

# CONNECTING WITH CULTURE AND EACH OTHER

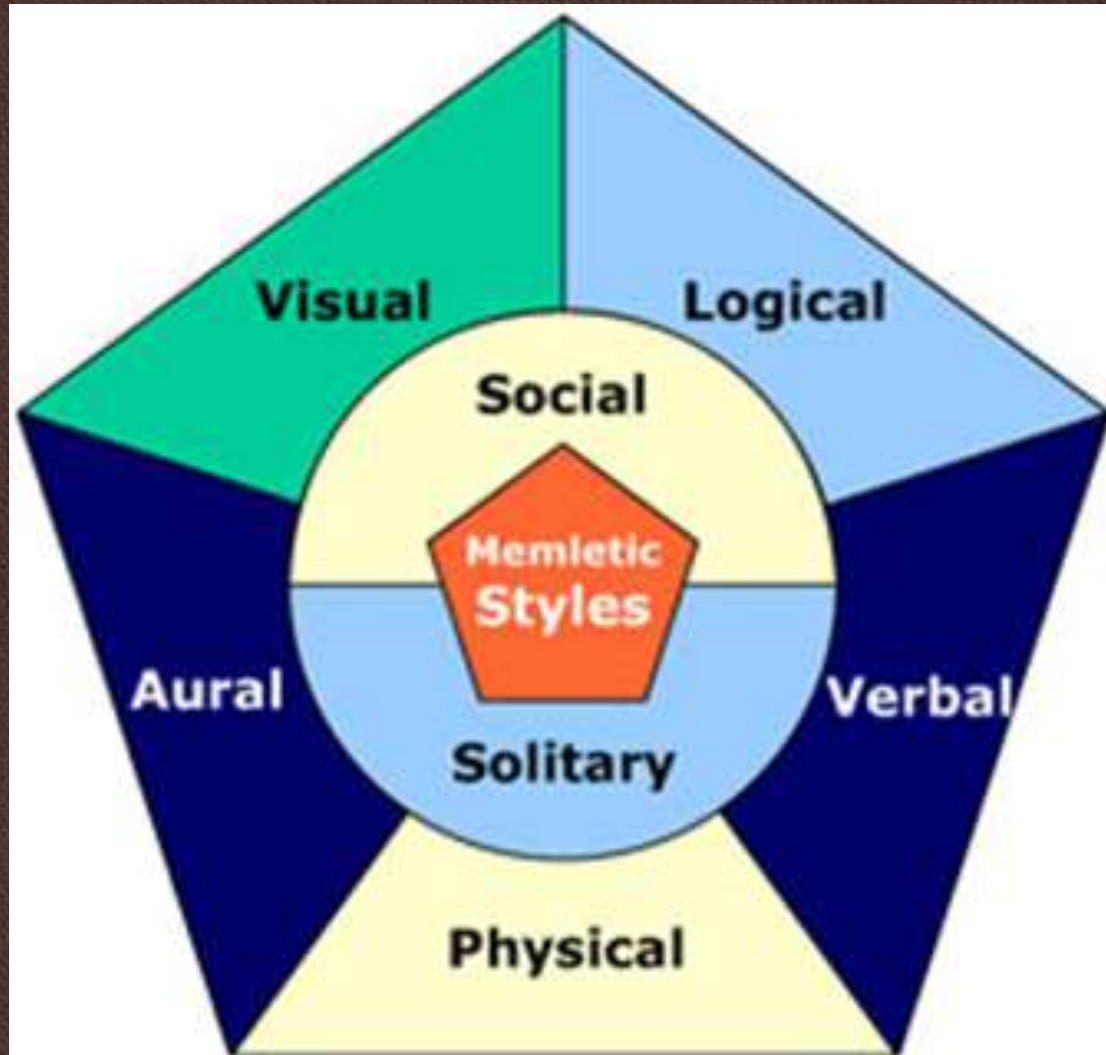
A Multicultural Folk Dance Share



# Why include Folk Dance?

- ❖ For the JOY of moving to the music
- ❖ For the FUN of performing
- ❖ For the TEAM SPIRIT built unrelated to competition
- ❖ Historically integral to CELEBRATING life
- ❖ Reflective of a country's LANGUAGE, HISTORY, TRADITIONS, and MUSIC

# ❖ Support All Learning Styles



❖ Connect with our ancestors, our heritage, and each other!



# Which Folk Dances?

 Seven Jumps

 Zemer Atik

 Los Machetes

 Hey Hey Yunga-The Earth is Our Mother

 Cold & Frosty Morning

 Alabama Gal

 Kings and Queens

# Who Folk Dances?

- ❖ ANYONE who is able to walk can participate - the steps are simple, repetitive, & patterned
- ❖ INTERGENERATIONAL - passed down orally from the oldest generation to the youngest
- ❖ TEACHERS and STUDENTS who want to share a meaningful, three-dimensional expression of what is being studied in the classroom

# Denmark: Seven Jumps







# Mexico: Los Machetes



## Los Machetes



Jalisco Region

- Los Machetes is a popular folk dance from the Jalisco region of Mexico.
- This dance tells the story of cutting down sugar cane during the harvest. Los Machetes was created by Mexican farm workers who spent a great amount of time perfecting the use of the tool, the machete, for harvesting.
- Traditionally, real machetes are used while performing this dance.

# México: Zapateado (Del Árbol)



Newtown Cultural Arts Festival, September 2014

# Hoopa Tribe: The Earth is Our Mother

## THE EARTH IS OUR MOTHER



- The Earth is our mother, we must take care of her  
The Earth is our mother, we must take care of her
- Hey yana ho yana hey yana ho  
Hey yana ho yana hey yana ho
- The sky is our father, we must take care of him
- The rivers are our sisters, we must take care of them
- The trees are our brothers, we must take care of them
- The earth is our mother, she will take care of us

# USA: Cold & Frosty Morning

- ❖ Form - ABABCCDD
- ❖ Origin - Virginia Reel, Henry Reed (1967), Library of Congress
- ❖ Recording - *Singing with Treblemakers: Songs for Young Singers*
  - ❖ Pairs walk CCW around circle (turn to face partner on beat 8)
  - ❖ Outside partner walks around inside partner to right (8)
  - ❖ Pairs walk CW around circle (turn to face partner on beat 8)
  - ❖ Outside partner walks around inside partner to left (8)
  - ❖ Pairs hold hands & walk 4 steps in and 4 steps out (2x)
  - ❖ Pairs hook right elbows, 8 quick micro-beat steps, (turn to switch elbows on step 7, clap & “hey!” on 8)
  - ❖ Pairs hook left elbows, 8 quick micro-beat steps, (turn to switch elbows on step 7, clap & “hey!” on 8)

# USA: Alabama Gal

## *Alabama Gal*

*American Folk song*



1. Come through in a hur - ry, come through in a hur - ry,



come through in a hur - ry, A - la - ba - ma Gal!

2. I don't know how, how,  
I don't know how, how,  
I don't know how, how,  
Alabama Gal!

3. I'll show you how, how,

4. Ain't I rock candy?

# England: Kings & Queens



# Music is a Universal Language



A large bulletin board with a red scalloped border, containing a grid of 12 smaller posters. The posters are arranged in a 3x4 grid. The top row features four posters with titles: 'Music in the Past', 'Music in the Present', 'Music in the Future', and 'Music in the World'. The middle row features four posters with titles: 'Music in the Classroom', 'Music in the Home', 'Music in the Community', and 'Music in the Culture'. The bottom row features four posters with titles: 'Music in the School', 'Music in the Church', 'Music in the Hospital', and 'Music in the Prison'. Each poster includes illustrations of musical instruments, people playing music, and various cultural symbols.



Thank you for dancing today!

**FOLK  
DANCE  
IS FOR  
EVERYONE**





# Video & Recording Excerpt Sources

Folk Dance Share  
sequence created  
and facilitated by

Cynthia G. Holberg

WIN Conference on  
November 6, 2018

Newtown High School  
Sandy Hook, CT

1. "The Tree"/"El Arbol" (Cascada de Flores)  
<https://www.youtube.com/watch?v=Kx8nwIz8Aso>
2. Promotional Video for "The Tree and the Donkey Who Wanted to Sing" (Cascada de Flores)  
<https://www.youtube.com/watch?v=L1wqja5oWfc>
3. "Claveles" (Cascada de Flores)  
<https://www.youtube.com/watch?v=nKN8vMvnpws>
4. Asturian (Spain) Folk Dance  
<https://www.youtube.com/watch?v=wte7w3eayHc>
5. "Zemer Atik"  
<https://folkdancefootnotes.org/dance/a-real-folk-dance-what-is-it/2nd-generation-dances/zemer-atik-nigun-atik-israel/>
6. "On the Danforth" from  
New England Dancing Masters: Sashay the Donut  
<https://www.youtube.com/watch?v=xS4zUyEKSto>
7. "Seven Jumps" (Danish)  
<https://www.youtube.com/watch?v=cBFw0GccE3Q>
8. "Los Machetes"  
[https://www.youtube.com/watch?v=\\_VmxagexI28](https://www.youtube.com/watch?v=_VmxagexI28)
9. "Cold & Frosty Morning"  
Singing with Troublemakers: Song for Young Singers