

Mike McBride
indymcbride@hotmail.com

“Folk Dancing Around the World”

Festival Facts:

- Hundreds of children from Indiana participate annually.
- We perform a dozen international dances with 20+ other schools.
- Teachers present dances in class and after-school folk dance groups.
- 46th annual festival
 - Indianapolis: Saturday, April 22, 2017, Ben Davis HS (tentative)
 - Ft. Wayne: April 29, 2017 (tentative)
- Visit www.imeamusic.org for more details. Register opens on August 1.

Today's preview:

- Tanko Bushi: Japan – circle – no partner
- Trip to Town-O: England – Sicilian circle – partners facing partners
- Troika: Russia – trios facing line of direction
- Norwegian Mountain March: Norway – trios facing line of direction (scarves)
- Danse a Trois: Canada – trios facing line of direction
- El Llanero: Venezuela - partners facing each other in lines
- Norteña Mixer: Mexico – circle with partner, mixer

Note: Directions written from memory for now –

DANS A TROIS

Formation: Groups of 3, facing line of direction. Usually man is in middle, ladies on each side.

Source: Dale Hyde, Canada – presented by Sandy Starkman at Kentucky Dance Institute

After intro:

Counts

1-8 Each group of 3 circles to left

1-8 Each group circles to right

1-16 Each group of 3 promenades forward 16 counts

1-8 Outside person goes under arch made by other 2

1-8 Inside person goes under arch made by other 2

1-4 Center person faces outside person and does a right elbow turn

1-4 Center person does left elbow turn with inside person

1-8 Repeat these turns

THEN Outside and inside person form an arch joining both hands (like Virginia Reel arch) while the middle person keeps going forward through the arches in front of him **and KEEPS GOING** until the music stops. The music stops are NOT all the same – just have to listen and stop when music stops.

The dance repeats with new groups of 3.

EL LLANERO
(el yah-nay-roh)

Origin: Venezuela

Source: Bea Montross – presented by Sandy Starkman at Kentucky Dance Institute

Formation: A line of men facing a line of women (like Virginia Reel). Men clasp hands behind their backs, women hold their skirts at the sides. Opposite footwork throughout – start with left foot for men, right foot for women

Counts PART 1 – Waltz Steps

1-4 4 waltz steps in places, turning body slightly with each step and accentuating with a slight stamp on each “count one” of each waltz step

5-8 2 waltz steps towards partner, 2 waltz steps back to place

9-16 REPEAT measures 1-8

17-24 Take 2 waltz steps towards your partner and then circle away from your partner with 5 waltz steps, ending back in original place, finish with 2 stamps in place in lieu of the last waltz step

PART 2 – Zapateato Steps (brush steps)**

1-8 Dance 7 brush steps moving to the man’s left and the woman’s right, ending with 2 stamps

9-16 Repeat measures 1-8 using opposite footwork and direction

ENDING:

Dance goes completely through 3 times. After that, using 8 waltz steps, approach your partner and turn in a circle around your partner, right shoulders adjacent, finishing in the center of the line – everyone should be in one long line at the end.

** Brush steps:

Begin with man’s left and woman’s right.

Step to the side with a stamp (1). Brush heel of free foot forward (2).

Step on the free foot next to the supporting foot (3).

NORTEÑO MIXER

Origin: Northern Mexico
Music: LOS CUATRO TEXANOS "El Lirio"
Source: Bea Montross, presented at Kentucky Dance Institute

Formation: Partners in a circle, men's back to the circle.

IT IS VERY IMPORTANT TO LISTEN TO THE MUSIC IN THIS DANCE.

It is fast and precise – no time to dawdle in between parts 😊

Fig. 1 MIXER

Counts 1-16 Clap own hands and then clap partner's hands. Moving to own left, clap your own hands, and then the hands of the next person you meet. **COUNTING your own partner as 1**, you will finish the last clap with person #8. Stay with this person for the next 3 figures.

Fig. 2 CORRIDO (Mexican style "one-step" which is a shuffling walk in sets of 4 steps) Men's part described:

Counts 1-16 In ballroom position – 4 steps into and out of the circle – do twice (for the festival we will probably have the students just hold four hands)

Explanation:

Men lead with left foot, backing up with four steps into the circle, going ever so slightly on a diagonal to the left – envision that you are making a "pie" cut into the circle or making a "w" backwards – then turn ever so slightly to your left and "push" the ladies back out of the center – this will make one "pie" cut or 1/2 of the backwards "w". Repeat.

Fig. 3 1-2-3- KICK

Counts 1-16 Face LOD with partner, men on the inside, hold inside hands. Men's left, women's right, take 3 steps forward and kick free foot out in front. Take 3 steps backwards, kick free foot out in front. Repeat

Fig. 4 POLKA

Counts 1-8 Same position as figure 3 – take 8 polka steps with partner, moving forward. Finish facing partner and dance repeats!!

Marie's notes:

Before you teach this dance, I would strongly recommend teaching the footwork for the mixer part so it goes smoothly when you teach the actual dance. Have everyone get into one big circle, no partners. With a light step on balls of the feet, have them step back on the left foot while clapping their own hands. Step forward on the right foot and pretend to clap your partner's hands. Step back, clap own hands, then move to the left, crossing your right foot in front of your left and pretend to clap next person's hands. In other words, the footwork is more like a rocking back and forth while moving to the left. Stress the necessity of dancing without putting much weight on the heels. You can't dance this well flatfooted.

NORWEGIAN MOUNTAIN MARCH

Formation: One leader with 2 following. All are connected by scarves.

Short intro.

Part 1: All move forward, stepping on right foot and kicking left foot out. Take 8 steps.

Part 2: Leader backs up under scarves held by the other two. The number 2 dancer (on the leader's left) dances under the leader's right arm. The number 3 dancer (on leader's left) turns around under leader's right arm and leader turns under his/her own right arm. Should end up where you started. Repeat this part.

Dance repeats until music ends.

TANKO BUSHI **(Coal Miners' Dance)**

Origin: Japan

Source: Mary Ann Herman (presented by Sandy Starkman at Kentucky Dance Institute)

Formation: Single circle facing line of direction

This dance is known all over Japan and differs slightly in various regions.

1. DIG:

Lift Right foot up below the Left Knee and then touch Right toe to the floor while you pretend to be digging with a spade. Your toe and tip of spade go in the same direction. Repeat this gesture, but finish with weight on R foot.

Repeat as above, but with opposite footwork.

2. SPADE OVER SHOULDER

Touch R toe while tossing both hands over your R shoulder (tossing the dirt you just dug up in step 1) – then step on R foot.

Repeat with opposite footwork and hands.

3. SHIELDING EYES

Touch R toe backward as you place your Left hand, palm out in front of your eyes as if you are shading them from sunlight. (Right hand is extended backward.) Step on R foot.

Repeat with opposite footwork and hands.

4. PUSHING THE CART

Step forward on R foot as you push out with both hands at shoulder height. Push again as you step forward on L foot.

5. END FIGURE

Step forward on R foot and bring both hands downwards from in front of your body to your sides. Step forward on Left, raising the hands. Close R foot next to L and clap your hands once. The do 2 quick claps and one slow clap. (Slow-Quick-Quick-Slow)

Do the whole dance twice through; then there is an interval during which you stand still and clap hands 5 times. The interval comes at the end of each second time through. It also helps to know that you begin the dance with the vocal part.

A TRIP TO TOWN-O

English Country Dance

Formation: Sicilian Circle (pairs facing pairs in a big circle)

Source: Friendly, Brooke, Chris Sackett, **Impropriety Country Dances, 2006.**

Devisers: Brooke Friendly & Chris Sackett, 2005

Music: Bare Necessities, **New Shoots, Volume 10**

Tune: The Foxhunters

The Dance: AA BB 9/8

- A1 Right hand star (hands across) once around
Turn single left
- A2 Left hand star back (hands across)
Turn single right

- B1 Opposites right hand turn once around
Partners left hand turn once around
- B2 With partners forward and back
Pass-through right shoulder to meet new couple

Presented by George Fogg, Kentucky Dance Institute

TROIKA

Origin: Russia

Form: Trios

Tempo: Fast

Form: one boy, two girls or vice versa

- I. Run forward 16 steps in the line of dance (LOD).
- II. Right hand lady (or outside person) goes under arch made by other two, center person turns to follow, turning under own left arm. 8 steps. Repeat this maneuver with the left hand lady (or inside person).
- III. Make a circle of three and run to the left for 16 steps, but on count of 13-14-15 stamp stamp stamp – pause and circle the other direction. When circling to the right, finish in the opening position and repeat the dance.