

CULTURAL WORLD DANCE

FUN & FITNESS FROM AROUND
THE WORLD



Northwest Children's K-8 Physical Education Conference

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Introducing World Dance:

Teaching cultural world dance encompasses several elements and may be cross linked to geography, humanities and other school subjects. World dance and cultural dance are other current terms for folk dancing.

Introducing the concept of different cultures and what that means will facilitate the student's better understanding of folk dancing. Starting with the idea of different foods for different countries is one way to introduce this concept. Most students have eaten at a Mexican or Chinese restaurant and understand that Mexican food is different from traditional American food. The food of a country is only one small part of a culture. When the students understand this idea, references to other elements that help make up a culture may be introduced: language, music, clothing (costumes) and dance.

Visual aids help enhance understanding cultural difference. Bringing in a world map for students and having them find the countries that the dances are from are a fun activity. Sharing pictures of different costumes, from travel brochures or books provides another visual element of a culture. Presenting students with a full spectrum of folk elements helps ready them for dancing.

Dances

Dana

Gong Xi

Kendima

Englazi

Romanian

Chinese

Turkey

Danish

Carnavalito

Salsa Mixer

Bolivia

Hispanic

Short Notes for Dana

Intro: go through the Jungle, back out when the drums start

Part One

A) Cross, side X 8

B) Cross side X 2, triple step X 2

Part Two—Arms hold a big exercise ball

A) Walk & touch X 4

B) Walk & Lift leg X 4

C) Turn & lift leg (clapping)

Part Three

Rock out X 4 Arm Gestures: Shimmy, Wax on & Off, Jogging Arms, Lift Wrist

Repeat Part one

Interlude: cross arms low and raise them in 4 counts, then take 4 steps back

Repeat Part Two

Repeat Part Three

Repeat Part One

Interlude

Part Four

Jazz Square and rock out

Repeat Part Two

Repeat Part one (have to fudge foot work to start with left foot)

Ending: tripple step, double stamp, arms high!

Dana

(Muntenia, Romania)

In the Romanian folk repertoire, we find many modern dances with Eastern inspiration and influence. These dances are called Manele. Among them Dana, one of the most popular, is performed by gypsies who live near the capital city of Bucharest or in other major cities in southern Romania. Those gypsies came from Turkey, as is clear from the music and steps to this dance. The music is so powerful and stirring, it is impossible to listen to it without dancing. Presented by Cristian Florescu & Sonia Dion, Seattle, 2006

PRONUNCIATION: DAH-nah

MUSIC: Sonia Dion & Cristian Florescu Romanian Realm Vol. 1, Band 6

FORMATION: mixed open circle, hands free

STYLE: Style: Gypsy style; exuberant, snapping fingers, uiulating, shaking shoulders.
Ladies more feminine, Eastern movements with hands, shaking neck laces.

METER: 2/4

PATTERN

Meas Count

1-4		<u>Introduction</u>
		(Hands free, arms down bent from the elbows parallel to the ground (L pos.). feet together bouncing on heels)
		Figure 1 (facing center, moving to the right (LOD))
1	1	Step L across in front of R
	2	Step on R to the right
2-6		Repeat measure 1 five more times
7	1	Step L across in front of R
	&	Step on R in place
	2	Step on L close to R
8	1	Step R across in front of L
	&	Step on L in place
	2	Step on R close to L
9-10		Repeat measure 1, two times
11-12		Repeat measures 7-8**

**Touch R beside L on last count, first time only *

*(Note: replace introduction measures by 4 additional measures of measure 1, fig. 1)

Figure 2 (hands free, arms higher than shoulders in U position)

1	1	Large step on R ft to the R, body in diag. to the R. raising arms
	2	Large step L ft across in front of R ft
2	1	Large step on R to the right
	2	Touch with R ball, body facing center
3-4		Repeat measures 1-2 with opposite ft wk and direction
5-8		Repeat measures 1-4

Figure 3

1	1	Large step on R to the right, body in diag. to the right
	2	Large step L across in front of R
2	1	Large step on R to the right
	2	Raise L leg. Bent knee 100" in front
3-4		Repeat measures 1-2 with opposite ft wk and direction

5-8 Repeat measures I-4

Figure 4 (hands free in U position. man clap hands on each beat)

- 1-2 1-3 Execute 1 full turn to the R (CW), moving LOD with 3 steps starting with R ft.
4 Raise L leg, bent knee 100' in front. facing center
3-4 Repeat measures 1-2 with opposite ft wk and direction
5-8 Repeat measures 1-4, on the last count Touch with R ball near L
Except the last time (before fig.1) end with Step R beside L (take wt)

Figure 5

(hands free in almost W position, shoulder level)
(ladies doing shimmying movement and turning wrists)

- 1 1 Body facing diag. to the left, touch with R ball, crossing in front of L
2 Touch with R ball behind
2 1 touch with R ball, crossing in front of L
2 Step on R close to L
3-4 Repeat measures 1-2 with opposite ft wk and direction
5-8 Repeat measures 1-4 but on the last count Touch with R ball

Transition

- 1-2 Bounce on both heels, 4 times
3-4 Moving bkwd with 4 steps, starting with R ft and raising hands gradually above shoulders (position)

Figure 6 (Wt on L, forearms: "windshield wiper" movement)

- 1 1 Stamp on R in front, diag. to the left. arms moving to the right
2 Stamp on R in front, diag. to the right. arms moving to the left
2 Repeat measure 1
3 1 Step R across in front of L, arms moving to the right
2 Step on L bkwd, arms moving to the left
4 1 Step R to the right, arms moving to the right
2 Step on L fwd., arms moving to the left

(note: Meas. 3-4 = Jazzbox)

5-20 Repeat measures 1-4, 4 times (5 total)

Figure 1 A (finale)

1-16 Same sequences as figure I

- 17 1 Step L across in front of R
& Step on R in place
2 Step on L close to R
18 1 Stamp on R
& Stamp on R

Gong Xi , Happy New Year

China

Gong Xi is pronounced *kung-shi*, and when translated it means: “congratulations”; for example, it is used when someone wins an award.¹ It is also a very popular Chinese New Year’s song. When used in this context, the phrase translates to "wish you a happy Chinese New Year." Gong Xi is sung during school productions and at New Year’s celebrations. While people are singing it, they might perform a bowing motion and wave their arms up and down. There are several dance forms for this New Year’s celebration.

Music: Pink Martini, Congratulations (Happy New Year)

Formation: Couple in a single circle, women to right of partner, inside hands joined.

Steps: Walk

* to fit Pink Martini song, part 1 & 2 are repeated. Part #, I only repeated it, and did not get into all the bows, changing partners, we sided steps (4 ct), bowed (4 cts) 3 times..

Directions for the Dance

Meter: 4/4 Directions are for the man, women part is reverse, expected when specifically noted.

■ Measures

Part 1, Walking and Heel Toe

- 1 Beginning left, take three step forward, counts 1-3, holding on count 4.
- 2 With weight holding on left foot, place heel of right foot forward, toe pointing up, on count 1, hold count 2. Place toe of right foot back on count 3, hold count 4.
- 3-4 Repeat action of meas. 1-2, using reverse footwork.

Part 2, Turning and Bows

- 5 Releasing partner’s hand, beginning with left foot, take four walking step in a small circle, turning counter clockwise (women turns clockwise), away from partner, counts 1-4. By count four, the man’s back should be to the center of the circle, facing his partner

Bows:

Man: Man makes ball of his right hand and covers it with his left hand and places both hands on his chest. Man lowers hands towards partner on counts one and two and raises them back to his chest on counts three and four.

Women: Places left hand on left hip, palm down, and place right hand on left hand, palm down. Women place right toe behind heel of left foot. She bends her knees slightly, counts one and two, going down, and straightens her legs, counts three and four.

- 6
- 7-8 Part Three, Right Hand Star, Bow and Singing
Joining right hands, man beginning left, partners walks eight steps around each other, ending where they started, feet together, facing partner.

¹* Special thanks to Earl Lee, Oregon State University Graduate Student, and his parents for their help in gathering information on this dance. This dance is referenced from Viltis, Vol. 33, #6, March , 1975.

- 9-10 Release hands and repeat measure six two times. Singing: Gong Xi, Gong Xi, Gong Xi, Ni. Counts one and two: Gong, counts three and four: Xi, repeat two more times. Counts one and two: Ni, Nothing on counts three and four.

Part Four, Changing Partners

- 11-12 While bowing and singing, as described in measures nine and ten, man and women, beginning left, take a side step on count one, bring right foot to left foot on count two, repeat counts one and two. Ending facing a new partner and finish bowing and singing, counts one through four.
Repeat dance from beginning with new partner.
- STYLE: Steps are light and lively.

Englazi

Danish

This dance is done with some fun in reflecting the stereotypical British's characteristics.

Formation: couples in a circle, hand in "V" position. If an uneven balance of girls & boys, count people off in 1's and 2's.

Step One:

- A) Starting right, take 14 walking steps to moving the circle to the left
- B) Stamp on counts 15, &, 16 while turning to face Line of Dance (Counter Clock Wise)

Repeat to the Right, but on the stamps, the women (number 2s) turn to face their partner.

Step Two (I like to add Hello and Good Bye with a British accent)

- A) Grand right & left 3 times: Shake hand with you partner and pull by, left with the next person, right with the 3 person and stamp 15, &, 16. Stay with that person
- B) Right hand star for 8 counts (A buzz swing is traditionally done, if you want to make the dance more advanced)

Repeat Step Two

Repeat Dance From the beginning

Kendima (Candy Man)

Turkish

Formation: In an open circle, and the leader can snake the line around the room. Hands in "W" position.

While dancing moves the arms up and down slightly, sing along when the name of the dances is sung, and if also say Yelllllllllow.

Step One

- A) Starting right, take 2 walking steps to the right,
- B) Next step side with the right foot, as you face center, touch left foot next to right.

Step Two

- A) Step forward with left foot
- B) Bring right foot, to the back of your left knee and bend you left knee slightly

Repeat the dance from the beginning

Carnavalito

CARNAVALITO IS A DANCE from Bolivia. It was presented at the Maine Folk Dance Camp by Laura Zanzi de Chavarria from Uruguay.

Just before Lent, while some countries are celebrating Mardi Gras, Latin America is celebrating Tiempo de Carnaval. Several South American countries have their own Carnavalito. This is one of Bolivia's most popular dances. It is danced at many fiestas, but mainly during the Carnaval festivities, up and down the streets.

Dance A While Music Website: "Carnavalito."

Formation: No partner. Lines facing forward, one person behind each other, hands joined.

Steps: Three walking steps forward and hold.

Level: Beginning 1

DIRECTIONS FOR THE DANCE

	Measures	Counts	
PART I.			Leader leads line in a serpentine figure.
	1	1-4	Beginning right, take three steps forward and hold, bending forward at waist (right, left, right, hold—count 4). This step is like a schottische, but with a "hold" instead of a "hop."
	2	5-8	Take three steps forward and hold, body straightening up (left, right, left, hold).
	3-8		Repeat measure 1-2 three times.
PART II.			
	1-4	1-16	Leader leads line into a broken circle with 16 step-hops.
	5-8	1-16	Take 16 step-hops in the opposite direction with the last person leading the line. Repeat all in the original direction. In the last repeat, Part I is only half as long.

Louis's Salsa Mixer

Music: Any good Salsa

Formation: Single Circle, Partner on the leader's right, hands held (optional)

Foot work is the same for both Lead and Follow

PART I

Starting with Left foot, 2 basic Salsa steps (QQS, Left, right left forward, QQ S, back right left right)

PART II

Starting left, 4 side steps (La Cucarachas)

PART III (changes places)

Lead guides follow to middle with 2 salsa step (QQS, QQS) and then on to his other side, QQS, QQS

Repeat for about 2-2 1/2 minutes. Salsa songs are usually really long.

*When dancers are skilled enough, have the follower move in the opposite directions for parts I and II.

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BIOGRAPHICAL SKETCH:

Cathy began her teaching career in Spokane Washington in 1979 after receiving her B.S. in Dance from University of Oregon. Her venues spanned a wide range of the community; from middle schools to social clubs, she introduced dance extensively. Know best for her International Dance, Traditional Country Western dance, and swing material, she has taught workshops through out the Pacific Northwest and in Great Britain. She received her Master in Dance from the University of London, Laban Centre in 1988. Cathy has been teaching Country Western, Swing, Cultural World Dance and Ballroom dancing at Oregon State University since 1990, where she is the director for Social Dance. Cathy is a Co-Author for Dance A While.