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FOLK DANCES AND CLOGS

Prepared by Miss Katherine L. Cronin* and Miss Leila Sinaiko

The material contained in this bulletin, combined with the bulletin on Musical Mixers and Group Dances** may serve the following purposes:

1. Dances for a Folk Dance Festival.
2. Dances for entertainments and programs.
3. Activities for the Social Hour.
4. Rhythmic stunts and group dances for a folk dance club or for the family in the living room at home.

The folk dances represent many different countries and may be made very gay and picturesque by having the dancers wear the costume or dress of the particular country from which the dance comes. The clogs may be made especially entertaining by adding suitable pantomime, and character costumes.

The dances vary greatly in the difficulty of the steps and formations so that every group will be able to select those suited to their experience and skill.

Many of these dances are printed in the State Manual of Physical Education. The complete music is given there. These manuals are available to every teacher in the state through the principal or the superintendent of schools.

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* Associate Professor of Physical Education.

**Copies of this bulletin may be secured free of charge by sending to the Department of Rural Sociology, College of Agriculture, Madison.

TABLE OF CONTENTS

Description of dance steps.

(1). Description of clogging terms and some stunt steps.

Folk Dances:

		Page
A. Very simple ones:		
(2) Ace of Diamonds	(Danish)	5
(2) Bleking	(Swedish)	5
(2) Kinderpolka	(German)	8
(3) Ring Dance	(Swedish)	14
(3) Rovanadka	(Bohemian)	15
Seven Jumps	(Danish)	15
(2) Sicilian Circle	(American)	16
All of the dances in the bulletin, Musical Mixers and Group Dances, are very simple.		
B. Those a little more difficult:		
(2) Come Let Us Be Joyful	(German)	6
(2) Dutch Couple Dance	(Dutch)	6
(2) Highland Schottische	(Scotch)	7
(2) Klappdans	(Swedish)	8
May Pole Dance	(English)	9
Norwegian Mountain March	(Norwegian)	11
Old Dan Tucker	(American)	12
(2) Pop Goes the Weasel	(American)	12
(3) Virginia Reel	(American)	17
C. Those that are fairly difficult:		
(2) Irish Lilt	(Irish)	7
(2) Minuet	(French)	10
(3) Portland Fancy	(American)	13

(1). Simple Clogs and Character Dances:

Blunderbuster Clog	18
Cake Walk	18
Comin' Thro' the Rye	19
Crow Dance	19
Midnight	20
Prairie Flower	20

(1) Mosscrop and Shafarman, Clogs and Character Dances.
(2) Wisconsin State Manual of Physical Education.
(3) Elsom and Trilling, Social Games and Group Dances.

DESCRIPTION OF DANCE STEPS

Polka- 2/4 time

step pattern = slide step hop slide step hop
R L R R L R L L

rhythmic pattern of the step = — — — — — — — —

beat of the music = — — — — — — — —

Two Step- 2/4 time

step pattern = slide step slide step
R L R L R L

rhythmic pattern of the step = — — — — — — — —

beat of the music = — — — — — — — —

Schottische- 4/4 time

step pattern = slide step hop slide step hop
R L R R L R L L

rhythmic pattern of the step = — — — — — — — —

beat of the music = — — — — — — — —

Barn Dance Step- The same time and general pattern as the schottische but hoppy in character while the schottische is smooth and gliding.

Waltz- 3/4 time

step pattern = open step R | open step L | close step R | open step L | open step R | close step L

rhythmic pattern of the step = — — — — — —

beat of the music = — — — — — —

DESCRIPTION OF CLOGGING TERMS AND STUNT STEPS*

1 = a step involving a change of weight usually made with the ball of the foot.

2 = weight on 1 foot, a brush forward and backward with the opposite foot. (leg relaxed--making two distinct taps)

3 = 2--1; weight on 1 foot, a brush forward and back with the other foot, then a change of weight.

5 = 1--3--1, a waltz clog.
False 5--3--1--1

7 = 3--3--1, no pause between the threes, but the 1 is held for an extra count. (begins and ends on the same foot)

Rattle = same as a 2.

Brush = weight on 1 foot, a small movement with the ball of the other foot sliding it along the floor in any direction.

Slap step = weight on 1 foot other leg raised and relaxed, swing it down forcibly striking the floor with the ball of the foot and change weight.

Chug = pulling body forward on one foot other knee raised (keeping foot in contact with the floor)

Pull = pulling body backwards or sidewards on 1 foot with the other leg extended in the direction of the pull.

Heel Roll = Toe raised out, pivot inward on heel ending with entire foot on the floor and the toe turned in. This is heel roll inward, may also be done outward.

Wiggle Stick = Toes together; (1) Left heel roll out, placing Right toe behind Left heel; (2) toes together; (3) Right heel roll out, placing Left toe behind Right heel.

Single Travel = Pivot alternately on heel and toe of same foot dragging other foot.

Parallels = Keeping feet parallel and together, pivot alternately on heels and toes, moving in same direction.

Pigeon Toes = (to Left) Toes together pivot on Left heel out on Right toe bringing heels together. Pivot on Left toe and Right heel bringing toes together, etc., moving to Left.

Rubber Legs or Rocking Step = Starting Left swing Left leg over Right. Step Left feet close together, change weight from Left-Right-Left, hop Left swing Right leg diagonally forward and across over Left.

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*Mosscrop and Shaferman, Clogs and Character Dances.

Shuffle = same as 2 or Rattle.

Shuffle Ball Change = weight on 1 foot, brush other foot forward and back, step on ball of the foot, and change weight. (brush brush--ball--change)

Grapevine = described starting Left. Step Right foot across in rear of Left, step Left foot to side, step Right foot across in front of Left, step Left foot to side.

Railroad Shuffle = weight on Left foot. Slide Right toe back to Left, cut Left heel forward and circle Left foot to Left, step Left.

Cake Walk Step = With body leaning backward as far as possible touch Right toe forward (count 1), stamp Right heel on floor and at same time swing Left arm forward (count 2). Repeat with Left foot, swinging Right arm forward, and continue advancing forward with each step.

Swing Step = This step is done in 2's, holding partner closely with arm around waist. Swing Right foot forward around and step to Right side the person at the Left placing his Right foot to the Right of his partner's Left foot; that is, between his partner's Right and Left feet. The swing will be count 1 and step will be count 2. On the next count 1 swing the Left foot forward and on count 2 step to the Left side. The person at the Right will have to bring his Left foot back of his partner's Right foot in order to swing his Left foot forward and around to the Left. He finishes this swing by placing his Left foot between his partner's two feet.

FOLK DANCES

Ace of Diamonds
Music: Page 22

Formation:
Double circle. Partners face each other, hands on hips.
Number One of each couple facing center, number Two facing outward.
Measures 1-8. Clap hands, hook right arms and turn in place with three polka steps.
Repeat, hooking left arms.
Measures 9-16. Number two going backward toward the center of the circle with four step hops, starting backward with the left foot. Number one follows two, moving forward with four step hops, starting with the left foot.
Repeat going back to place number one's going backward and number two's going forward.
Measures 17-24. Face in line of direction, inside hands joined. Sixteen polka steps around the circle.
Repeat all from the beginning.

Bleking
Music: Page 23

Formation:
Single circle. Partners face each other. Both hands joined.

Action:

Measure 1. With a spring place the left foot forward with the heel touching the ground and the toe raised (one), pause in this position (and); with a spring change the position of the feet so that the right is forward with the toe rasied (two), pause in this position (and).

Measure 2. Repeat above in quicker time, left foot forward (one), right foot forward (and), left foot forward (two); pause in this position (and).

Measures 3-8. Repeat step three times.

Measures 9-16. Partners extend arms straight to side, shoulder high and join hands. On dancing swing the arms well up on the side, away from which they are bending, take 16 "jig" steps dancing around the room "jig" step. Step on right and sway the body to the right (count 1), hop on the right foot (and) stop on left foot and sway body to the left (count 2), hop on the left foot (and).

Variation: Instead of circle formation, couples may scatter over entire floor. At the end of the dance, each finds a new partner with whom he repeats the entire dance.

Come Let Us Be Joyful

Music: Page 24

Formation:

Two rows of three dancers, stand opposite each other. Each row consists of a man in the middle with a girl on either side of him, whose inside hand he holds.

Measures 1-2. Two lines advance toward each other with 3 walking steps, ending with a bow by the men and a "bob" curtsy by the girls.

Measures 3-4. The lines then walk backwards to place, bringing their feet together on the fourth count.

Measures 5-8. Advance and retire again.

Measures 9-16. Hopsa step is used throughout or four walking steps may be substituted for the hopsa (step on the right foot, hop; step on the left foot and hop.)

Each man hooks right elbows with the girl on his right and turns her with two hopsa steps. Releasing her he hooks left elbow with the girl on his left and swings her in the same manner.

(While he swings one girl the other performs the hopsa in place, and is ready to hook the elbow with the man as soon as he advances.)

Repeat all, finish in two original lines.

Measures 1-8 repeated.

Both lines advance and retire as before in Measures 1-8 except the second time they advance and instead of bowing, pass through the opposite line (passing left shoulders) and meet a new line which advances from the opposite direction.

Repeat from the beginning.

Dutch Couple Dance

Music: Page

Formation:

Double circle facing counter clockwise. Partners' inside hands joined.

Measures 1-6. Six Dutch steps forward. Step on the inside foot with a stamp (count 1). Hop on the same and swing the other foot across the body, brushing foot on the floor (count 2). Hop again on the inside foot (count 3). Repeat 5 times.

Measures 7-8. Turn away from partner and face the opposite direction with four light hops on both feet.
Measures 1-8. Repeat all, ending facing partner, in double circle, girls back to the center.
Measures 9-12. Four step hops away from partner.
Measures 13-16. Four step hops, going forward toward partner.
Measures 17-22. Dutch waltz six times right and left as follows: Join both hands with partner, arms raised shoulder level. Step on the right foot (girls); hop and raise the left leg to the side. The body is bent toward the side on which the hopping is done.
Measures 23-24. Four little hops on both feet in place, ending facing forward to repeat dance from the beginning.

Highland Schottische
Music: Page 26

Formation:
Single circle, partners facing. The right hand is on the hip and the left is over the head, as in the Highland Fling.

Action:
Measures 1-4. (Count 1.) Touch right toe to the side, hopping on the left foot. (Count 2.) Raise the right foot in back of the left knee, hopping on the left. (Count 3.) Touch right toe again to the side. (Count 4.) Raise the right foot in front of the left knee. (Counts 5-8). Schottische step to the right. Partners moving away from each other.
Repeat step starting with the left foot and right arm up. On Schottische step, partners move toward each other, back to original places.
Measures 5-12. Partners hook right arms, left hands on hips. Starting with the left foot take three running steps and hop extending the right foot. Repeat three times. Then hook left arms and repeat the step starting with the right foot. Repeat twice. On last measure drop arms and run past partner forward four steps to a new partner.
Repeat all.

Irish Lilt
Music: Page 27

Formation:
Long lines.
1. Measures 1-8. "Forward Rock."
Hop on the left foot with right foot raised backward (count 1). Hop on the right foot and raise the left foot forward (count 2). Repeat for twelve counts.
"Break". Jump feet apart (count 13). Jump feet together (count 14). Hop on the right foot, raising the left leg backward (count 15). Hop again on the right foot and swing the left leg forward (count 16).
2. Measures 9-16. "Kick."
Hop on the right foot, raising the left leg backward (count 1). Hop again on the right foot and swing the left leg forward (count 2). Hop on the left foot and raise the right foot backward (count 3). Hop again on the left foot and swing the right foot forward (count 4). Repeat for twelve counts. The "Break" (count 13-16).

3. Measures 1-8. "Toe and Heel."
Spring and face the right, touching the left toe backward (count 1). Face about, rotating the left leg so that you can touch the left heel in the same place that the toe touched (count 2). Face forward touching the left toe on the floor near the right toe (count 3). Extend the left leg outward (count 4). Repeat right, left, right (twelve counts in all). "Break" four counts.

4. Measures 9-16. "Leg twist and kick."
Similar to step 3 except that the toe and heel of the extended leg are not placed on the floor.

5. Measures 1-8. "Side Step."
Count one, and, two, and, to a measure.
Small steps to the right side (or push step), starting by stepping on the left foot across in front of the right (count 1). Step right to the side (count and). Repeat eight times in all. On the last (count and) swing the right foot forward instead of stepping to the side with it and continue the step going to the left, with the right foot crossing in front of the left. Repeat going to the right, left. On the last four counts "Break."

6. Measures 9-16. "Kick and Change."
Hop on the right foot at the same time placing the left toe at the right heel (count 1). Hop again on the right foot and extend the left leg forward (count 2). Hop on the left foot and raise the right foot backward (count 3). Hop again on the left foot and extend the right leg forward (count 4).
Repeat for twelve counts and then "Break."

Kinderpolka

Music: Page 28

Formation:
Single circle. Partners face each other. Both hands joined, arms extended, shoulder high.
Measures 1-8. Two slides moving toward the center of the circle. Three little running steps in place. Measures 1-2. Repeat still moving toward the center of the circle. Measures 3-4. Repeat moving outward. Measures 5-8.
Measures 9-12. Clap thighs with both hands (counts one, and). Clap own hands (counts two, and). Clap partner's hands three times (counts one, and, two). Measures 9-10. Repeat Measures 11-12.
Measures 13-14. Point right toe forward, place right elbow in left hand, and shake finger at partner, three times. Repeat left.
Measure 15. Three running steps turning in place.
Measure 16. Three light stamps in place.
Repeat all.

Klappdans

Music: Page 29

Formation:
Double circle. Partners face line of direction, inside hands joined, outside hands on hips.

Part I

Measure 1. Boy starts with left foot, girl with right. One polka step forward, partners turning toward each other and swinging joined hands backward and upward.
Measure 2. One polka step forward, partners turning away from each other, and swing arms forward and upward.

Measures 3-6. Partners take 6 more polka steps alternately left and right.
Measures 1-8 repeated. Partners dance heel and toe polka 4 times.

Part II

Dancers face each other; girls place hands on hips, boys fold arms in front of chest.
Measure 1.
1. Girls make peasant curtsy by placing right foot behind and bending both knees. At the same time boys make a stiff bow.
Measure 2.
2. All clap own hands 3 times.
Measures 3-4.
3. Repeat bowing and clapping.
Measure 5.
4. Partners strike right hands together and clap own hands once.
Measure 6.
5. Strike left hands together and clap own hands once.
Measure 7.
6. Take two stamps, making a complete turn to the left.
Measure 8.
7. Take 3 vigorous stomps in place, facing each other.

Part III

Music of Part II repeated.
Measure 1. Repeat 1 of Part II.
Measure 2. Shake the right forefinger at partner.
Measure 3. Repeat 1 of Part II.
Measure 4. Shake the left forefinger at partner.
Measures 5-8. Repeat 4,5,6,7 of Part II.
At the end of the dance, boys all step back one couple and repeat the dance with the girl just behind them.

May Pole Dance

Music: Any 2/4 music. Recommended: Country Gardens

Note: A may pole dance may be a gay, colorful thing delightful to do and lovely to watch. It has its place in any spring festival harking back to the old days in Europe (England particularly) when young and old gathered on the green for a day's celebration of the coming of spring.

The steps of the dance should be kept simple so that it may be done with joyousness and self-forgetfulness. The dance described below suggests the types of things that may be worked out.

The Pole — A stout pole, or slim tree trunk 15 to 20 feet high hold firmly to the ground. A small wheel about 12 inches in diameter attached to the top provides a place for fastening the streamers or ribbons. This may be covered with lilacs or apple blossoms.

Ribbons — There should be an even number of ribbons--one for each dancer. Ribbons should be about 5 feet longer than the pole and should be of two different colors, one color for the girls and one for the boys. These ribbons may be made of colored cambric or cheese cloth cut into 5 or 6-inch strips. Crepe paper may be used for a small pole but it is apt to tear. The same pole and ribbons may easily be used year after year.

The Dance Entrance — Dancers may run in informally or skip in in a line of couples and surround the pole.

Part I. All face pole and join hands.
a. Circle to the left 8 slides.
b. Circle to the right 8 slides.
c. Move toward the pole 4 skips.
d. Move out from the pole 4 skips.
e. Move toward pole 4 skips, drop hands and each get a ribbon. (Music continues until each person has her ribbon and is ready for part II.)

Part II. Each holds ribbon firmly in own right hand. All join hands in circle and--
a. Circle to left 8 slides.
b. Circle to right 8 slides.
c. Move toward the center 4 skips.
d. Move out from pole 4 skips.
e. Repeat c.
f. Repeat d.

Part III. All drop hands face to own right and holding streamer high run around pole 16 steps and return 16 steps.

Part IV. All the boys (number 1's) who have 1 color ribbon step back, face the pole and hold ribbon high. All the girls (or number 2's) who have the other color circle about the pole and back (as in Part III) but under the canopy formed by the ribbons of number 1's.

Part V. Same as part IV. but with the girls forming the canopy.

Part VI. Weaving. Warning: This may be too difficult and if poorly done may spoil the dance. If time for practice is limited it is well to omit this.

Partners face each other--All move around the pole weaving in and out as if doing a grand right and left--that is, each passes his partner by going to the right, then passes the next person by going to the left, etc. This step weaves the ribbons at the top of the pole. If no mistake has been made, it is possible to unweave by halting with a chord of music, turning about and reversing the whole movement. It is usually better not to plan to unweave but to proceed immediately to Part VII after the weaving.

Part VII. All face pole and repeat part II. During f, each drops his ribbon, turns to his right and all skip off.

Minuet

Music: Page 30

Formation: Couples. partners inside hands joined. Girl holds skirts with outside hand, boy's outside hand on hip. Should be danced in slow courtly manner.

Action: Step I. Measures 1-6. Point outside foot forward (one). Lift slightly off the floor and point again (two), step on outside foot (three). Repeat six times in all

Measures 7-8. Face partner, deep curtsy. Boy heels together, makes a low bow. Girl steps in line of direction (one) facing partner, steps backward with inside foot, leaving outside foot pointed forward (two), curtsy (three), steps forward on outside foot (four), brings inside foot up to outside (five), rise on toes and sink (six).

Step II. Measures 9-16. Face partner, joining right hands. Step forward right foot drawing left foot up to right (one), rise on toes and sink (two, three). Step backward on the left foot (one), point the right foot forward (two, three). Repeat.

Three walking steps in circle around partner, right, left, right (one, two, three), point left foot forward (one, two, three). Deep curtsy. (Measures 15-16).

Repeat all of Step II with left hands joined.

Step III. Measures 9-16 repeated. Couple number one faces about and joins right hands with couple number two in star formation.

Take three walking steps, right, left, right (one, two, three), point left foot forward (one, two, three).

Repeat three times in all. Drop hands. Deep curtsy. (Measures 15-16.)

Repeat all of Step III with left hands joined.

Step IV. Measures 1-8. Repeat first step.

Norwegian Mountain March

Music: Page 31

Formation: In groups of three, one man holds a handkerchief by the corner in either hand; two girls stand behind him with inside hands joined, and each holds the opposite corner in her free hand, thus forming a triangle. The man leads the two girls, representing two mountain-climbers with their guide.

Music: In fitting steps to the music, each measure should be counted one, two, three.

Step I: In groups of three advance around the room counter-clockwise beginning with right foot. Step forward and stamp on right foot, draw left foot up to right and then step forward on right, then stamp on left and draw right foot up to left and step forward on left. Body should bend to side as stamp is taken.

(Continue this step for 16 measures.)

Step II: Stamping on the first step, the man takes two steps backward under the joined hands of the girls, who dance in place. The girl on the left dances same step turning right about under the man's right arm; the other girl then turns left about under her own left arm, then the man turns right about under his own right arm, and all are facing forward again. This figure is repeated two more times and then begin dance again.

Old Dan Tucker
Music: Page 32

Formation:
Form a circle, any number of couples. In the center place a dancer who is "Dan Tucker."

I All balance to Tucker and swing --8 bars.
All join hands, facing Tucker in the center, balance and swing partners.

II Allemande left. --8 bars.
Each gentleman turns lady at his left with right hand, then turns his own partner with his left hand.

III Grand Right and Left. --8 bars.
Dan Tucker will join in this movement, and steal a partner. Continue until the call.

IV Promenade All. --16 bars.
Gentleman promenades with the lady directly in front. The gentleman who fails to secure a partner becomes Dan Tucker.

V Forward and Back. --4 bars.
All join hands, walk four steps forward and backward.

VI All circle to the left. --4 bars.
All chasse to the left side.
Repeat all from the beginning.

Pop Goes the Weasel
Music: Page 33

Formation:
Form in sets of three couples each. Dancers stand in two parallel lines, facing each other. Lines should be about six feet apart.

I. Measures 1-8. Boy and girl at the head of the set turn away from each other and pass down outside of own line, with eight skipping steps. Take eight skipping steps back to place.
Measures 9-16. Head boy and girl join both hands, arms extended shoulder high, take eight slides down the center between the lines and eight slides back to place.

II. Measures 1-8 repeated. The head couple join hands with the second girl, forming a circle of three. Skip to the left for 12 counts. Measures 1-6. On measures 7-8 "Pop goes the Weasel" the head couple raise their joined hands and the second girl pops under the arch back to her original place.
Measures 9-16 repeated. The first couple repeats the same, measures 1-8, with the second boy, skipping to the right.
Measures 1-16. Repeat the same figure with the third boy and girl. On the accented note in measure 7, as the girl or boy pops under the arch, the other dancers clap their hands once vigorously.

III. Measures 1-8. The head couple is now at the foot of the set. All join hands in circle of six, and skip one full circle to the left.
Measures 9-16. The head couple now at the foot join both hands and take eight slides up the center and eight slides back to the foot of the set.

Measures 1-8. Partners take four skips toward each other, join right hands and take four skips turning. Join left hands and take four skips, turning in the opposite direction. Drop hands and take four skips backward to place.
Finish with a peasant curtsy toward partner.
Repeat entire dance with the second couple, now the head couple.
Dance is completed when all the couples are back to their original places.

Portland Fancy

34

Music: Page 35a and 35b

The dance requires eight persons for each set, and as many sets as the room can accommodate may dance at one time.

Step: A skip step is used throughout the dance in all except the last figure.

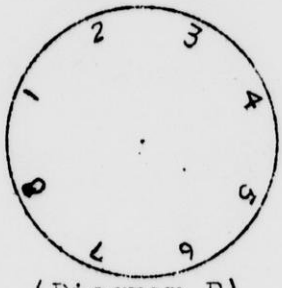
The music is divided into four parts, A, B, C, and D.

Count one, two to a measure.

Formation: Groups of eight. In each group dancers should be in lines of four facing the opposite lines and girls should be on the right of the boys (Diagram A). Circles represent the girls; crosses, the boys.

O X O X
X O X O
(Diagram A)

Groups of eight should be arranged around the room so as to form a large circle (Diagram B. Each number represents a group similar to Diagram A).



(Diagram B)

I. Circle Left

Each group of eight joins hands and forms a small circle. Take sixteen skip steps, making one full circle to the left, and finish in first formation of two lines.

--8 measures
Music A

II. Down the Center and Back

Head girl and boy in each set (those nearest the center of the room) join hands and take four slides down the aisle made by the other three couples and four slides back to places

--4 measures

Foot boy and girl join hands and take four slides up the aisle and return to places.

--4 measures
Music A repeated.

III. Grand Right and Left

Partners face. Give right hand to partner, pass partner and give left hand to next person. Continue around circle giving right and left hands alternately to each person until you meet your own partner. Use four counts for each person.

--16 measures
Music B and repeat

IV. Ladies Change

Music: Page 34

The girls who are diagonally across from each other change places, touching right hands as they pass in the center. When the girl reaches the opposite side she joins left hands with her new partner who turns her once around.

--4 measures

Girls return to places touching right hands as they cross in the center, then join left hands with partners who turn them once around.

--4 measures

Music C

Repeat Figure IV.

Music C repeated

V. Forward and Back

Lines of four with joined hands take three walking steps forward and make a "bob" curtsy. (Touch the right toe behind left foot and bend both knees). Take three walking steps back to place and curtsy.

--4 measures.

Walk forward dropping hands as lines meet. Each person must pass to the right of the person he meets. Use seven steps for this figure, making a "bob" curtsy on the eighth count as a new group is met.

--4 measures

Music D

Dance is now repeated from the beginning with the new group.

Dance may be repeated as often as desired, starting with a new group each time.

Ring Dance

Music: Page 35

The music is divided into three parts, A, B, and C.

Count one, two to a measure.

Play straight through and then repeat B for finish.

Formation: The dancers form in a double circle, partners standing side by side with inside hands joined, outside hands on hips. All should be facing ready to move clockwise around the circle. Number One is on the left, Number Two on the right. If the group which is dancing consists of girls and boys, the girl should be on the boy's right, or on the inside of the circle.

I. Walking and Skipping

Partners join inside hands, take eight walking steps in the line of direction, hands swinging easily.

--4 measures

Take eight skipping steps in the line of direction.

--4 measures

Music A

II. Circle Left and Right

All face center and join hands, forming a single circle.

Take eight slides to the left and eight slides to the right.

--8 measures

Music B

III. Sliding

Still remaining in a single circle, partners face each other. Number One (boy) will have left side toward center of circle, and Number Two (girl) will have right side toward center of circle. All take four slides to the left. This will take the boy toward center of circle, girl away from center.

--2 measures

Rovanacka

Music: Page 36

This is an excellent dance to be used at social centers or at entertainments where the majority of the guests are strangers to each other, and it is desirable to break up the stiffness and formality of the group. This dance will furnish a quick medium for introducing persons to each other, and by the time it has been danced twice all traces of formality will have disappeared.

The music is divided into two parts, A and B.

Count one, two to a measure.

Formation: There must be an uneven number of persons in each set. Any number may take part, but a circle ranging from 21 to 31 persons is the most convenient number to direct.

One person (the odd one) stands in the center of the circle. The other dancers form a single circle, partners facing each other.

I.

The dancers stand in place. --Measure 1
Take three stamps, right left, right. --Measure 2
Stand in place. --Measure 3
Clap own hands three times. --Measure 4
Shake right hand with partner three times. --Measure 5
Shake left hand with partner three times. --Measure 6
Stamp right foot, stamp left foot --Measure 7
Take three light steps, turning right, and face out, all having backs toward center of circle. --Measure 8

Music A.

II

All join hands, forming a single circle, facing away from center of circle.

Take four slides to the right, clockwise. --2 measures

All drop hands, face toward center of circle, join hands and take four slides left, clockwise. --2 measures

Repeat the above, taking four slides right, facing out from circle, and four slides left, all facing center of circle. --4 measures

All drop hands and run to find a new partner. At this time the person in the center of the circle finds a partner. The person who is now left without a partner remains in the center. The other dancers form a single circle and the dance is repeated from the beginning. --Music B

While the new partner is being found the musician plays the last eight bars of Music B.

Note: Much of the success of this dance depends upon the instructor, who must insist that all persons find new partners at the end of each dance. It should also be noted that in Part II all of the sliding is done clockwise.

Seven Jumps

Music: Page 37

Formation:

Single circle hands joined.

Part I:

Measures 1-8--All move to the left with 8 "step-hops." One

"step-hop" to each measure. A "step-hop" is like a skip but is done in even time.

Measures 9-16-Jump up high and repeat the "step-hops" moving to the right.

Measure 17----Release hands, place them on hips, raise right foot by bending right knee to right angles.

Measure 18----Replace foot and remain motionless.

Part II:

Measures 1-16- Repeat all as in Part I.

Measures 17-18--Same as in Part I.

Measures 17-18-(repeated)--Raise left leg and replace.

Part III:

Measures 1-18--Repeat all.

Measures 17-18-Kneel on right knee. Remain until first note of measure 1 is played. (repeated.)

Continue repeating measures 1-16. Each time add one extra repeat of measures 17-18 and add the following movements to those already performed in Measure 17:

Kneel on left knee (all are now down on both knees.)

Place right elbow on floor, chin resting on right hand.

Place left elbow on floor, chin resting on both hands.

Place forehead on floor.

Finish dance with original first 16 measures.

Sicilian Circle

Music: Any good 2/4 music.

Formation: A circle of couples number 1 & 2, couples 1 facing couples 2.

The Dance:

I. a. All move forward 4 steps toward opposite couple. All move backward 4 steps.

b. Repeat a.

II. a. Join right hand with opposite corner and move around in star formation 8 steps.

b. Turn, join left hands and return to place with 8 steps.

III. a. Join hands in small circles of 4 and slide to the left 8 slides.

b. Repeat returning to place.

IV. a. Keeping partner's hand, couples 1 and 2 move toward each other 4 steps and move backward 4 steps.

b. Again couples 1 and 2 move toward each other but move 4 steps beyond (couples 1 passing under the arch made by the arms of couples 2.)

Repeat entire dance as often as desired. A skip step may be used instead of a walk.

Virginia Reel

Music: Page 38 and 39

Formation: Two parallel lines facing, about six feet apart. Girls in one line, boys in the opposite one. As the couples face the head of the room, girls should be on the boys' right. Six couples make a convenient number for a set, though there is no limit to the number that may take part.

Music is divided into three parts,--A, B, and C.

Count one, two to a measure.

Couples should be numbered consecutively from the head of the line, thus: 1, 2, 3, 4, 5, 6.

Note: In each section of the first figure it is to be understood that girl of Couple 1 and boy of Couple 6 lead or "set" the figure, and boy of Couple 1 and girl of Couple 6 repeat it.

I

(a) Girl 1 and Boy 6 advance four steps toward each other, bow and retire to places. --4 measures.

Girl 6 and Boy 1 repeat --4 measures.

(b) Girl 1 and Boy 6 advance, join right hands, turn once around and return to places --4 measures.

Girl 6 and Boy 1 repeat.

(c) Girl 1 and Boy 6 advance, join left hands, turn once around and return to places. --4 measures.

Girl 6 and Boy 1 repeat. --4 measures.

(d) Girl 1 and Boy 6 advance, join both hands, turn once around and return to places --4 measures.

Girl 6 and Boy 1 repeat. --4 measures.

(e) Girl 1 and Boy 6 advance, pass each other back to back, right shoulders touching first and retire to places. --4 measures.

Girl 6 and Boy 1 repeat. --4 measures.

(f) Repeat (e), touching left shoulders first. --8 measures.

II

Head couple joins hands, arms extended shoulder high, slides down center eight counts and slides eight counts back to place. --8 measures.

III The Reel

The head couple links right arms, turns one and a half around, unlinks arms and Boy 1 links left arm with Girl 2, while Girl 1 links left arm with Boy 2, and both couples turn.

Partners again link right arms and turn; link left arms with Couple 3 and turn. This is continued down the entire line. Partners turn each other with right arms and turn each succeeding couple with left arms.

IV

Couple 1 joins both hands and slides to the head of set; Couple 1 drops hands and all couples face forward.

Couple 1 divides, Girl 1 leading down outside of the girls' line followed by all the girls. Boy 1 leads outside of the boys' line followed by all the boys. All the dancers clap hands during this counter-march. On reaching the end of the line Couple 1 joins hands, forming an arch. All the other couples pass under to places. Couple 2 are now the head couple and Couple 1 the end couple.

Repeat the dance until all couples have returned to their original places.

Note: Play music A and B and repeat as often as necessary for Figure I. Play music C and repeat as often as necessary for Figures II, III and IV.

CLOGS AND CHARACTER DANCES

Blunderbuster's Clog

Music: Wearing of the Green.
Formation: Solo dance can be done by any member.

1. Deep knee bend, jump up flinging Right leg forward, repeat. --2 measures.
   3-Right, 3-Left, 7-Right. --2 measures.
   Repeat all to Left. --4 measures.
2. Hop Left to Left flinging Right leg sideward upward.
   Repeat to Right --2 measures.
   3-Left, 3-Right, 7-Left, Turning to Left --2 measures.
3. 3-Left crossing Left foot in front of Right
   3-Right moving Right foot to side
   Step Left across behind Right, step Right sideward, step Left across in front of Right, and place Right heel sideward. --2 measures.
   Repeat beginning Right and moving Left --2 measures.
   3-Left, 3-Right, 7-Left --2 measures.
   Repeat beginning Right --2 measures.
4. Spin: Make two complete turns in place by jumping to deep knee bend then jump to standing, 2 times --2 measures.
   3-Left, 3-Right, 7-Left --2 measures.
   Repeat all to Right --4 measures.
5. 3-Left, 3-Right, 3-Left. Jump backward (feet together) --2 measures.
   Chug to Right 4 times, (Weight on Left foot, Right knee bent upward) Right knee is flung sideward with each chug--2 measures.
   Repeat all beginning Right --4 measures.
6. Grapevine: Toward Left. Step Left, Step Right across behind Left, step Left sideward, step Right across in front of Left (Slowly)
   Repeat moving in same direction (Fast) --2 measures.
   Set, Right and Left (to right--step Right, close Left to Right, step Right) Pivot turn Right --2 measures.
   Repeat all going Right --4 measures.
7. 3-Left crossing in front of Left, 3-Right,
   3-Left crossing in front of Right, hop 2 on Right moving Right --2 measures.
   Repeat beginning Right --2 measures.
   Repeat all --4 measures.
8. Jump to deep knee bend, jump to standing (stride) on heels
   Repeat --2 measures.
   3-Left, 3-Right, 7-Left --2 measures.
   Repeat all --4 measures.

Cake Walk

Music: Turkey in the Straw
Entrance: A line of couples--(number two in front of number one)
Step I: Starting with left foot, 8 cakewalk steps, face front on 8th step.
Step II: Step to left on left foot (1), step right to rear (2), step left aside (3), place right heel diagonally to right turning body in that direction and leaning back (4). Repeat same to right starting with right foot. (8 counts in all)
Step III: Jump to stride (1), hold (2), feet together (3), hold (4) Repeat same double time ending with feet in stride position. (8 counts in all).

Step IV: 4 wiggle-stick steps, face left, 7 running steps in small circle going clockwise, number two following number one. End up in original place facing front, number two on right of number one. (16 counts) Repeat starting wiggle-stick step to right, running right with number one following number two, ending up in original position. Jump with feet together on last count. (16 counts)

Step V: Partners standing close together, 4 swing steps starting 4 cakewalk steps forward starting with left foot. Turn to right on 4th cakewalk. 4 cakewalk steps back to place starting left and turn on 4th step to right ending up facing front in original position. 8 counts 2 swing steps starting left. On 8th count instead of swing step place feet together toes pointing ready for the 6th step.

Step VI: 5 pigeon toe steps, 2 slow 3 fast to left. Repeat same going to right ending up facing left. (8 counts in all) Starting with left foot 4 cakewalk steps and with seven running steps raising knees high and leaning back as in cakewalk.

Comin' Thru The Rye

Music: Comin' Thru the Rye.
Formation: Solo dance can be done by any number.

1. Entrance from side, 4 skips forward, Left, Right, Left, Right --1 measure.
   3-Left, 3-Right, 3-Left, 3-Right --1 measure.
   Repeat, starting with Left foot --2 measures.

Chorus:
   3-Left, 3-Right, 3-Left, 3-Right --1 measure
   Repeat --1 measure.
   4 flea hops Left, Right, Left, Right, weight on Right
   Hop Right, step Left, draw Right to Left and point --1 measure.
   Hop Left, step Right, draw Left to Right and point --1 measure.

2. 1-Left, 1-Right, 3-Left, repeat Right, left, Right --1 measure.
   3-Left, 1-Right, 1 Left, repeat Right --1 measure.
   Repeat all to Right --2 measures.

Chorus: --4 measures.

3. 4 Chug steps forward, Left
   4 skips back, Right, Left, Right, Left --2 measures.
   Repeat starting Right --2 measures.

Chorus: --4 measures.

4. 3-Left heel, toe. Repeat Right --1 measure.
   3-Left, 3-Right, 6-Left --1 measure.
   Repeat, starting Left --2 measures.

Chorus: --4 measures.

Crow Dance

Music: When Johnny Comes Marching Home.
Formation: Individual dance.

1. a. Hands close to shoulders, elbows bent to resemble wings.
   3-Left, 1-Right-1-Left
   3-Right, 1-Left-1-Right --2 measures.
   b. Pivot step (weight on Right foot. Touch Left toe forward and with weight still on Right foot push with Left foot and pivot. 1/3 Right pushing with Left foot. Repeat twice, finish facing front. Flap wings with this step.
   1-Right, 1-Left --2 measures.
   Repeat whole step beginning Right --4 measures.

2. a. 3 Left, hop Left (moving to Right with Right leg extended to right) step Right
Repeat 3 times, flapping wings --4 measures.
b. Pivot to Left pushing with the Right foot --2 measures.
"Scratch" Left (weight on Right foot brush back with Left foot 3 times saying "caw" each time you scratch)--2 measures.
c. Pivot to Right, brushing with the Left foot --2 measures.
"Scratch" Right, 3 times, saying "caw" with each scratch --2 measures.
Repeat whole dance.

Midnight

Music: The Funeral March
(This dance is executed in a slinky manner as it is very spooky.)
Formation: Partners enter side by side Number 1 on Right on Number 2 about 3 steps apart. Description--for Number 1. Number 2 does same using opposite side.
1. 2-3's moving forward beginning outside foot
1-7 turning towards partner
3-Left, 3-Right, moving towards partner
7-Left, facing front --4 measures
2. Shuffle Right, with foot tracing a circle forward, Right, and to back of Left foot (weight on Right foot).
7-Left
Repeat whole step beginning Right --4 measures.
3. 5 steps diagonally forward Right beginning with Left foot.
Turn Left on the 4th step with Right foot extended toe up.
Repeat to Left --4 measures.
4. 4 two-steps, each making a circle turning away from partner.
Number 2 ending behind Number 1. --4 measures.
5. Both: 7-Left, 7-Right, 7-Left, 7-Right, leaning in opposite directions. (on count 6 and 7 of each "7") --4 measures.
6. a. Number 1 takes 4 running steps in a ½ circle around Number 2 ending in rear of Number 2.
Number 2 takes 4 running steps ending beside Number 1.
--2 measures.
b. Hands crossed, 1 on each knee, move knees apart, together,
Hands uncrossed, 1 on each knee, move knees apart, together,
Repeat b. --2 measures.
7. 4 snatch steps away from partner
4 snatch steps toward partner
pantomime "you go that way, I'll go this way" --4 measures.
8. 4 short walking steps away from partner (warily)
4 long steps backing toward partner--and Bump! --4 measures.
(looking quite scared)

Prairie Flower

Music: Prairie Flower
1. 8 "Threes"
4 False "fives"
Note: A false "five" is a "three" followed by two "ones" done as light stamps.
Chorus:
4 "Threes"
2 False "fives"
4 "Threes"
2 False "fives"

2. 4 "Threes"
"Silent seven" Left
4 "Threes"
"Silent seven" Right
Note: "Silent seven" is seven little steps taken with stiff knees and tapping with the ball of the foot.

Chorus:
As Step 1.

3. "Pigeon toe" Left, 4 slow and 7 fast.
Repeat Right

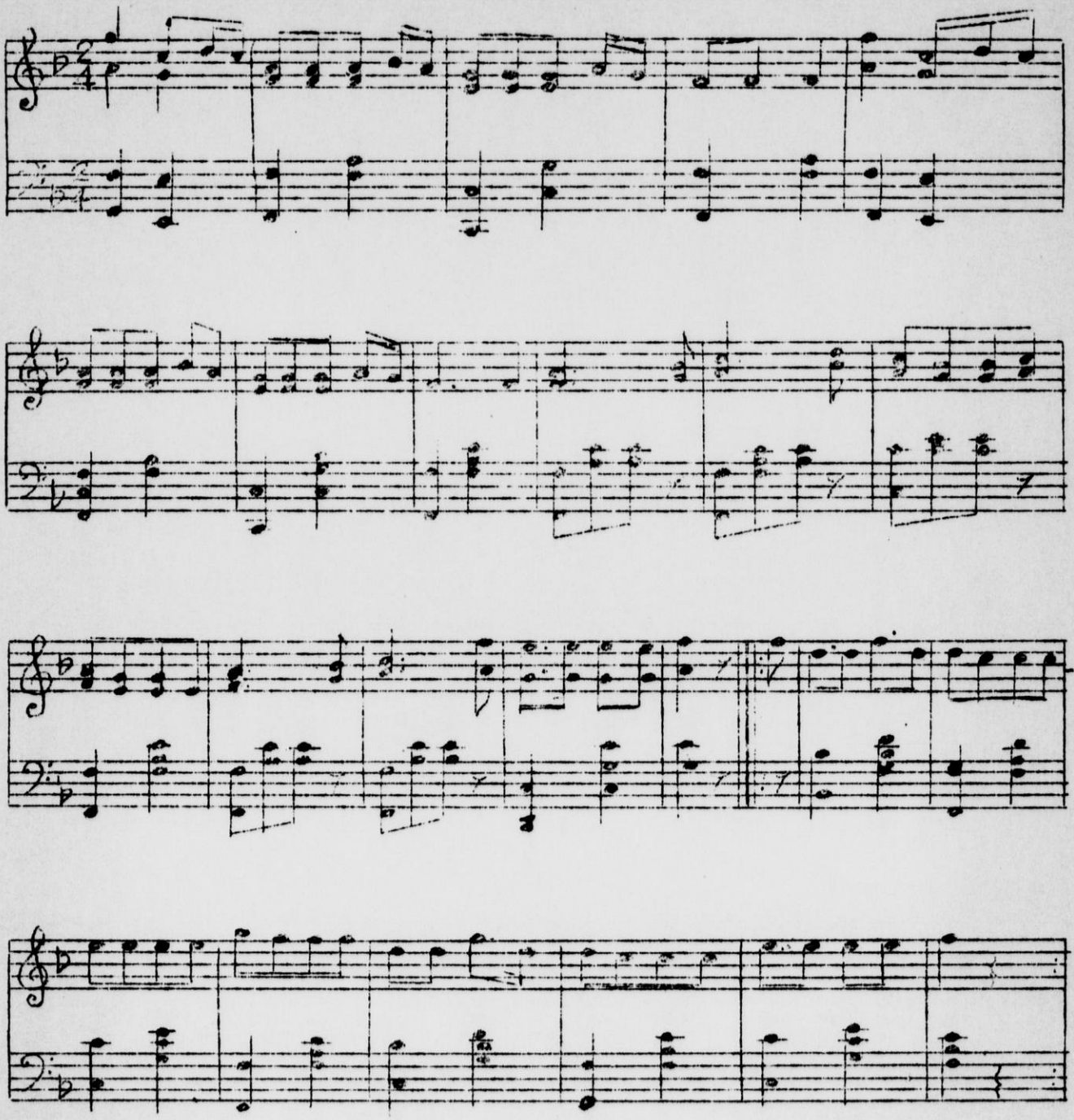
Chorus:
"Slip steps", 4 Left and 4 Right
Then 4 "Threes", 2 false "fives"

4. 4 "Threes
"Silent seven" forward
4 "Threes"
"Silent seven" backward

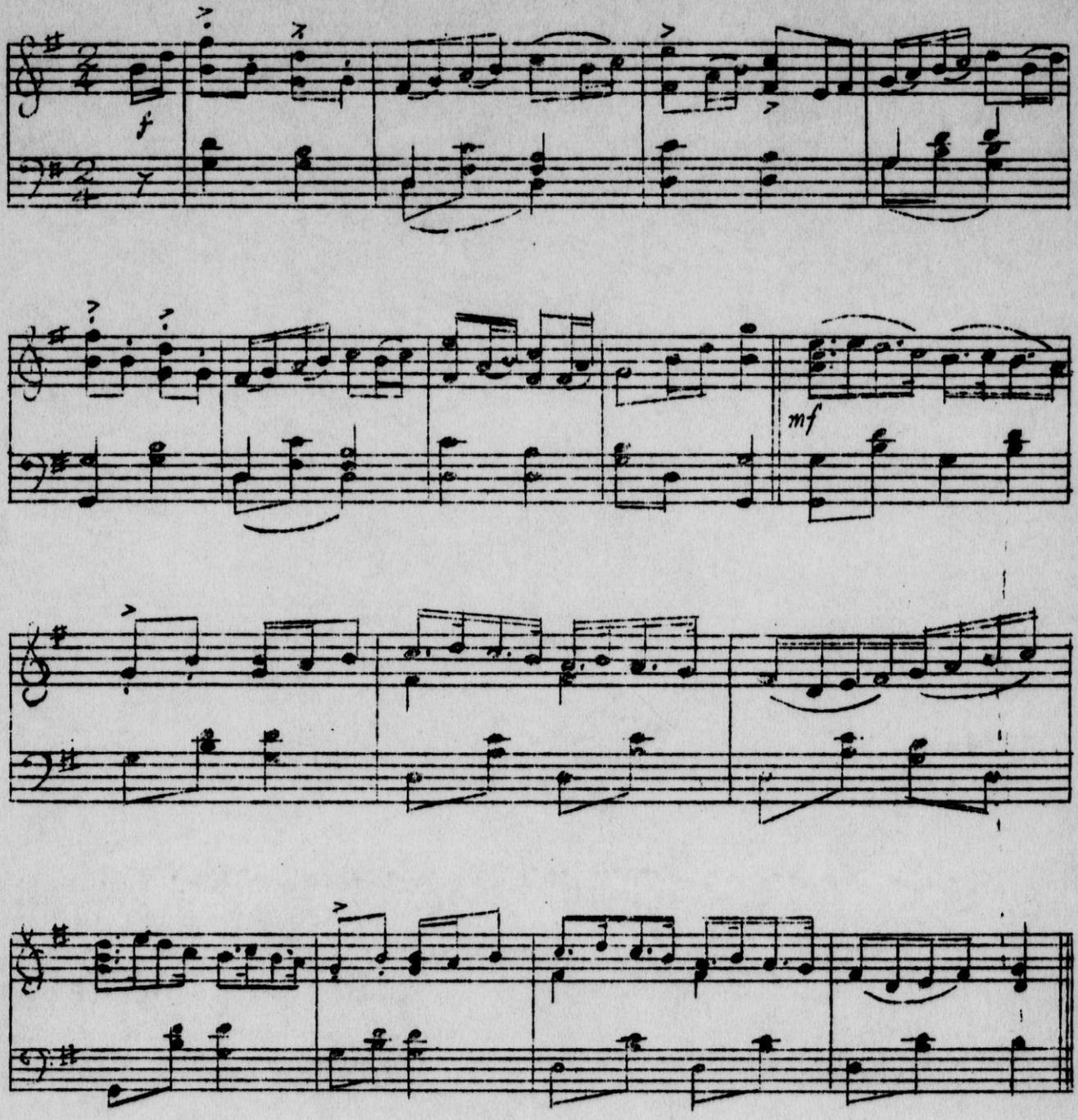
Chorus:
As Step 1.

ACE OF DIAMONDS

(Danish)



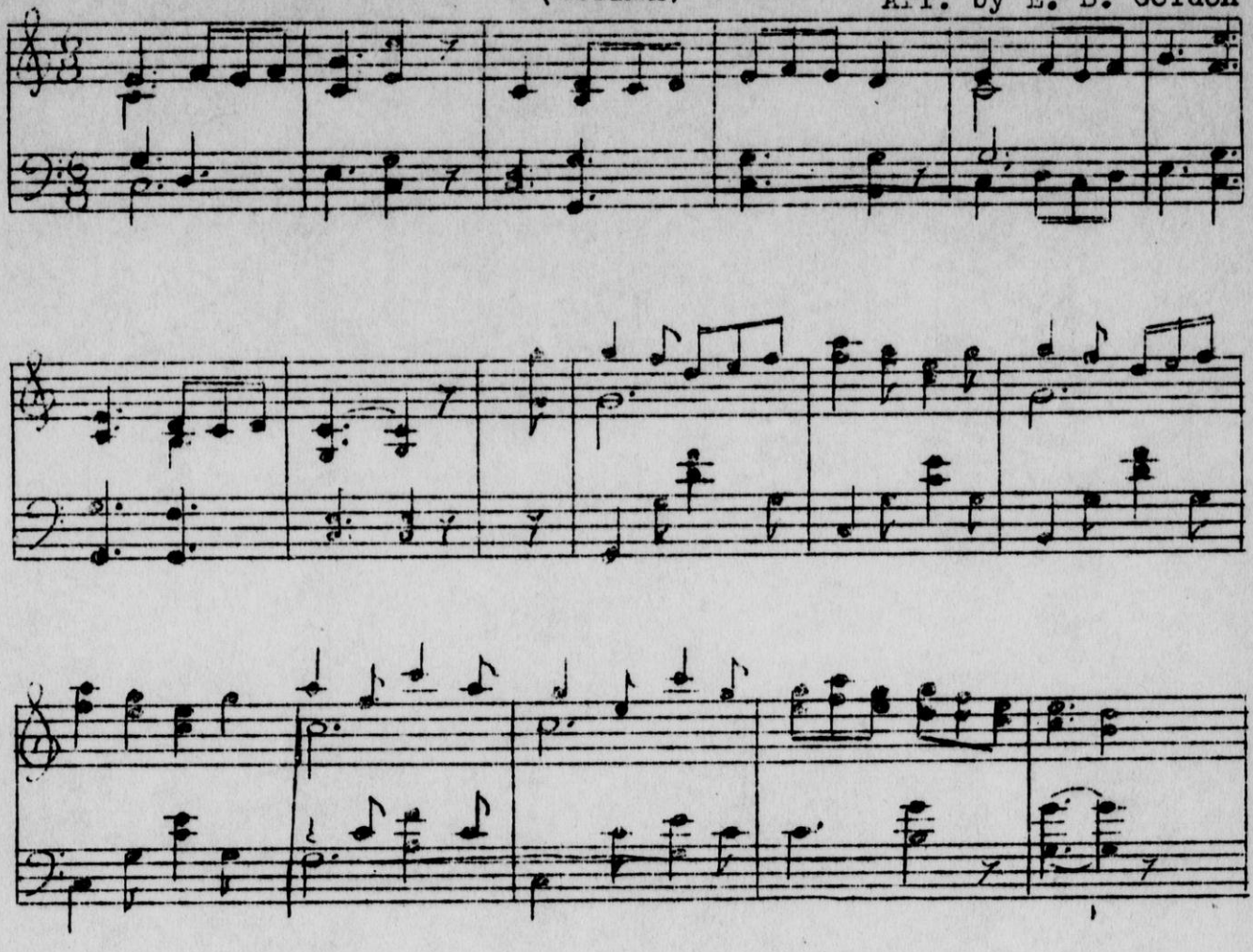
BLEKING
(SWEDISH)



COME LET US BE JOYFUL

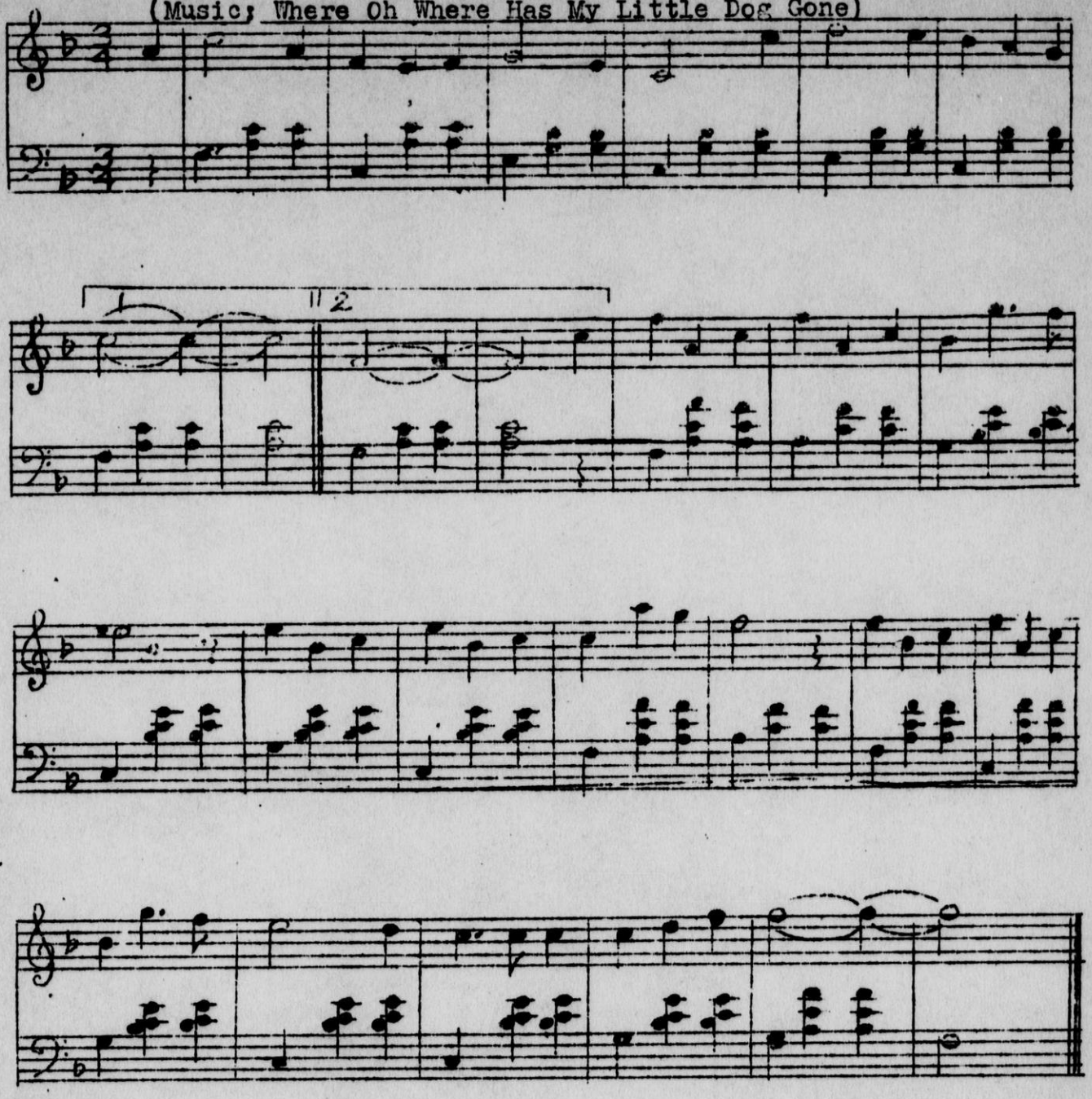
(German)

Arr. by E. B. Gordon



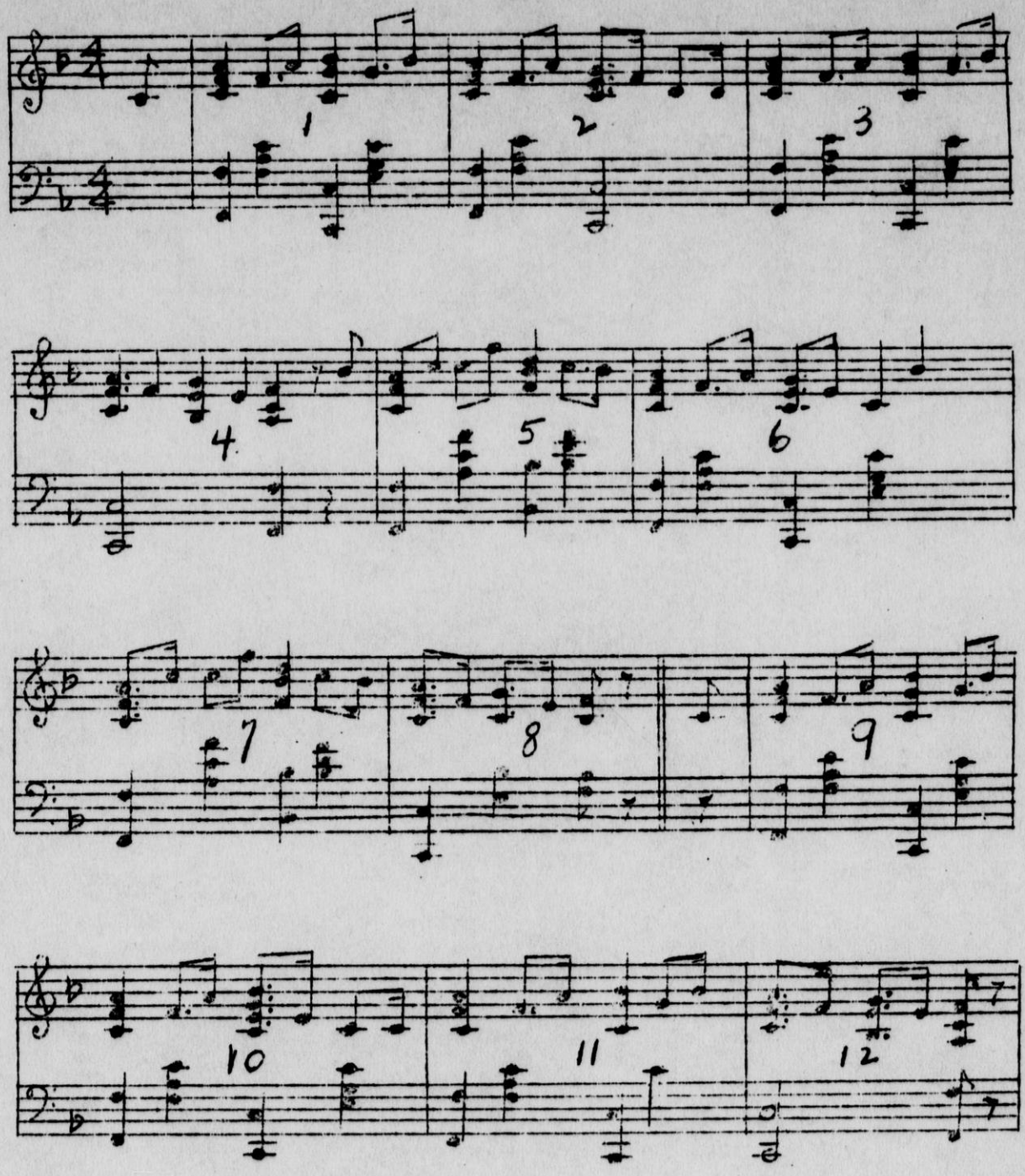
DUTCH COUPLE DANCE

(Music; Where Oh Where Has My Little Dog Gone)

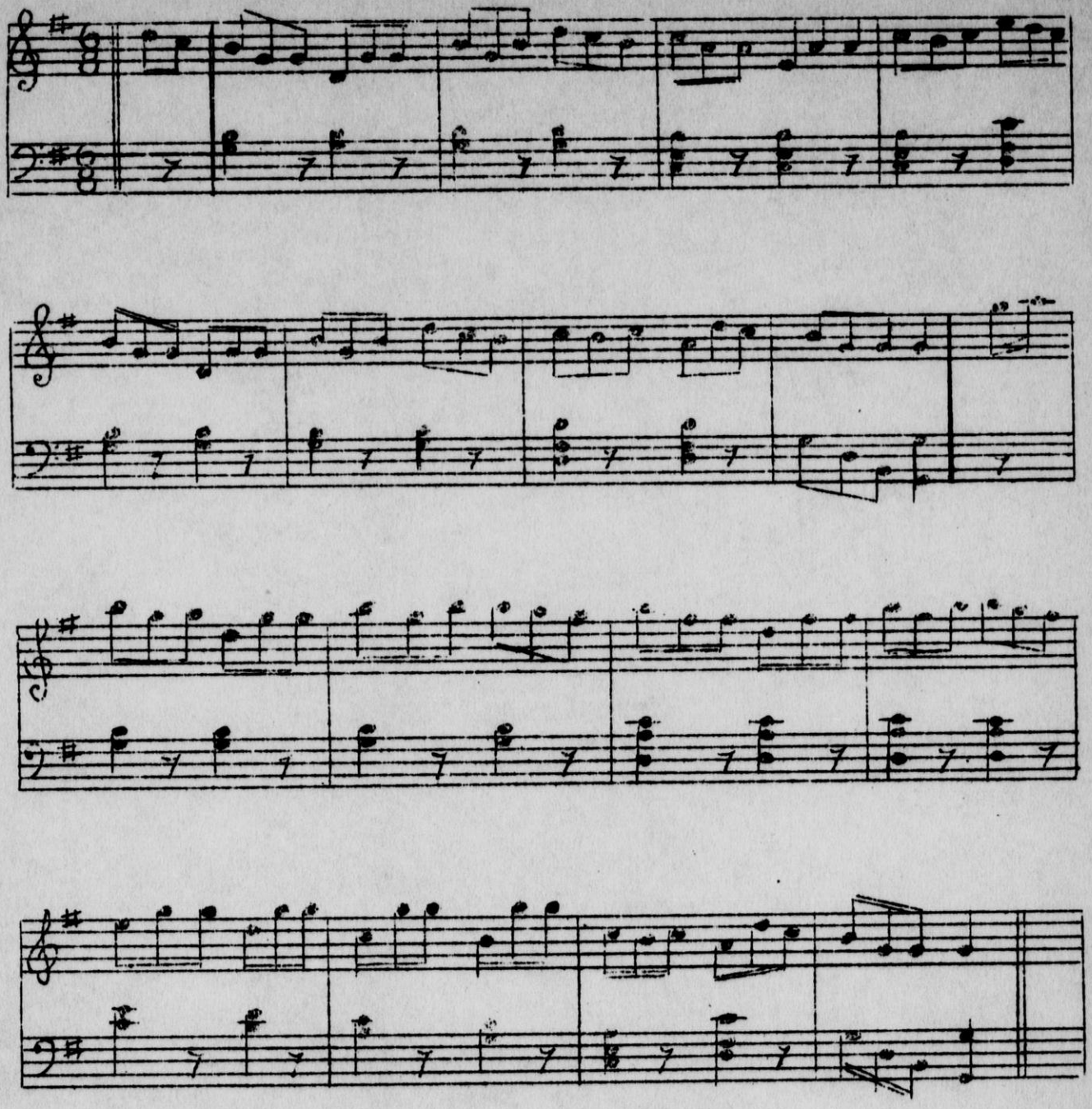


HIGHLAND SCHOTTISCHE

(Scotch)

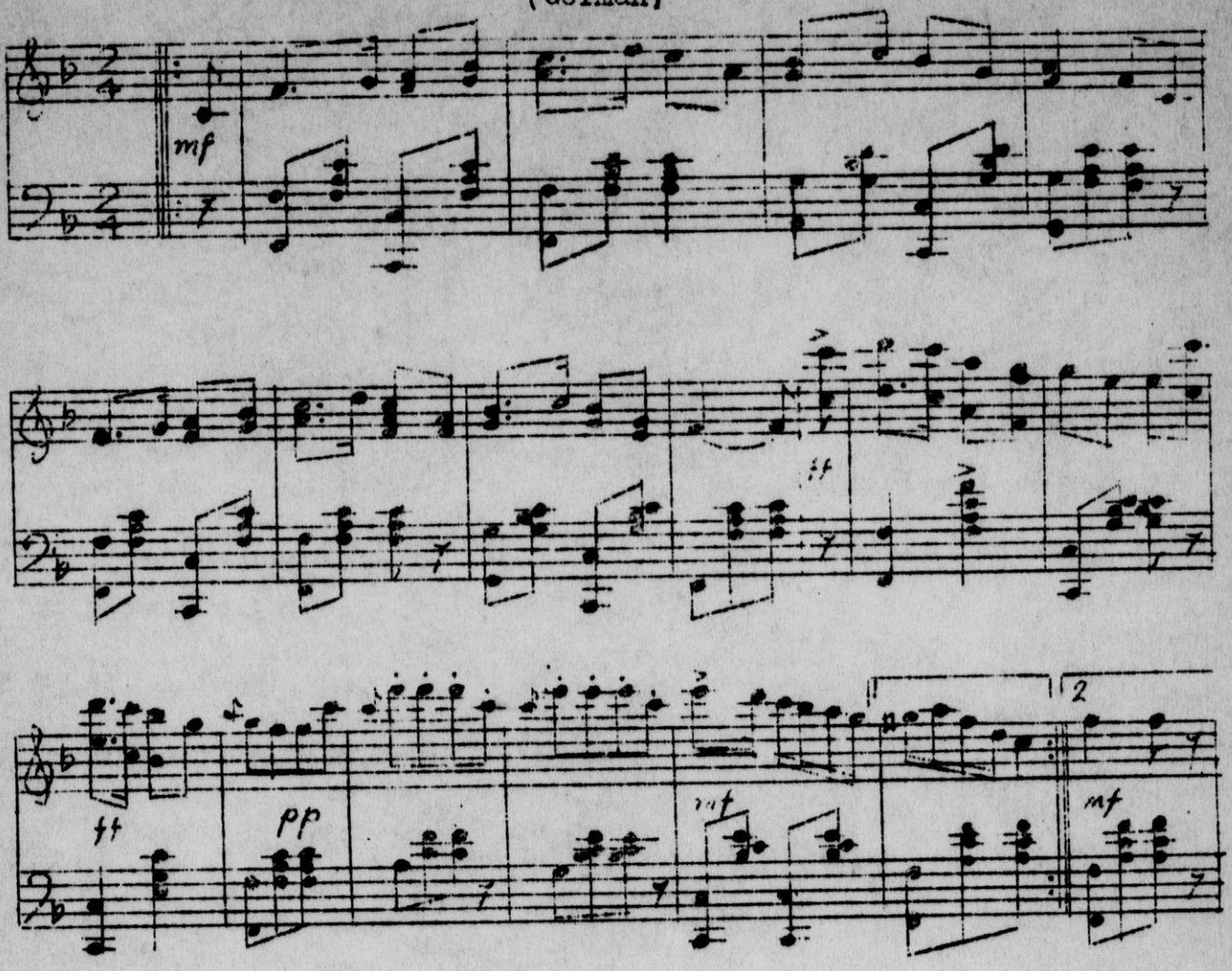


IRISH LILT



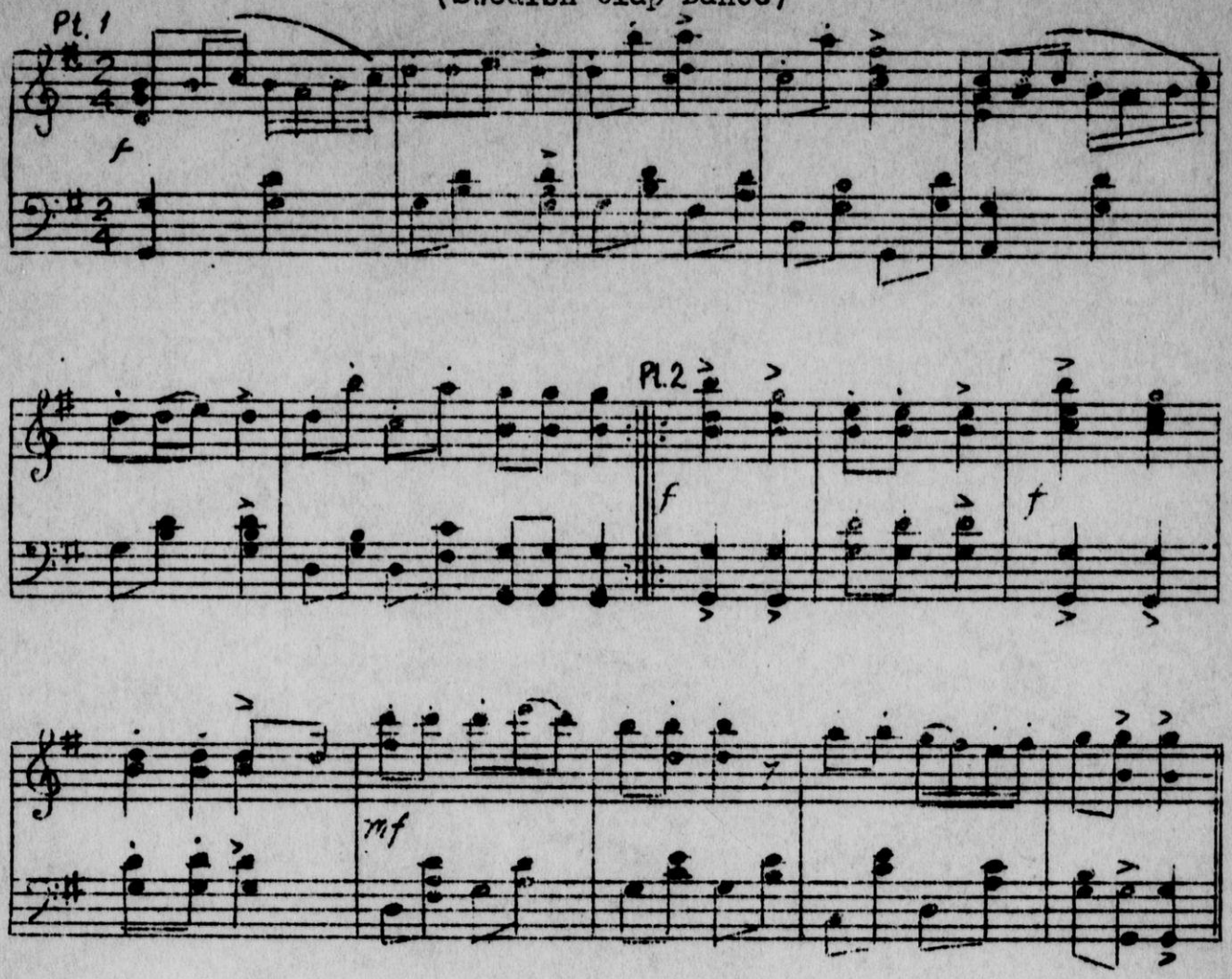
KINDERPOLKA

(German)



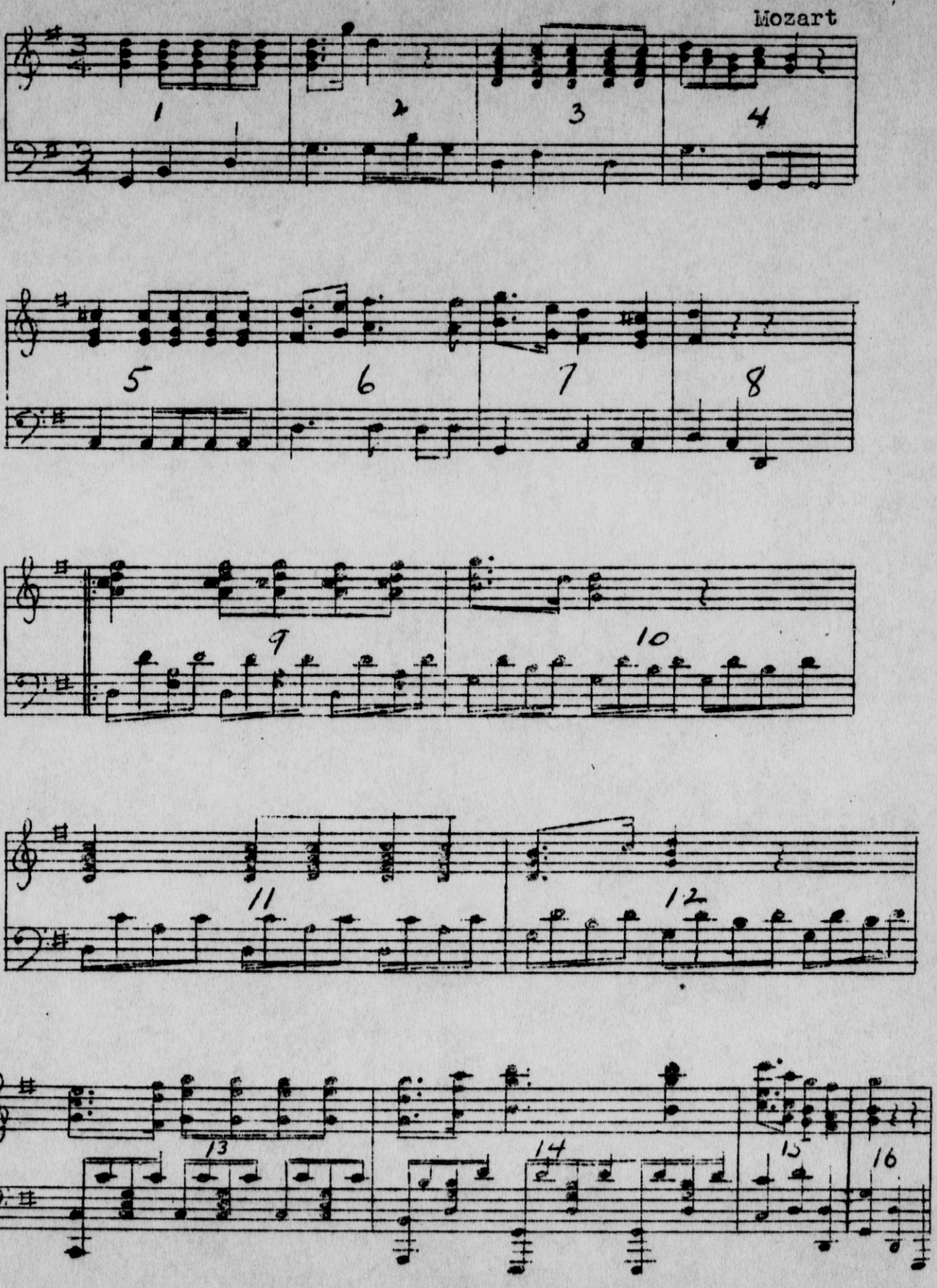
KLAPPDANS

(Swedish Clap Dance)

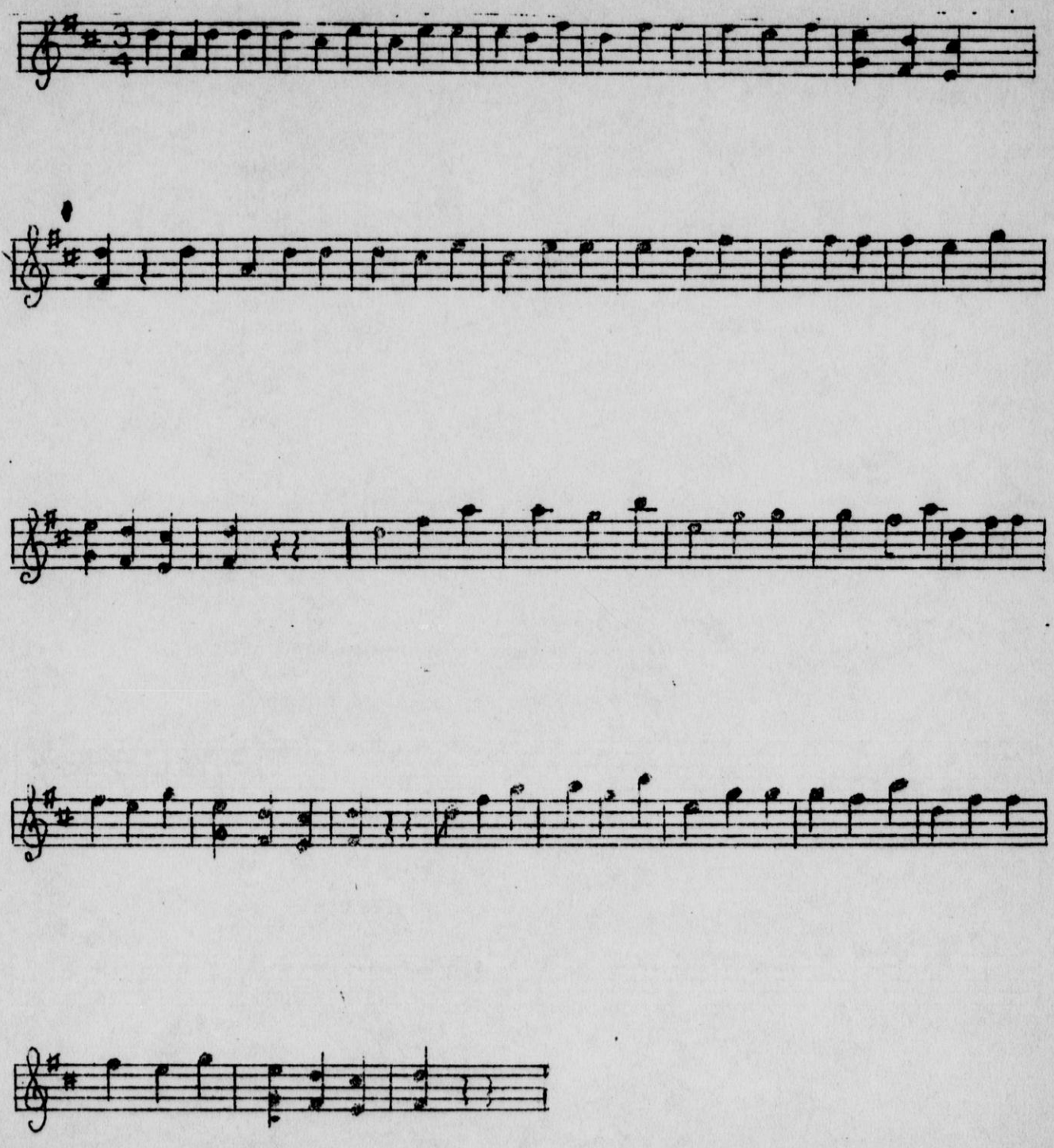


MINUET

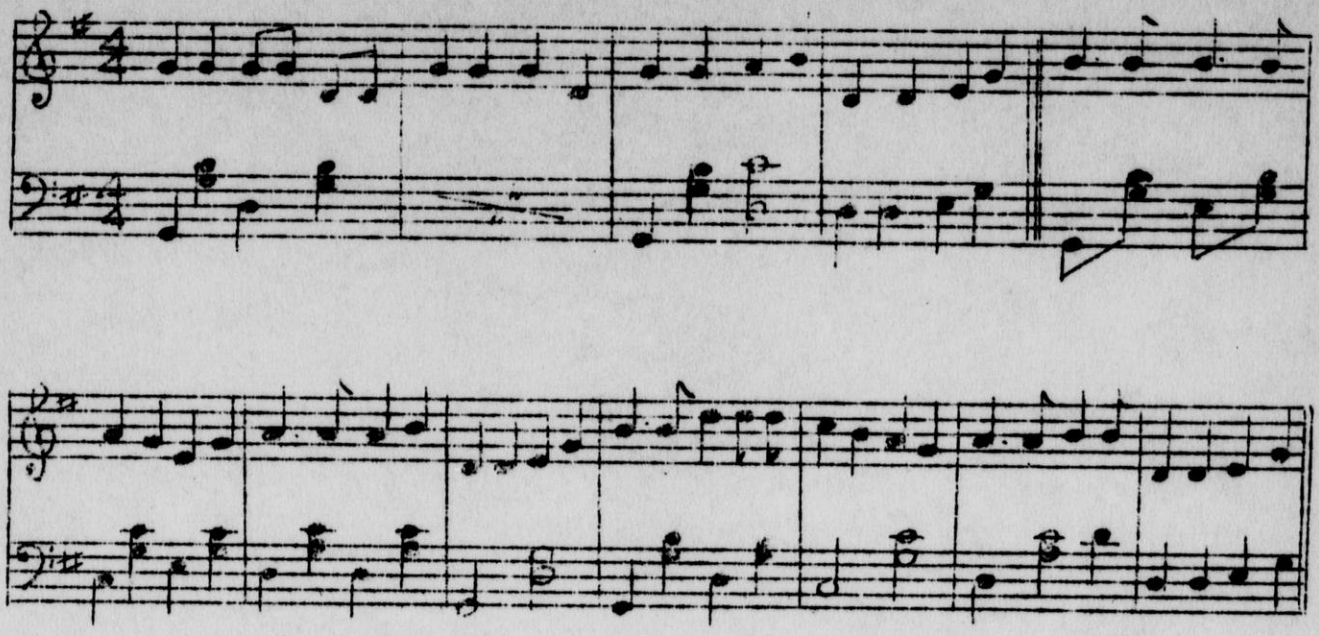
Mozart



NORWEGIAN MOUNTAIN MARCH

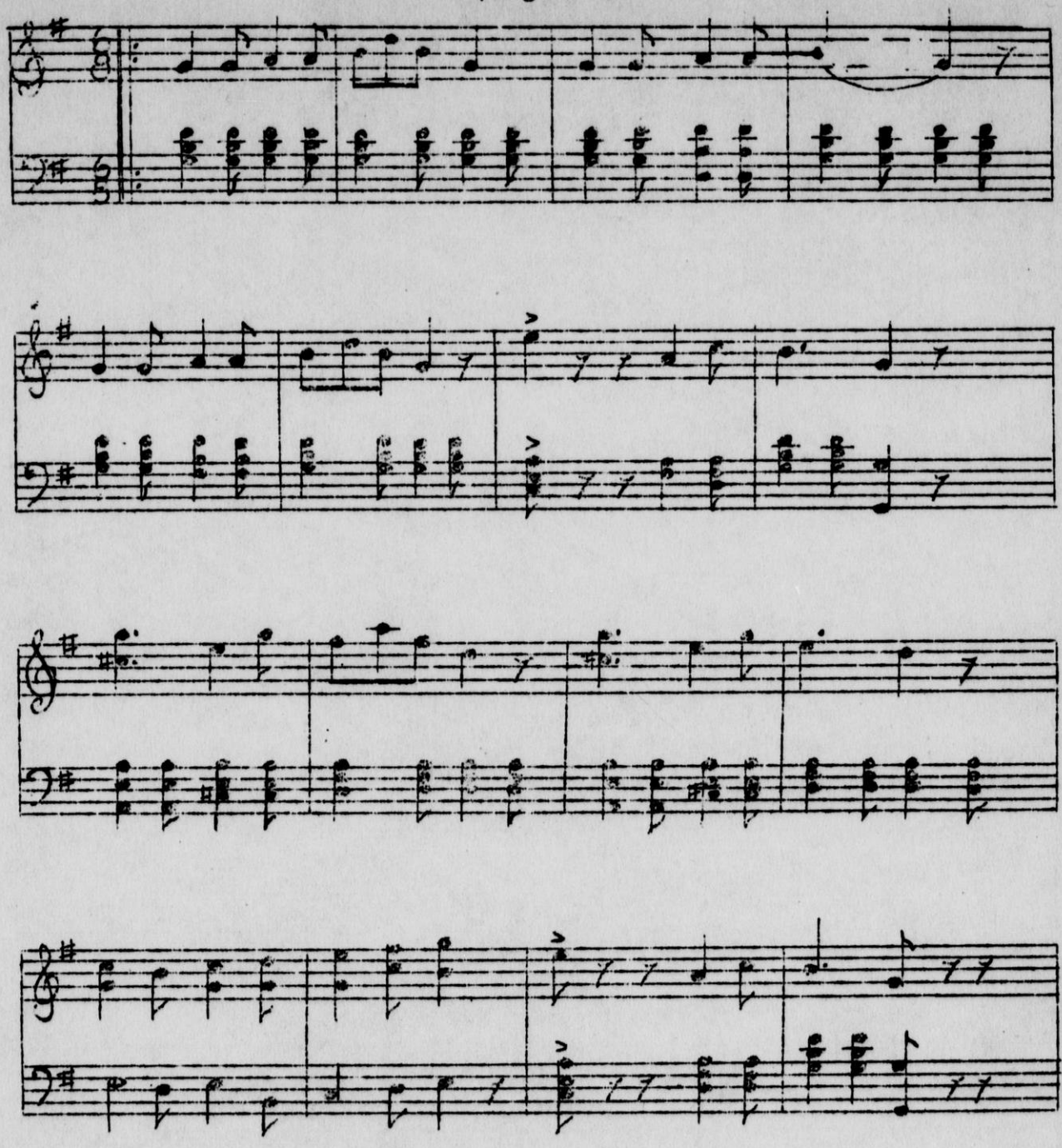


OLD DAN TUCKER



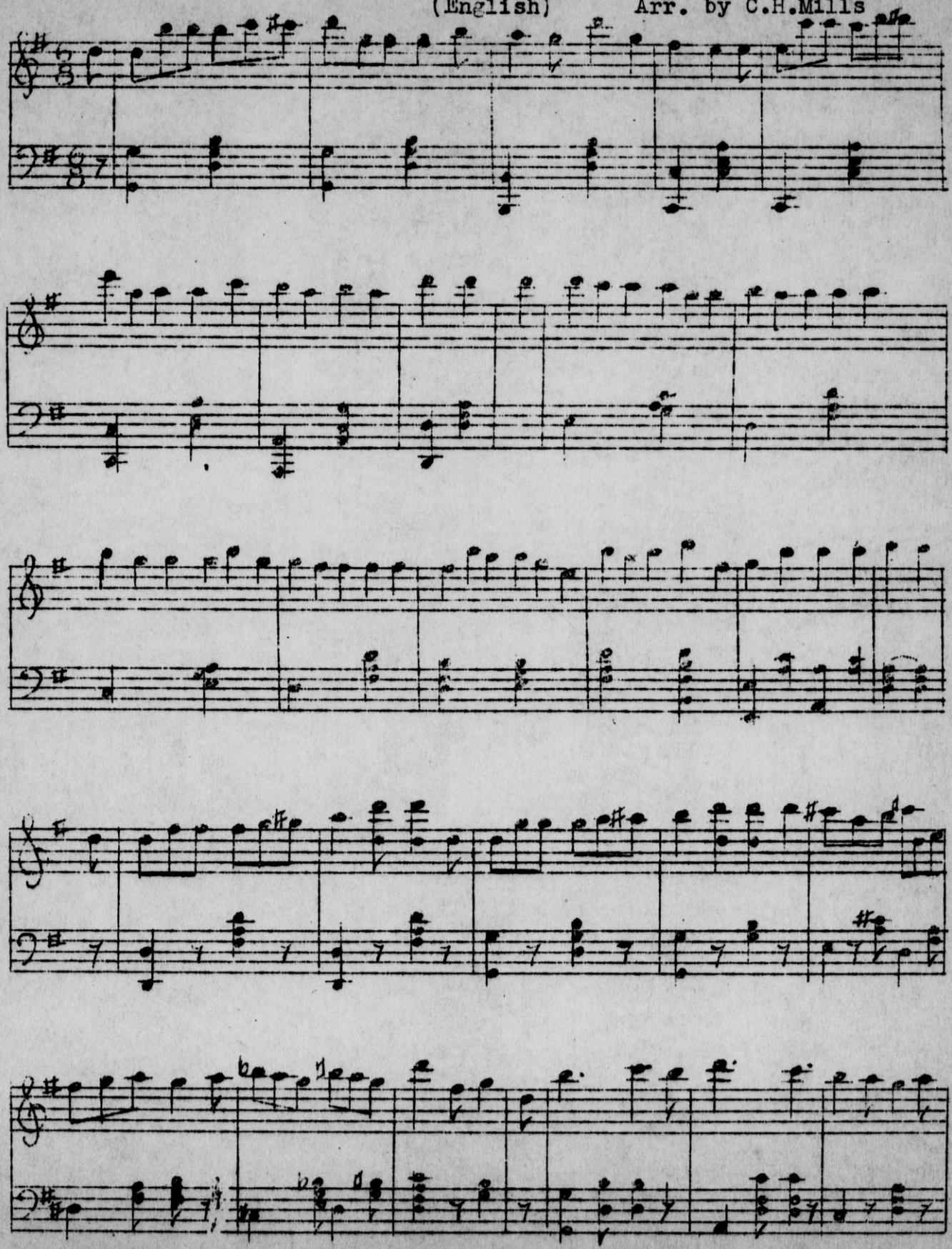
POP GOES THE WEASEL

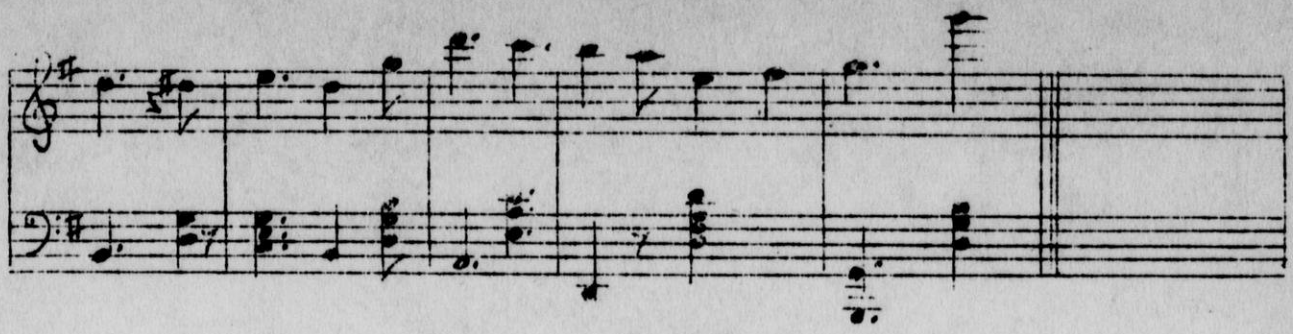
(English)



PORTLAND FANCY

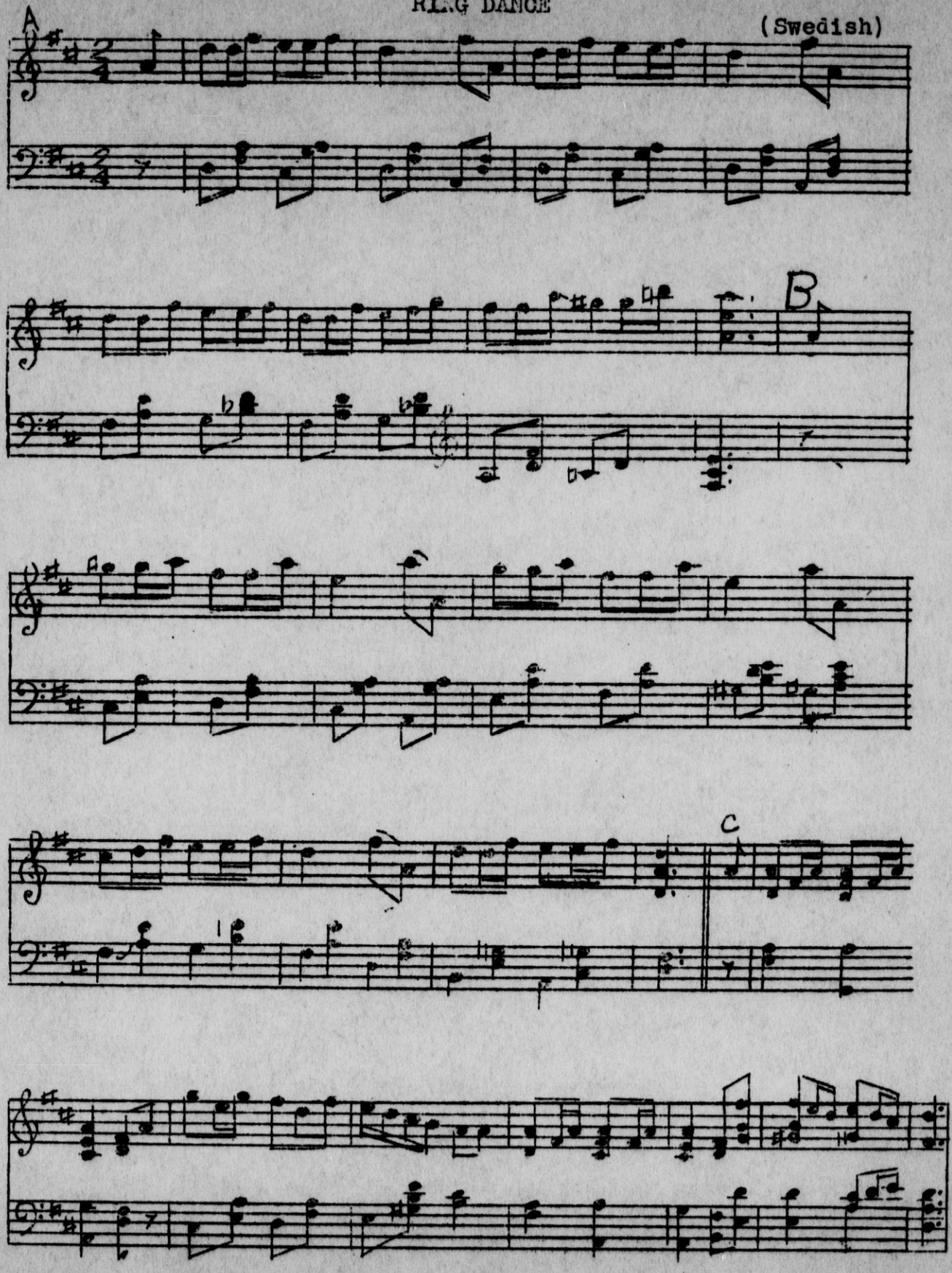
(English) Arr. by C.H.Mills





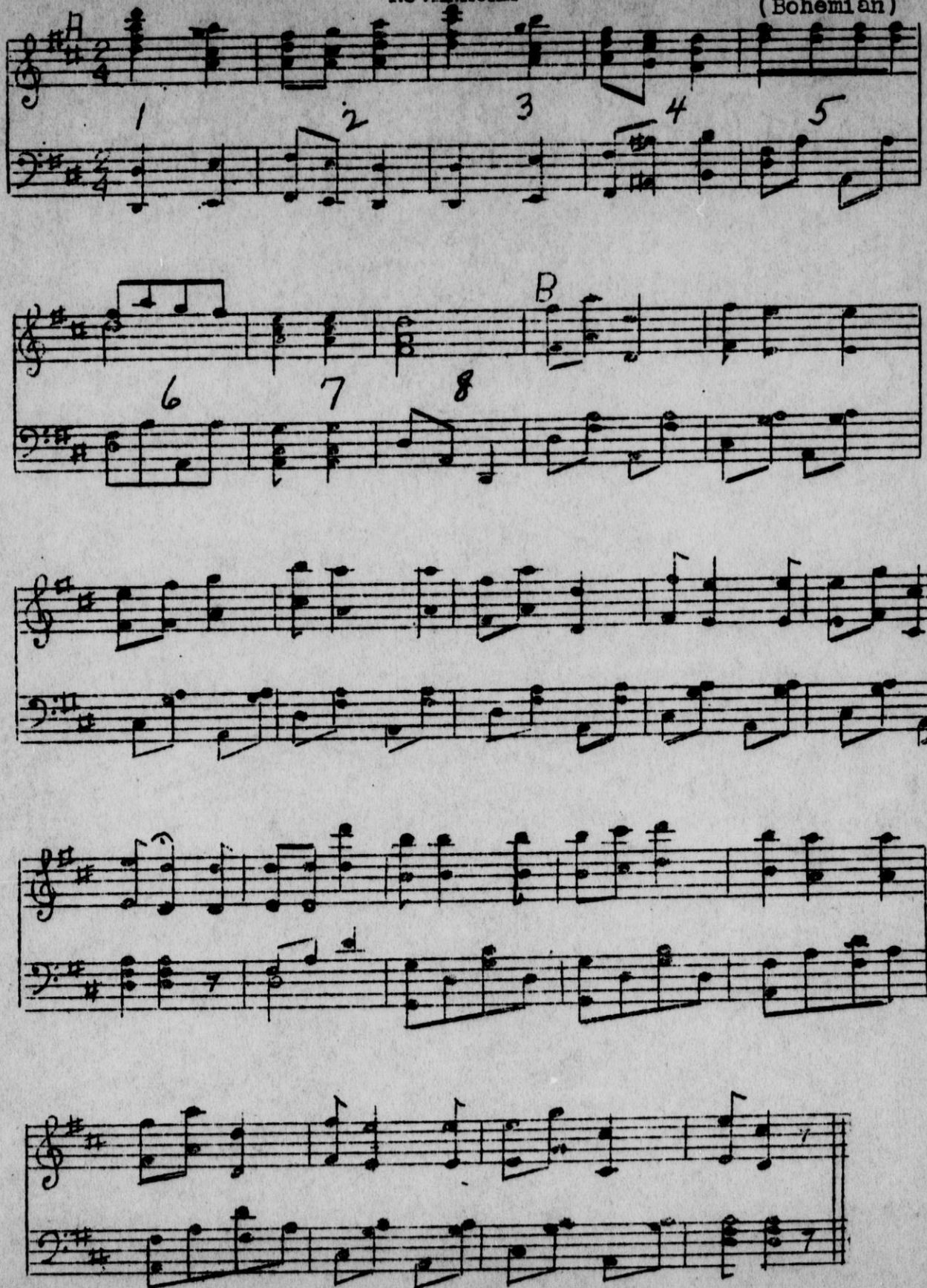
RING DANCE

(Swedish)

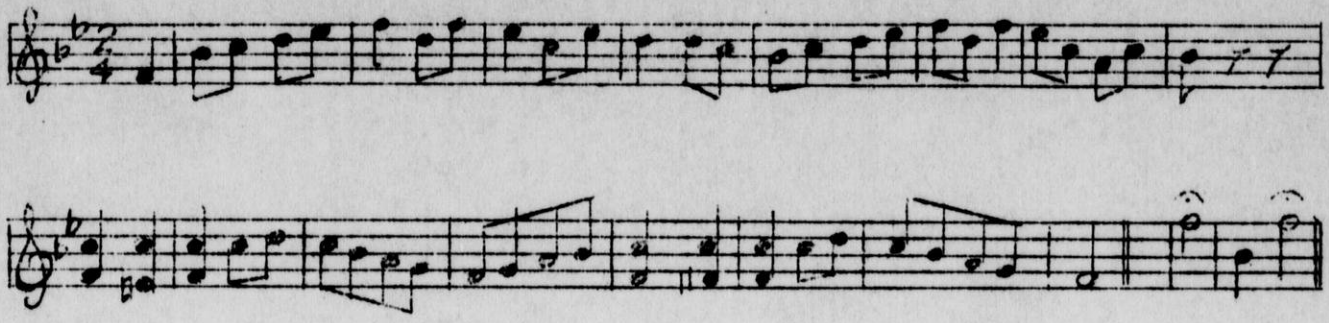


ROVANACKA

(Bohemian)

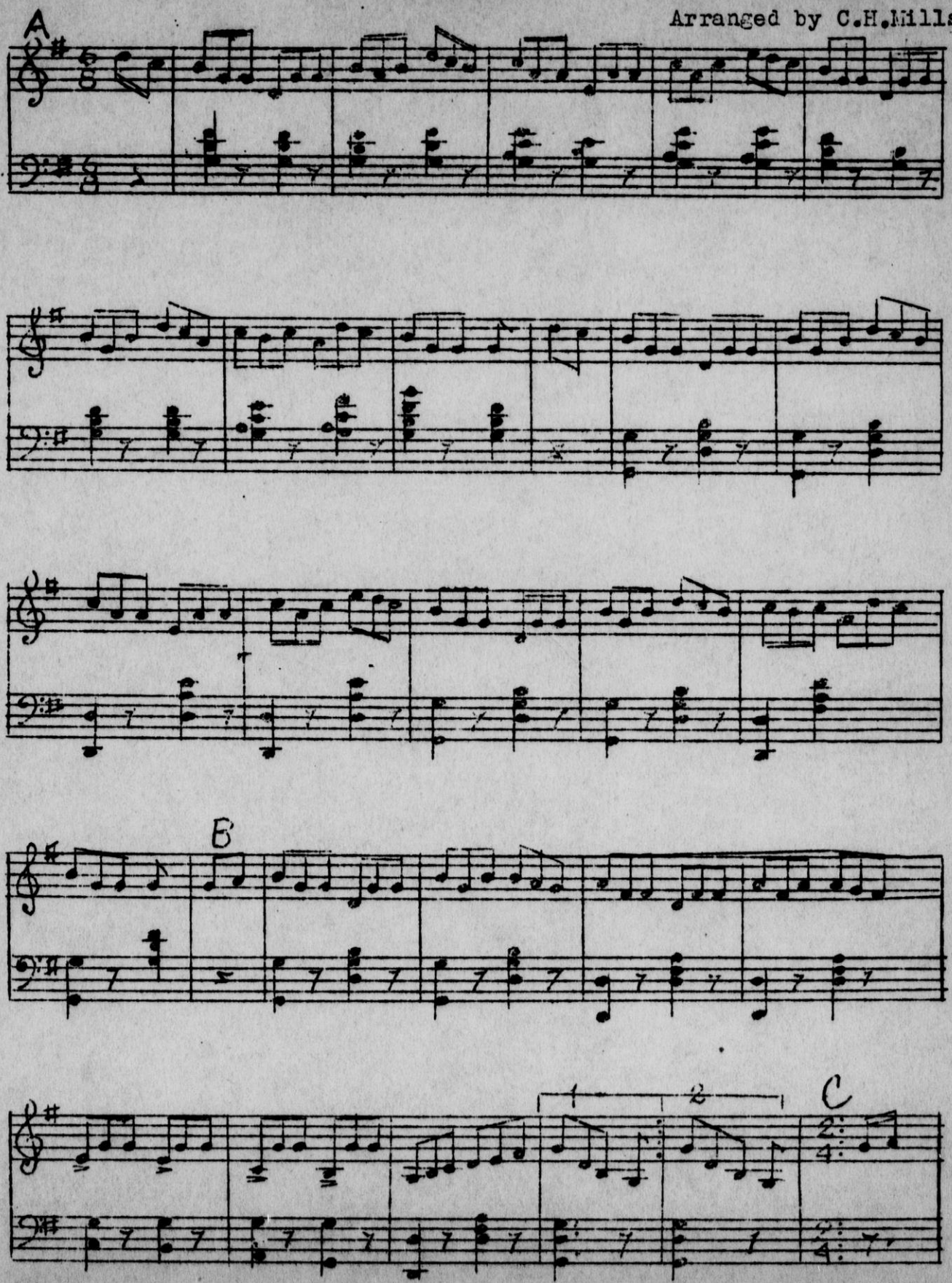


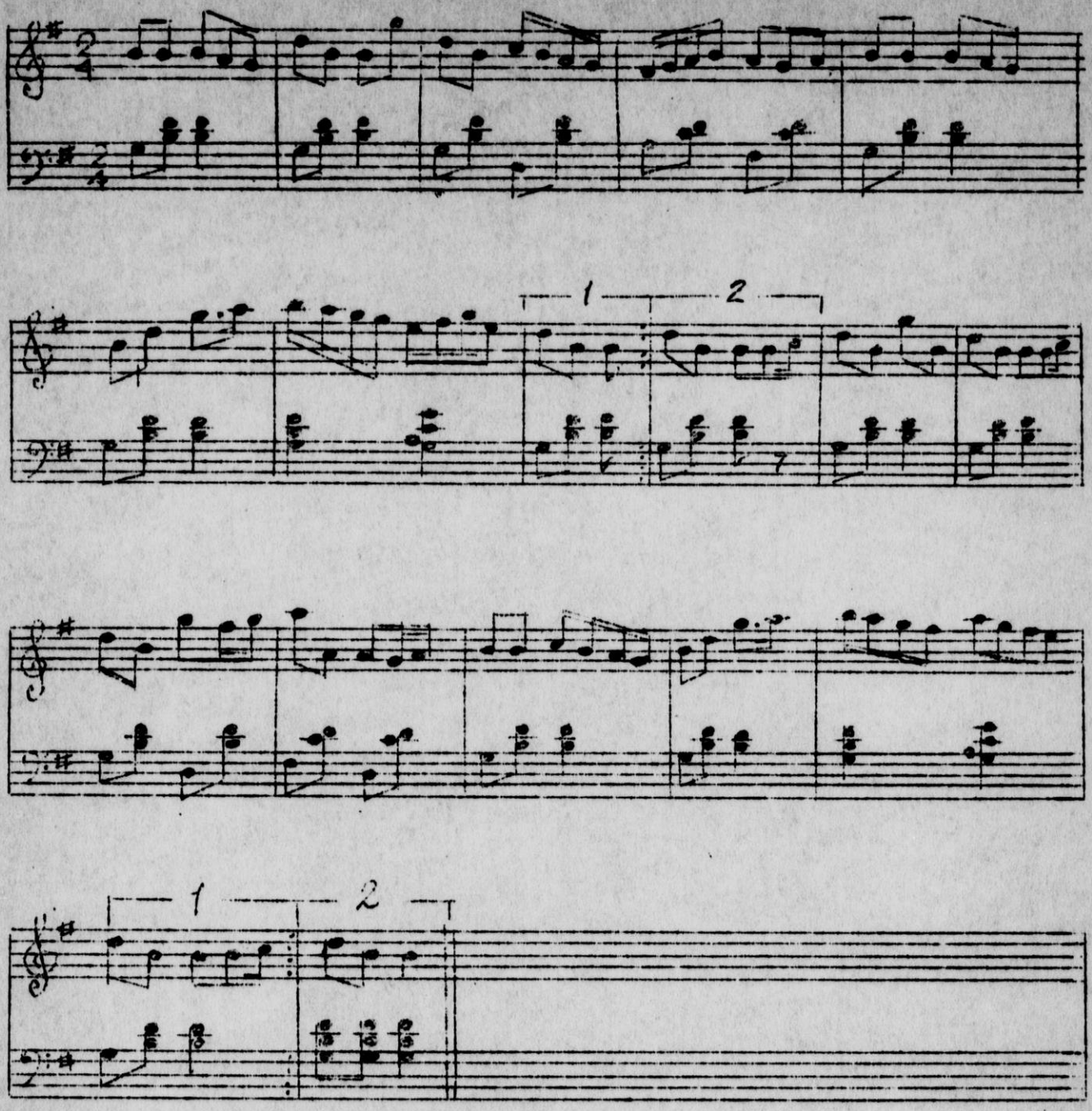
SEVEN JUMPS



VIRGINIA REEL

Arranged by C.H.Mills

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