



Fast, Fun, Folk Dance

Artstime 2009

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Tunnel Mania (Canada)

Warm-Up, Brain Dance
Self/General Space

Cupid Shuffle (USA)
Contemporary line dance, by Cupid

Qashqai (Iran)

't smidje (Pan-European/USA)
An old dance is new again

Ve David (Israel)

Tunnel Mania
Marian Rose, Canada

At the last “Pourparler” folk dance educators’ workshop Marian Rose demonstrated this simple way to get apprehensive people of all ages dancing together. Make a big circle and have two people make an arch. The rest of the circle marches under the arch until the music stops and the arch falls around someone. That person steps out a moment. The music starts again, another dancer is “caught” and joins the first to make two arches. Two more are caught and on we go until it’s all arches! A good place to start the next dance with a partner.

Marian’s rules:

1. If no one is in the arch when the music stops, the very next person is the one caught. Otherwise they get pretty good at avoiding getting caught, and the dance never ends.
2. No bonking.
3. If you dive and hit the floor, you are automatically caught.
4. The original two who made the first arch get to run through the tunnel for a long time at the end.

Warm-Up, Brain Dance
Self and General Space

Music: A Tale of Two Villages – Eric Chappelle, *Contrast and Continuum; Music for Creative Dance Vol. I*

Quiet part: Mirror me in self space as we do a quick brain dance

Drum part: Travel your own way through general space

Or

Quiet part: Mirror partner in self space

Drum part: Shadow partner in general space. Change leaders every verse

Cupid Shuffle
Contemporary Line Dance
Music: *The Cupid Shuffle*, by Cupid

A quick learn and a really fun dance. G rated song. Get kids using their spines to make sure they really dance it. Look at this video for inspiration; and encourage the fine art of copying each other. (It's easy to do unobtrusively when you're behind them.)

Great YouTube video with lots of variations:

<http://www.youtube.com/watch?v=vZzCTVnPDls>

Start when the vocal starts.

Shorthand Version

Right close, **right** close, **right** close, **right** touch

Left close, **left** close, **left** close, **left** touch

Kick **right, left, right, left**

Walk in place, quarter turn left

Explanation

Step to the right with right foot, step left foot next to right, 3 times. On 4th time, step right then touch the left foot next to the right. Repeat all that to the left.

Kick (or touch down flat) the right foot forward, step right foot next to left. Repeat left, right left.

Walk 8 steps in place, turning CCW 90°.

't Smidje
(The Blacksmith)
The Pan European Couple Circle Dance
aka *Humppa Mixer* (Finland), and *All American Promenade* (USA), etc.

Older elementary through high school love this dance. Check out this YouTube video and show it to your class (it's from Konin, Poland):

<http://www.youtube.com/watch?v=JkeEoOURJtw&feature=related>

You have three pieces of music:

1. Galopede de la Malbaie/The Picnic/Rare - A Medley by Becky Tracy, Keith Murphy, and Andy Davis from *Any Gig or Reel*.
2. Ob-La-Di, Ob-La-Da – The Beatles
3. 't Smidje – Lais, a Flemish “girl group” (three young women)

Formation: Couples, facing counter clockwise, holding inside hands (optional but helpful). If gender traditional: boy on left (driver's seat) girl on right. Start with outside (car door) foot.

Shorthand Version:

- Forward 4, Backward 4 CCW
- Forward 4, Backward 4 CW
- Together, apart, change places
- Together, apart, girl goes to the next partner

Explanation:

- Skip or walk forward 4 steps CCW. Reach for your partner's free hand and skip or walk backward 4 steps (still CCW)
- Do the exact same thing but CW
- Together, apart: Old version: Balance (3 little steps) close to your partner, balance away (don't let go). New version: jump together, jump apart
- Change places: girl turns left and reaches for the boy's free hand, or just runs across in front of him. (Take inside hands.)
- Balance (or jump) together, apart
- Girl goes to the next partner.
 - Old version: girl and boy make an arch with inside hands. Girl passes under arch, (let's go) and takes her place next to the boy **behind** her partner (takes the passenger seat).
 - New version: girl simply runs to the boy **in front of** her partner and takes the passenger seat.

The Qashqai Dance (Iran)
(pronounced Gosh-guy-ee with a “swallowed” G sound)

Presented by Katherine St. John at the 2008 Pourparler. These are her notes.

The Qashqai are a Turkic tribe living in the environs of Shiraz, Iran. The city is famous for its fragrant roses and is situated near the ancient capital of Persepolis. The Qashqai speak a Turkic dialect and are semi-nomadic living in villages around the Shiraz in Fars Province. The Qashqai have several dance traditions. The one described here is called *Raqs-e Dastmal*, meaning scarf dance. Dancers use small scarves, usually one in each hand, but sometimes using only one.

Music is in a 6/8 rhythm. Instrumentation is a large drum played with sticks, and zurna, an oboe type wind instrument. Melodic phrases are short and repeated over and over again with stops during which the drum continues a free rhythm roll until the zurna starts again.

The footwork is a simple two-step, traveling in a circle while waving or shaking the handscarves (dastmal) to the rhythm of the music in various ways:

Overhead

Directly in front of self

Alternating side to side

Alternating “hitting” your back

[Susan’s Note: We will repeat the above four patterns throughout the dance.]

Rest one hand on hip or shoulder while waving the other scarf
Dancers can also spin or turn while shaking the scarves.

At various points in the music the zurna stops playing. At this time the dancers spin in place and drop to a squatting position on the floor. While the drum continues the dancers shake the scarves more vigorously and rise to a standing position.

I have done a variety of patterns with students that move the circle into lines, small circles, passing lines and so on. There is actually room for much variation in this dance.

I share this with students in order to introduce them to a “tribal” folk dance and music from Iran. It is very easy and allows for a small degree of independent movement. Does not require hand holding or partners.

I [Katherine St. John] also teach Kurdish dances from Iran and surrounding areas. In contrast the Kurdish dances require very close hand holds and have more intricate footwork.

VE'DAVID

(Israel)

Ve'David (VEH dah-VEED) was choreographed by Rivka Sturman and introduced by Al Pill at a Federation Institute in June, 1959. It was also taught by Vyts Beliajus at the 1959 University of the Pacific Folk Dance Camp. The words come from the Bible (I Samuel, 18:7), and were set to music by Mattitehu Shelem. The dance is progressive, and was made by re-arranging the steps of the English "Circassian Circle."

RECORDS: Elektra EKL186 Side B/6; Folkraft 1432 (78), 1477 (45), LP-2 and LP-12; Folk Dancer MH-1155; Festival LP 201, F-3618 (45); Tikva LP-106, LP-138. 4/4 meter

SCORE: Songs and Dances No. 2 (Zemer V'mechol), edited by Sh. Kaplan and T. Hodes, Nissimov Music Library No. 99, Education and Culture Centre of the General Federation of Labout-Histadrut, Tel Aviv, Israel, 1957.

FORMATION: Cpls in a circle, facing LOD, W to M R, inside hands joined and down, free hands at side.

STEPS and STYLING: Basic Step (1 per ct): A cross between a run and a walk, done in a light, springy manner on the ball of the foot.

Buzz Step: With R in front of L, step on full R, bending R knee (ct 1); step on ball of L ft a little to L of R heel (ct 2); repeat for cts 2-4.

Ftwk same for M and W. All meas begin with R ft.

MUSIC 4/4

PATTERN

Measures

INTRODUCTION Varies with record.

I. CIRCLE, IN AND OUT

- A 1 4 Basic Steps in LOD.
2 Move bkwd 4 Basic Steps, turning as a cpl to face ctr. Join hands in a single circle.
3 4 Basic Steps twd ctr, raising joined hands to shldr level.
4 4 Basic Steps bkwd out of circle, lowering joined hands.

II. IN AND OUT, PROGRESS

- B 1 Release hands. W move 4 Basic Steps twd ctr. M stand in place and clap hands on each ct of music.

- 2 W move 4 Basic Steps bkwd to place. M continue to clap.
- 3 M move 4 Basic Steps twd ctr. W stand in place. All clap on each ct of music.
- 4 M turn 1/2 CW and move 4 Basic Steps fwd diag L out of circle to new ptr (the W who is one pos LOD from orig ptr). All may continue to clap.
- 5-6 With R hips adjacent, put R arm around new ptrs waist, L arm raised high to the side; turn CW with 8 Buzz Steps, ending facing LOD, W to M R, inside hands joined.

Repeat dance from beginning.

NOTES and VARIATIONS: Since this is an old and popular Israeli dance, it has changed through the years in Israel. There are several acceptable variations which do not disrupt the rest of the dancers. In Fig II, meas 1-2, the Hebrew instructions have the W clap. Many W, however, raise their arms going in and lower them backing out, instead. Fig II, meas 5-6, the L arms are free; they don't have to be raised. In the same part, many people turn with only 4 Buzz Steps (in fact, that was the original way, although now almost everybody, including Rivka Sturman and the modern Hebrew instructions, use 8 steps); children sometimes use walking steps instead of buzz. The important thing is to keep the dance active and free.

LYRICS:

Ve david yafeh einayim
Hu roeh bashoshanim
Hikka shaul b'allafav
Ve david b'rive-votav
Ben vishai chai vekayam

TRANSLATION:

And David has beautiful eyes
He liveth among the roses
Saul killed them in the thousands
And David in the ten thousands.
The son of Jesse is alive, exists.

Another translation:

And David was fair to behold
A tender of flocks among the lilies.
Saul smote his thousands
And David his tens of thousands,
His name endures forever.

I Samuel 18:7

Description revised May 1983.

Folk Dance Federation of California Dance Research Committee:
Bruce Wyckoff, Mary Wyckoff, Stan Isaacs, Ruth Ruling, Virginia Wilder

Susan's Notes: With younger dancers simply circle right (CCW=LOD or Line of Dance) instead of promenading with a partner. Replace Israeli turn (last figure) with any kind of turn or swing. In a family dance you can leave out the CCW circling, and the progression to a new partner.

Family dance version:

All join hands and go forward (into the center of the circle) and back
Kids go forward and back
Females go forward and back
Males go forward and back to family (not on to new partner)
Families (actual or for-the-moment) join hands and do a quick ring around the rosie

Folk Dance Resources

Email or call to hire me as a guest teacher, or for suggestions of dance teachers in other styles, such as African dance. --Susan Wickett-Ford

wickford@sprintmail.com or Susan.Wickett-Ford@NorthwestSchool.org

Professional Development

Pourparler, an annual weekend workshop for teachers of folk dance in the schools. Go to the website of the National Folk Organization for more information. <http://www.nfo-usa.org/>.

Anne Green Gilbert of the Creative Dance Center. www.creativedance.org. See Anne for books - her latest is *Brain Compatible Dance Education* – DVDs like *The Brain Dance*, summer teacher training institutes and *Kaleidoscope Dance Company* residences. Brilliant and inspiring.

Music/DVD/Books

Chimes of Dunkirk is part of a series from New England Dancing Masters Productions, available at John's Music in Seattle. Wonderful jigs and reels, and other lively songs in a traditional style for country dancing, contras, squares, etc. www.dancingmasters.com.

Sanna Longden's CD and video series is wonderful, and available through John's Music and FolkStyle Productions, 800-894-4378, www.FolkStyle.com.

The Phyllis S. Weikart series Teaching Movement and Dance (Books, CD's and Videos) is terrific, especially when accompanied by *Cultures and Styling in Folk Dance* (which gives all the cultural information the first book left out) by Sanna Longden and Phyllis Weikart. Both available at John's Music and from High/Scope Press, 800 40-PRESS, www.highscope.org.

Marian Rose's Step Lively series consists of irresistible folk dance music especially for children, much of it traditional Canadian. Available through John's Music and the Community Dance Project. 604-254-5678 www.marianrose.com.

France Bourque-Moreau has two CD's, *Danse, Mon Coeur, Danes!, Folk Dances and Songs from Quebec for Children*, and *Easy International Folk Dances*. Available at BMA Productions, Brossard, Quebec. www.bourque-moreau.com.

Shenanigans, a series of CDs with international folk dance music and instructions. John's Music.

European Dance Festivals, Songs, Dances and Customs from Around Europe, by Jean Gilbert. Includes CD. Available at John's Music.

Where to Folk Dance in Seattle - Websites

<http://www.scn.org/arts/nfdi/whereto.html>

<http://www.seattledance.org/>

Festivals

Seattle Center: Festal Series (ethnic festivals all year long from around the world) and of course the grandmother of them all: Folklife: <http://www.seattlecenter.com/>

Also, for a list of dance performances and ethnic festivals I recommend to my students, you can go to our school website: www.northwestschool.org.

Look for the Teacher Pages under Quick Links on the home page, click my name, then go to Events.

Organizations

Northwest Folkdancers, Inc. (NFDI)

<http://www.scn.org/arts/nfdi>

National Folk Organization (NFO)

<http://www.nfo-usa.org/>

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More info on music on Resources page



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Willow Tree, from Chimes of Dunkirk

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Cupid

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