Folk Dances through the Grades





Kinder through 4th grade

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(she/her)

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Agenda

Non-Dancing Considerations
K Watch
1st Watch
2nd Watch and Dance
3rd Dance
4th Dance

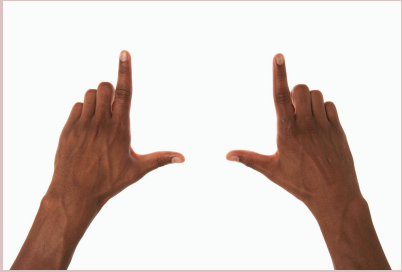
Non Dancing Skills to Consider



Neutral Face

Make a circle & lines

LH and RH





Holding hands, elbow hooks

Rules and Procedures



Kindergarten

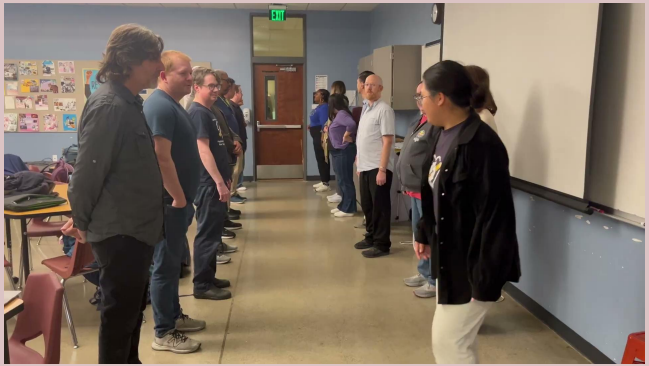


Kinderpolka

Dance Example (can be used as music):
Kinderpolka Folk Dance - Bow Tie Music
Easier Version: Kinderpolka Kids Demo - MusicPlay
Alternate Music Option: works with Monster Mash w/ additional 16- macro-beat interlude during “The Zombies… and his son”

- Contract circle w/ partner
- Pass their partner
- Evenly space in circle

(Thank you SFUSD teachers!)



Down the River

Music

Dance Example:

- Evenly spacing out in line
- Moving to the beat
- Sashay
- Turning with their partner

1st Grade



The Rakes of Mallow (Irish Stew)

Dance Example: Irish Stew Folk Dance (The Rakes of Mallow)

Music: The Rakes of Mallow (Irish Stew)- Elementary Folk Dance

- Review steady beat
- Contract and expand the circle in time
- Changing directions around the circle



Chimes of Dunkirk

Dance: "The Chimes of Dunkirk" from The New England Dancing Masters

Music: 01 Chimes Of Dunkirk 9x

Alternative Music Option: Earth, Wind & Fire - Let's Groove (Lyrics)

- One-handed turn or elbow turn
- Two-handed turn or Do-si-do
- Review going down the alley in pairs

2nd Grade



Heel and Toe Polka

Music: "The Heel and Toe Polka" from The New England Dancing Masters

Dance Example

- Learning sasha previously is a good precursor, RH and LH distinction
- Turn then go to next partner

Alabama Gal

Music: Alabama Gal

Dance Example



- Have 2 longways sets going at once
- R and L elbow turns
- Follow the leader/Peel the Banana
- Going under a bridge

3rd Grade



Los Machetes

Music: Los machetes (4 beat intro)

- Concentric circles w/ partners
- Add instruments/props
- Challenge hemiola (4th)

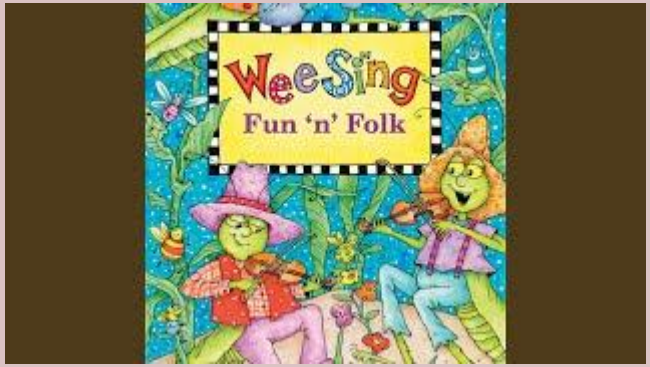


Sweets of May

Music: The Sweets of May (16 beat intro)

- Review follow the leader one line at a time

4th Grade



Lil Liza Jane

Music: Little Liza Jane

Dance Example: Lil' Liza Jane | Grand Right & Left!

- "I know a girl that you don't know" "Way down south in Baltimore" "Where she lives the posies grow" "Chickens 'round the kitchen door"
- Singing offers flexibility during grand right/left
- your partner and your corner
- Do-si-do
- Grand right and left



OXO Reel

Music: "Big Red/Dairy Reel" from the NEDM album Other Side of the Tracks

Dance Example: "The OXO Reel" from The New England Dancing Masters

- Moving in groups, circles and stars/X formation
- Crossing over to other side of the longways set
- Being aware of group/role as it changes

Questions?

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