

IMEA Folk Dance Session – Jan. 20, 2011

Folk Dances

Danse a Trois - Canadian

From the Children's Folk Dance Festival

In trios – side by side – all trios follow in a circle going CCW

A section: Each trio makes their own little circle for 8 bts. - then goes the other way for 8 bts.
Open up and walk forward (CCW) for 16 bts.

B section: Inside & Center make an arch & the outside goes through followed by the center
Outside & Center make an arch & the inside goes through followed by the center

C section: Center faces outside and does a Right elbow swing for 4 beats
Center continues around and picks up the inside person with the Left elbow
Repeat C section

D section: Inside & Outside make a double arch and the centers run through the 'tunnel' until
the music stops – then everyone finds a group and starts again

If you add a couple of extras they can 'steal' center spots by jumping into the tunnel part and grabbing a group when the music stops.

Willow Tree

From Chimes of Dunkirk – New England Dancing Masters Productions

Hora Banateana - Romanian

From the Children's Folk Dance Festival

In a circle – the main step here is put to this rhythm: ♩ ♩ ♩♩ ♩

A section (2 times) – in – R L RL R – out L R LR L

B section (2 times) – to the right – R L RL R – to the left L R LR L

C section (2 times) – make a box – in R L – to the right RLR – out L R – to the left LR L

D section (2 times) – rock in (R) out (L) step in together step in (RL R)
Rock out (L) in (R) step out together step out (LR L)

E section (1 times) - in – R L RL R – step to the left – 1 2 3 4 5 6 7
out – L R LR L – step to the left – 1 2 3 4 5 6 7

Entire dance repeats 3 times

Swedish Polka

From the Children's Folk Dance Festival

Double circle – partners are side by side holding inside hands

A section: Partners dance a polka step beginning with their outside legs

B section: Point with R finger at partner 2 times – then clap clap clap
Point with L finger at partner 2 times – then clap clap clap

Clap with partner R then own clap, partner L then own clap, turn in individual circle

B section repeats but at the turn the outside person turns but the inside moves up to a new partner

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L'Orech Hatayelet - Israel

From the Children's Folk Dance Festival

In a single circle:

- A section: Walk CCW – R L R L R – then point with L – step R – put L behind – step R (2 times)
B section: In 2 3 4 out 2 3 4 – Cherkessia step (R fwd – L in place – R bwd – L in place – 2 times)
In 2 3 4 out 2 3 4 – Cherkessia step (R fwd – L in place – R bwd – L in place – 2 times)
C section: Shuffle R L R (to the R) – then L crosses over R – then R steps in place
Shuffle L R L (to the L) – then R crosses over L – then L steps in place
Sway R - Sway L – then R heel is placed in front (2 times)
Shuffle R L R (to the R) – then L crosses over R – then R steps in place
Shuffle L R L (to the L) – then R crosses over L – then L steps in place
Turn in individual circle to the right

Form of dance: AB ABC ABC ABCC

North Skelton Sword Dance

From Welcome in the Spring (Morris & Sword Dances for Children) Compiled, Annotated and Arranged by Paul Kerlee, World Music Press

Music for Children's Folk Dance Festival Dances are available by e-mailing Lisa at:
lsullivan@ccs.k12.in.us

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Repeat C section

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C section: Shuffle R L R (to the R) – then L crosses over R – then R steps in place
Shuffle L R L (to the L) – then R crosses over L – then L steps in place
Sway R - Sway L – then R heel is placed in front (2 times)
Shuffle R L R (to the R) – then L crosses over R – then R steps in place
Shuffle L R L (to the L) – then R crosses over L – then L steps in place
Turn in individual circle to the right

Form of dance: AB ABC ABC ABCC

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Point with L finger at partner 2 times – then clap clap clap

Clap with partner R then own clap, partner L then own clap, turn in individual circle

B section repeats but at the turn the outside person turns but the inside moves up to a new partner

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Tarantella Napoletana - Italy

From the Children's Folk Dance Festival

In single circle – partners have the gentlemen to the right of the lady

- A section: Running steps to the beat – CCW for 16 bts. – then CW for 16 bts.
B section: Partners do a R elbow turn for 8 bts. – then L elbow turn for 8 beats (repeat)
C section: Pivot on R foot w/ R hand in air for 8 bts.– then pivot on L foot w/ L hand in air for 8 bts.
D section: Do si do w/ partner but don't finish it (go half way and then go back where you started)
Fake do si do again passing L shoulders this time
Repeat Fake do si do passing R shoulders then L shoulders
E section: Man kneels and puts R hand up – lady takes his hand and dances around him (16 bts.)
Lady kneels and puts L hand up – man takes her hand and dances around her (16 bts.)
Coda: Everyone up and faces out and circles to their own right – bow when music stops

Form of dance: ABCD ABCE Coda

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