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?

anyakone 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 nigun atik  Again we shall return
to the ancient melody
vehazemer yif yeve'erav  and the song shall give us
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 nigun atik.  Again we shall turn to the

**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,  
clap claplean R, then rejoin
hands with person in front

Melody B  Face centre

B. R, R, L, L, R, R, L,  
sway hands hands above head to L, slowly lower arms, 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

- 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.

Jalisco Region
México: Zapateado (Del Árbol)

Newtown Cultural Arts Festival, September 2014
Hoopa Tribe: 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 hurry, come through in a hurry,
   come through in a hurry, Alabama 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
Thank you for dancing today!

FOLK DANCE IS FOR EVERYONE
1. “The Tree”/“El Arbol” (Cascada de Flores)
https://www.youtube.com/watch?v=Kx8nw1x8Aao

2. Promotional Video for “The Tree and the Donkey Who Wanted to Sing” (Cascada de Flores)
https://www.youtube.com/watch?v=1Jwsta5nW1c

3. “Claveles” (Cascada de Flores)
https://www.youtube.com/watch?v=nKN9vMyMenpws

4. Asturian (Spain) Folk Dance
https://www.youtube.com/watch?v=wte7w3oayHc

5. “Zemer Atik”

https://www.youtube.com/watch?v=xS4zUyEk&l

7. “Seven Jumps” (Danish)
https://www.youtube.com/watch?v=cc8Fw9EccE3Q

8. “Los Machetes”
https://www.youtube.com/watch?v=_VmsagusL38

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