

Dancing Through the "AGES"

IMEA Convention 2008
Presented by Amber Price
pricead@ips.k12.in.us

Basic tips for teaching folk dances:

1. Don't try to teach a dance in one day.
2. Always keep the original form of the dance.
3. Keep locomotor and non-locomotor movements true to the dance.
4. Begin by breaking each skill down to the simplest step.
5. Do not add difficult concepts like direction changes, rhythmic patterns, and partners until students are ready.
6. Dance with your students and have fun!

Cotton Eyed Joe

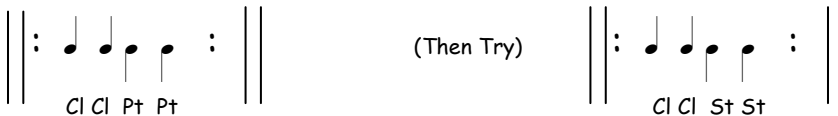
Title: Cotton Eyed Joe
Country: USA, Texas Folk Dance
Meter: 4/4
Formation: Wagon Wheel
Available: Wide World Over, by The Chieftans
Texas Dance Favorites
Form: AB

Version 1 - Easy

A - walk forward through shared space stepping on the beat (locomotor) - 16 Beats

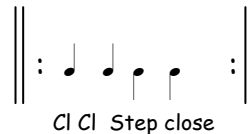
B - Stand in personal pace and pat the beats in different places on your body. (non-locomotor) - 16 Beats

Version 2 B section - Use the following body percussion pattern for the 16 beats (non-locomotor)



Version 3 - Moderate

B - Use the following body percussion pattern for the 16 beats - (locomotor) Stepping backwards is a "direction change."



Backwards

Version 4

B - Use the following body percussion pattern for the 16 beats - (locomotor) Stepping backwards is a "direction change."



Backwards

* Repeat using alternate feet

Version 5- Moderate to Hard

B - Use the following footwork pattern for the 16 beats - (locomotor) Stepping backwards is a "direction change."



Backwards

* Repeat using alternate feet

* Repeat version 5 in the wagon wheel dance formation linking elbows, or around the neck on the back of shoulders.

Version 6 - Medium/Hard

A - Move forward around the circle stepping the following rhythmic patten (locomotor)

R L R L R L

Forwards

B - Use the following footwork for the 16 beats - (locomotor) Stepping backwards is a "direction change."

Cross Kick Step close
(R) (R) R L

Backwards * Repeat using alternate feet

Version 7 - Hard - Final Form

A - Move forward around the circle stepping the following rhythm, 16 beats (locomotor)

R L R L R L

Forwards

B - Use the following footwork pattern for the 16 beats - (locomotor) Stepping backwards is a "direction change."

Cross Kick
(R) (R) R L R

Backwards * Repeat using alternate feet

Korobushka

"The Peddler's Pack"

Title: Korobushka
Country: Russia
Meter: 4/4
Formation: Double Circle
Available:
Rhythmically Moving 8
Form: ABB

Version 1 - Easy

A

R L R L | R L R L | R L R L | R L R }

Out In Out Stomp

B

R L R (L) | L R L (R) | (R) (R) | (L) L R }

Side Close Side Touch Side Close Side Touch PointTouchPointTouch Step in Place

CCW CW

Version 2 - Medium *Adding a partner (double circle) * Partner Uses Opposite Footwork

A

R L R R | L R L L | R L R R | R R B }
 Out Hop In Hop Out Hop Hop Jump

B

R L R (L) | L R L (R) | R (L) L (R) R L R } : ||
 Side Close Side Touch Side Close Side Touch Fwd TouchBwdTouch
 CCW CW Turn Around

Version 3 - Medium

A

R L R R | L R L L | R L R R | R R B }
 Out Hop In Hop Out Hop Hop Jump

B

R L R (L) | L R L (R) | R (L) L (R) R L R } : ||
 Turn (clap) CCW Turn CW Fwd TouchBwdTouch
 Change Places

Version 4 - Medium/Hard *Adding the Mixer

A

R L R R | L R L L | R L R R | R R B }
 Out Hop In Hop Out Hop Hop Jump

B

R L R (L) | L R L (R) | R (L) L (R) R L R } : ||
 Turn CCW Turn CW Fwd TouchBwdTouch
 Change Places

When doing the 2nd turn on the repeat, turn in place, in front of new partner.

Version 5 - Hard * Adding rhythmic footwork

A

R L R R | L R L L | R L R R | R R B
 Out Hop In Hop Out Hop Cross Kick Together

B

R L R (L) | L R L (R) | R L R L R L | R L R
 Turn CCW Turn CW Fwd Bwd Change Places

* When doing the 2nd turn on the repeat, turn in place, in front of new partner.

Title: Lo Ahavti Dai
 Country: Israel
 Meter: 4/4
 Formation: Circle
 Available: Shenanigans Olympic Cd
 Form: AB

Lo Ahavti Dai "I Haven't Loved Enough"

Version 1 - Easy

In this version we established form and direction changes through simultaneous imitation "hand dancing."

Version 2 - Easy

Transfer hand dancing to basic locomotor movements.

- A section - 4 side/close steps to the left (CCW), 8 counts of hand dancing, and repeat.
- B section - In 4, out 4, 2 side/close steps to the right, a 3 step turn to right, and repeat.

Version 3 - Medium

Add 8 count "Grapevine" step to the A section.

Cross R Side L Back R Side L | Cross R Side L Back R Side L

- A section - 8 counts grapevine to left (begin with right foot cross in front), 8 counts of hand dancing, and repeat.
- B section In 4, out 4, 2 side/close steps to the right, a 3 step turn, and repeat.

Version 4 - Medium/Hard

Add 8 count "Cherkessiya" step to A section.

In R Out L Out R In L | In R Out L Out R In L

- A section - 8 counts grapevine to left, 8 counts Cherkessiya, - repeat.
- B section In 4, out 4, 2 side/close steps to the right, a 4 step turn, and repeat.

Version 5 - Medium/Hard

Add arm motions, claps and hop ending.

L L R | L L R | L R L
 Hop Step Hop Step 3 Step Turn

Final Form

- A section - 8 counts grapevine to left, 8 counts Cherkessiya, - repeat.
- B section In 4, out 4, 2 side-hop steps to the right, a 4 step turn, and repeat.

