

NJW

HOW TO TEACH A FOLK DANCE

Some suggestions before you teach the steps:

1. Make sure you know the dance before you teach it.
2. Act as if you know what you're doing, even if you are unsure.
3. Use understandable vocabulary.
4. Do not hesitate to correct a mistake as soon as it is detected.
5. Use correct terms for steps when they are used.
6. Be in complete control of the situation. **DON'T PANIC!!!**
7. Use audible speech.

To teach the steps:

1. Get campers into the correct formation - single circle, square, partners, etc.
2. As campers watch, you demonstrate the first step, verbalizing directions as you do it.
3. Have campers repeat this first step with you as you again call the step directions. Repeat until learned.
4. Demonstrate next step as they again watch, giving directions as you go.
5. Have campers repeat second step with you as you call steps. Repeat this step until until learned.
6. Repeat the first and second steps, calling steps aloud.
7. Teach the third, fourth, and following steps in the same manner, always going back to the beginning of the dance so first steps are not forgotten.
8. Before putting the whole dance together, go over all steps verbally, as campers listen. Then have them do the dance two or three times without music, slowly.
9. When you feel they can do the steps speed music to the tempo required for dancing.
10. Do the Dance to the music calling the steps aloud. Then do the dance again to the music without any prompting. The music on record is usually faster than speed at which dance is taught. If too fast, take off record and do dance without music until desired speed is reached.

REMEMBER, CHILDREN DO NOT LEARN AT THE SAME RATE OF SPEED. IT MAY BE NECESSARY TO TAKE SOME CHILDREN ASIDE AND COACH THEM INDIVIDUALLY.

11. To make sure they remember the dance, repeat it again at the middle or end of the session.

FOLK DANCE VOCABULARY

1. COUNTER CLOCKWISE: moving in line of direction (all face right)
2. CLOCKWISE: moving opposite to line of direction (face left)
3. Schottische; 3 steps & a hop (feet alternate) - example: left-right-left- hop on left... right-left-right- hop on right.
4. Mazurka: 2 steps and a hop (feet do not alternate) - example: left-right-hop on right raising left knee.
5. PAS DE BAS: 3 steps (leap-cross-tap) keeping weight on toes. example: leap to left on left foot - cross right in front of left foot - tap left toe in place behind right foot.
6. POLKA: step-close-step-skip. Example: left foot forward, close right foot to left foot. Left foot forward. Skip on left foot.
7. POHAZNI: 3 steps (cross-out-together) Example: Cross right foot in front of left; place right foot to right side; close right foot to left foot (hopping continuously on left foot)
8. Waltz: 3 steps (alternating feet) example: step forward with left foot. Step to right side with right foot; close left foot to right foot.
9. YEMENITE: 3 steps (alternating feet) ex: step ^{right foot to} ~~forward with~~ left right side; cross left foot behind right foot; step back in place with right foot.
10. MAYIM (GRAPEVINE): moving to left - cross right foot in front of left foot; step to left side with left foot; cross right behind left foot; step to left side with left foot.
11. CHERKASSIYA: 4 steps (feet do not alternate) step forward on right foot; step back in place with left foot; step backward with right foot; step back in place with left foot.
12. HARMONICA: 3 steps and a hop turn (alternating feet) - cross left foot in front of right foot; step back on right foot; step to left with left foot and turn hop at the same time.
13. DEBKA: jump and turn (on both feet twisting body in direction of turn)
14. Ballroom POSITION: Lady's right hand in man's left; man's right arm around lady's waist. Lady's left hand on man's shoulder.
15. SHOULDER W I S T POSITION: FACE partner - man's arms around lady's waist - lady's hands on man's shoulders.
16. VARSOVIENNE POSITION: Lady on man's right. her right hand in his right hand over her right shoulder. Her left hand in his left hand across his chest.