Square Dance & Folk Dance

Concepts:
- Dancing is apart of culture
- American culture and folk dancing

Objectives:
- The students will learn about and participate in a Square/ Folk Dancing
- The students will learn relevance of the folk dance/square dance in American Culture

Materials:
- Folk song CD
- Large area to dance (BDH, Carr Center, Barn, Cross Keys Inn, etc.)

Note to Teachers:
This is an all group evening program. Depending on the size of the group, there may be two different dances going on, but all trail groups will get the same experience of all group folk dancing.

Activities in Lesson:
- Introduction (5 minutes)
- Virginia Reel (45 minutes)
- Patty Cake Polka (20 minutes)
- Oh Johnny! (30 minutes)
- Electric Slide (3 minutes)
- Hokey Pokey (3 minutes)
- Birdie Song (2.5 minutes)
- Bunny Hop (3 minutes)

Time: 1 Hour 30 Minutes

Vocabulary:
- Culture- the beliefs, customs, practices, and social behavior of a particular nation or people
- Dance- perform or participate in a particular series of rhythmic steps and movements, usually to music.
- Folk Dance- a dance that is traditional to a culture, community, or country
- Line dancing- a style of dancing to country and western music in which dancers perform in rows
- Polka- a lively dance for couples consisting of three quick steps and a hop and originating in Central Europe
- Rhythm- a pattern of beats in a piece or a particular kind of music
- Square Dance- a country dance featuring dancers in pairs or sets, lively music played on fiddles and other instruments, and a caller who announces the steps
Square Dance/Folk Dance

Introduction (5 minutes)
Folk dances were a form of entertainment and socialization before TV, before movies and before radios. People walked to the dance or came by horse. The music was live either from a band, fiddler, harmonica player or just a caller. Dances were important social events.

Remember:
Left is left and right is right
In partner dances, the girl is on the boy’s right and the boy is on the girl’s left.

How to teach folk/square dance
1. Make this an educational experience. Explain how folk dances fit into history of this area.
2. Start with simple dances and progress to more difficult ones.
4. Keep breaks between dances to a minimum.
5. Avoid letting students stand around getting bored and fidgety. This will maintain control of the situation.
6. Obtain the full attention of the entire group before giving directions.
7. Give concise, complete, and precise instructions.
8. Demonstrate the move or the dance.
9. Ask for questions.
10. Have students walk through the move or dance to help them learn it.
11. Anticipate trouble spots and be prepared to handle them. Prepare ahead of time.
12. If the group becomes confused, stop the music and walk through the dance again.
13. Be patient! Folk dancing may be difficult for some students.

Virginia Reel (45 minutes)
Dance Formation – double line
Number – 6-8 pairs, 5 feet apart
Skill Level – Average

Partners start out facing each other in their individual lines, the pair closest to the caller is the first head couple. The head couple will change throughout the dance and they have a different part to do than everyone else. There are no words with the music, so the caller must call out the directions.

Honor your partner. (partners bow to each other)
Forward and back. (partners step forward to each other and then step back)
Right arm swing (partners hook right arms and do a complete turn)
Left arm swing (partners hook left arm and do a complete turn)
Two hand swing (partners take both hands and do a complete)
Do-si-do (each partner crosses their arms Indian style in front of their body and passes right shoulders to their partner, step around their partner, backs to each other and step backwards to where they started)
And away we go is said by the dancers when they start the do-si-do.
Head Couple Sashay Down (the couple at the head of the line joins hands and slide steps down the middle of the line and slide steps back to their original positions.)
Weave the line (FOR THE ONLY HEAD COUPLES ONLY: the head couples swings with the right arm one and one half rotations. Immediately following that, the girl or partner A extends her left arm of the next person in the B line. The boy or partner B does the same to line A. They swing the person in the opposite line and then rejoin and swing each other in the center of the column. This is done until the head couple has swung everyone in the lines. Remember: Right arm to the partner, left arm to the line.)
Sashay back and break to the outside track (When the head couple gets to the end of the column, they sashay – slide step – back to the head of the line and each breaks to the outside of their own line. Each line follows the head of their line. When they get to the end of the line, the head couple join hands and makes a tunnel with their hand overhead. Those partners behind the head couple join hands, pass through the tunnel and sashay back to the front of the line whereby making a new head couple. The dance then starts all over again.)

Patty Cake Polka (20 Minutes)
Dance Formation – 2 circles
Number – 20-30 per circle
Skill level – average

This dance is done in two circles, one on the
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inside facing out and one on the outside facing in, usually the inner circle is of gentleman and the outer circle is full of ladies. Each individual takes the hands of the person facing them in the opposite circle. The directions say:

Heel and a toe and a heel and a toe and slide, slide, slide. (Outer circle starts with their right foot while the inner circle starts with their left foot. Using the correct foot, proceed with heel toe, heel toe – this produces a mirror image. For the sliding part, the outer circle moves to the right and the inner moves to the left – a slide is simply scooting or side stepping with your partner.)

Heel and a toe and a heel and a toe and slide, slide, slide. (Reverse the first step with the outer circle using their left foot and the inner circle using their right foot.)

Clap right. (Each individual claps their own hands and then the right hand of their partner with their right hand.)

Clap left. (Same as above except with left hands.)

Clap both. (Same as above except clap both hands.)

Clap knees. (Same as above except clap own knees.)

Right elbow swing and you move to your left right now. (With partner, hook right arms and do a complete turn. The person in the outer circle then moves to a new partner, the person to their left in the inner circle. Then the directions start all over.)

Oh Johnny (30 Minutes)
Dance Formation – circle
Number – 5 to 10 couples per circle
Skill level – Average

Everyone starts in circles standing next to their partners with partner A on the left and partner B on the right.

Now all join hands and you circle the ring. (Everyone in the circle takes hands and rotate in a counter clockwise direction.)

Stop where you are, give your partner a swing (Stop the rotation and do a right arm swing with your partner.)

Now swing that girl behind you (Turn to the person behind you and give them a left are swing.)

Now swing your own, if you have time when you get through (right arm swing with your partner)

Allaman left with the corner girl (Take left hand of the person behind you and do a complete rotation)

You do-si-do your own (cross arms Indian style in front of the body and pass right shoulders with your partner, step around your partner, back to each other and step backwards to where they were)

Now you all promenade with the sweet corner maid, singing Oh Johnny, Oh Johnny, Oh Johnny, Oh (Partner A steps to the inside circle of the person behind him, takes both hands and promenades around the circle until the directions start again. This is his new partner)

Electric Slide (3 minutes)
Dance Formation – Lines all facing the same direction
Number – Limitless
Skill Level – average

Grapevine to the Right (Starting with the right foot heading to the right)
Left foot step behind right leg to the right
Right foot step right
Left toe touch to close to right foot and clap
Grapevine to the Left (Starting with the left foot heading to the left)
Right foot step behind left leg to the left
Left foot step left
Right toe touch to close to left foot and clap
Right foot step backward
Left foot step backward
Right foot step backward
Left toe touch to close to right foot and clap
Left foot step forward
Right toe touch to close to the left foot
Right foot step backward
Left toe touch to close to the right foot
Left foot step forward 1/4 turn counter clockwise
Right toe touch to close to the left foot
Repeat steps until the end of song or until you’re really sick of it, whichever comes first.

Hokey Pokey (3 minutes)
Dance Formation – Circle
Number - Limitless
Skill Level – Easy
Everyone starts in a circle and the caller on the tape will give directions. The first direction says:

You put your right foot in, you put your right foot out, you put right foot in and you shake it all about. (Standing still, put your foot in and out of the circle as directed and then shake it around when indicated.)

You do the Hokey Pokey and you turn yourself around, that’s what it’s all about. (Put both hands in the air and shake them while turning in a circle to end up facing back into the circle.)

The dance continues making reference to, in the following order, other body parts:

- Left foot
- Right arm
- Left arm
- Right elbow
- Left elbow
- Head
- Right Hip
- Left Hip
- Whole Self
- Backside

The final verse is a little bit different than the others. Instead of mentioning a body part, it says:

Hokey Pokey, sing it. (sing with the music)
Hokey Pokey, get down on your knees. (get down your knees)
Hokey Pokey, slap the floor. (slap the floor)
Hokey Pokey, that’s what it’s all about, heave ho.

Birdie Song (2.5 Minutes)
Dance Formation – Circle
Number – Limitless
Skill Level – Easy

The dance starts in a circle:

Cheep, cheep, cheep (hands next to head and making a beak shape – opening and closing).
Flap, flap, flap (flapping arms like a bird)
Wiggle, wiggle, wiggle (shaking rear end)
Clap, clap, clap (clapping hands)

The above verse is repeated 2 times before the next section of the dance starts. The next section says:

Right hand star. Come back by the left.
Come back by the right. Back by the left.

Ready to start from the start. (instead of doing the right or left star, we simply have everyone join hands and travel to right and left as indicated.)

The dance repeats itself 2 more times and it ends with first part of the dance for a third time.

Bunny Hop (3 minutes)
Dance Formation – Line
Number – 10 to 15 per line
Skill Level – Easy

Everyone stands in their lines with their hands on the shoulders of the person directly in front of them. The person in the front of the line can hold their hands to resemble “rabbit ears” if so desired. For the benefit of this person in front of the line, a rule can be made that she or he may go to the end of the line when he or she gets tired. There are no words to this dance, so it is important to make sure everyone understands the directions.

1st – start with right foot and proceed with heel, toe, heel toe.
2nd – do the same with the left foot
3rd – in unison hop forward once
4th – hop backwards once
5th – hop forward 3 times and repeat.
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Evaluation:
✓ Students demonstrate knowledge of dances through participation.
✓ Students understand the relevance of the folk dance/square dance in American Culture.

Keep in Mind:
It will take time for students to learn the dances they are not familiar with, so if it's a large school consider breaking them up into a couple of different locations. Have instructors and adults demonstrate some of the dances like the Virginia Reel.
History of the Dances

Virginia Reel
The Virginia reel is one of the oldest dances enjoyed in the New World by the colonists. The dance was first published in England in 1685 by Sir Roger De Coverly. It was named after our own beautiful state, but whether it originated here or in England, is another question.

Patty-Cake Polka
The Patty-Cake Polka is really not a lot of polka, but far more a game of Patty-Cake. Made of a circle of gentlemen on the inside of the circle and ladies to the outside, This is commonly repeated until each gentleman has made his way around the circle at least once, and often until the gentlemen have made the circuit twice. To make matters more fun, the musicians often increase the meter of the music through the final go-round, making each couple have to complete all of the steps more rapidly until the rate of speed is almost frantic.

The Hokey Pokey
The Hokey Pokey is a participation dance that became popular in the USA in the 1950s. Larry LaPrise, Charles Macak and Tafit Baker were granted the copyright for the song in 1950. According to popular legend they created this novelty dance in 1949 as entertainment for the ski crowd at Idaho's Sun Valley resort.

Bunny Hop
The Bunny Hop is a novelty dance that was created at Balboa High School of San Francisco in 1952. It is a social dance mixer, sometimes also referred to as a "party" or "dance party" dance.

Grade 3
English/ Language Arts
3.7.3 Answer questions completely and appropriately.
3.7.4 Identify the musical elements of literary language, such as rhymes, repeated sounds, and instances of onomatopoeia (naming something by using a sound associated with it, such as hiss or buzz).
3.7.15 Follow three- and four-step oral directions.
3.7.13 Plan and present dramatic interpretations of experiences, stories, poems, or plays.

Grade 4
Language Arts
4.7.1 Ask thoughtful questions and respond orally to relevant questions with appropriate elaboration.
4.7.2 Summarize major ideas and supporting evidence presented in spoken presentations.
4.7.3 Identify how language usage (sayings and expressions) reflect regions and cultures.

Grade 5
Language Arts
5.7.1 Ask questions that seek information not already discussed.
5.7.2 Interpret a speaker's verbal and nonverbal messages, purposes, and perspectives.

Grade 6
Language Arts
6.7.1 Relate the speaker's verbal communication to the nonverbal message.
6.7.2 Identify the tone, mood, and emotion conveyed in the oral communication.
6.7.3 Restate and carry out multiple-step oral instructions and directions.