

CONNECTING WITH CULTURE AND EACH OTHER

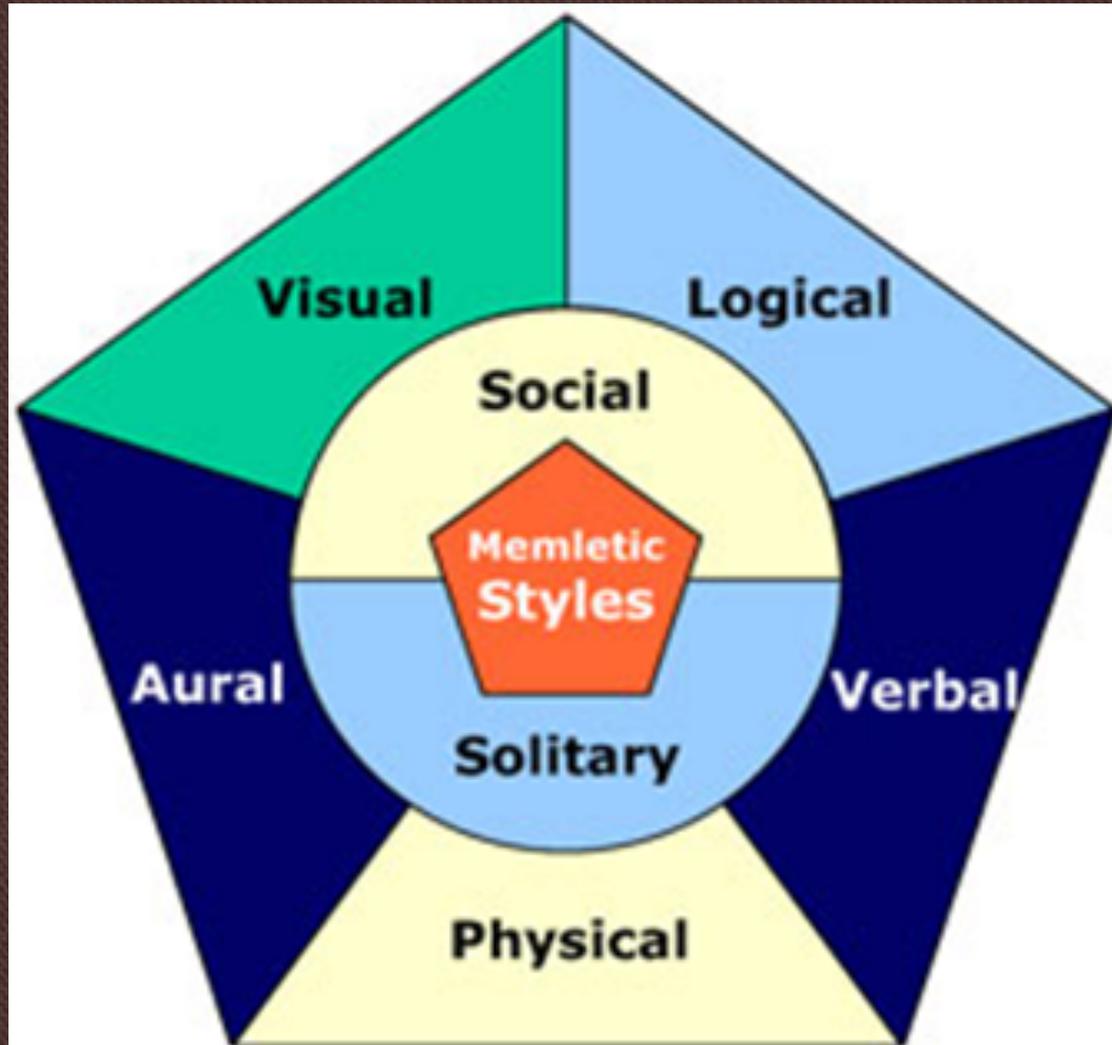
A Multicultural Folk Dance Share



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



Israel: Zemer Atik

ZEMER ATIK Israel

Ancient melody

Also known as **NIGUN ATIK** Ancient song

Od nashuva el nigan atik Again we shall return
to the ancient melody
vehazemer yif veye'erav and the song shall give us
pleasure
od gavi'a meshumar We'll kiss the old, guarded
nashik, nashik glass
alizei enayim velevav. with joyful eyes and heart.

Tovu, tovu ohalenu Our tents are good
ki machol hiftzi'a and the dance beckons
tovi, tovu ohalenu our tents are good
od nashuva el nigan atik. Again we shall turn to the
ancient melody

ALTERNATE TRANSLATION

We will yet return to the
ancient melody
And the song will continue
We'll raise another glass,
With bright and cheerful
eyes

Our tents are filled with
goodness
Because the dance lifts us up
Our tents are filled with
goodness
As we return to the ancient
melody.

Music: Amitai Neeman Lyrics: Michael Kashtan
Source: hebrewsongs.com

ZEMER ATIK Israel

(Zeh mehr Ah teek)

Alternate name: Nigun Atik

FORMATION Circle, face LOD (CCW or R). L hand
palm up on own L shoulder, R hand palm down on L
hand (shoulder) of person ahead

INTRO 16 quick count

Melody A Face LOD

A. R, L, R, L, R, R, L, L, } **X4**
clap clap clap
lean R lean L,
then re join
hands with
person
in front

Melody B Face centre

B. R, R, L, L, R, L, R, L, } **X4**
↑ ↑ ↓ ↓ ↓ ↓
sway hands hands back out,
above head to L slowly lower arms,
to R palms up

Created by Rifka Shturman, 1955
This may be the first Israeli dance to be based on a
Yiddish folk song. See Lyrics sheet.

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

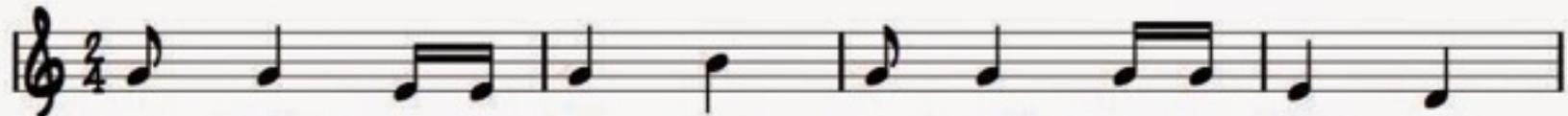
USA: Cold & Frosty Morning

- ❖ 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 display board with a red scalloped border, featuring a grid of 12 panels. Each panel is titled with a country name and contains a map, a globe, and various cultural icons. The countries shown are:

- USA (top left)
- Germany (top middle)
- France (top right)
- China (middle left)
- Germany (middle middle)
- India (middle right)
- Canada (bottom left)
- USA (bottom middle)
- Brazil (bottom right)

Each panel also includes small illustrations of people, food, and other cultural elements. The board is decorated with small flags along its edges.





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
9. "Cold & Frosty Morning"
Singing with Troublemakers: Song for Young Singers