

Weaving Our Feet Around the World or Favorite Folk Dances Even My Husband Can Do!

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Sasha **Sashay the Doughnut track 12**

Peter and Mary Alice Amidon, New England Dancing Masters super stars, introduced this Russian children's dance at the ASOA Conference in Phoenix. This one dance is worth the price of this CD. A wonderful opener for all ages.

Fjaskern **Rhythmically Moving 2 track 9**

Phyllis S. Weikart's "Teaching Movement & Dance" is in my opinion foundational to every classroom teacher's library. This dance from Sweden is also known as "Hurry Scurry". It never fails that after my students have learned this dance the refrain I hear is, "Let's do it again"....and again and again!

Arupusu Ichiman Jyaku **Rhythmically Moving 2 track 11**

I taught classroom music for 15 years at Sand Lake's Japanese Immersion School. I traveled to Japan in 1998 and was taught this hand clapping game, done to the tune "Yankee Doodle", by my host family in Sapporo.

Los Machetes **More Folk Dance Music CD 2**

Sanna Longden has delighted ASOA conference attendees with her vast knowledge of international folk dances for decades. When I first taught this dance a new student from Texas exclaimed "I have seen my cousins perform this dance in Mexico...but with real machetes!"

Bele Kawe **Rhythmically Moving 2 track 12**

The origin of this dance is attributed to musicians from the Caribbean Island of Carriacou, with roots in Africa. I have often paired this dance with "The Elephant's Wrestling Match".

Paddle Dance**Folk Dance Music CD 1 track 8**

This French- Canadian dance is appropriate all ages. I won't be bringing from Alaska the cedar strip canoe paddle my husband made but a broom or flower is easily substituted.

Ma Na'Vu**Rhythmically Moving 6 track 14**

This is perhaps my favorite dance from Israel. My introduction to the joy of folk dancing and Ma Na' Vu was at New England Music Camp in 1969. While our daughter was serving in the Peace Corps in Kyrgyzstan she taught this dance to her high school students. It is slow and graceful and worth the effort!

Alabama Gal**Chimes of Dunkirk track 2**

Pure joy!

Recommended recordings and resources for movement:

Rise Sally Rise, Chimes of Dunkirk, Listen to the Mockingbird,
Down in the Valley and Sashay the Doughnut
New England Dancing Masters Productions
21 West Street
Brattleboro, VT 05301
(802)257-1819

Rhythmically Moving CDs 1-9
Teaching Movement & Dance by Phyllis Weikart
The High/ Scope Press
600 North River Street
Ypsilanti, MI 48198-2898

Folk Dance Music CD 1 and More Folk Dance Music CD 2
Her videos are also an excellent source. I highly recommend her Maypole video.
Sanna Longden's materials are available through West Music

Literature Connections:

The Singing Snake

Stefan Czernecki 1993
ISBN 1-5682-399-X

Australian folk tale of the origin of the didgeridoo.

Basho and the Fox

Tim Myers 2000
ISBN 0-7614-5068-8

Japanese master haiku writer's encounter with a crafty fox set in the 1600's.

The First Song Ever Sung

Laura Krauss Melmed 1993
ISBN 0-688-08230-0

A young boy asks relatives and creatures "what was the first song ever sung?" . Beautifully illustrated by Ed Young.

The Elephant's Wrestling Match Judy Sierra 1992

ISBN 0-525-67366-0

Who will the wrestling match between the mighty elephant and a tiny bat? A talking drum sets the stage and helps provide opportunities for a variety of non pitched percussion instruments as an underscore.

Three Pebbles and a Song

Eileen Spinelli 2003
ISBN 0-8037-2528-0

A simple story of a family of mice preparing for winter who discover what is truly essential in order to live!

Arupusu Ichiman Jyaku

(Yankee Doodle tune)

Kojima family
Sapporo, 1998



a ru pu su ichi man jya ku ko ya ri no u e de
C R C L C B C T C C E E H □



a ru pe n o do ri wo o do ri ma sho "hey!"
(repeat pattern)



lan la la la la la la lan la la la la la



lan la la

Key:

- C = clap own hands
- R = clap partner's right hand
- L = clap partner's left hand
- B = clap both partner's hands
- T = twist fingers; clap with partner
- E = opposite hand on own elbow
- H = hands on own hips
- = left arm out and right hand touching left elbow to form a square

Translation:

*On top of Mt. Koyari, 10,000 feet above sea level;
Let's dance our Alpen Dance! Hey! La, la, la*

Mt. Koyari is a beloved mountain in the Japanese Alps in Nagano. Its steep peak reminds the local people of the shape of a "yari" (spear.)

There is a mountain called Hakuba (where the Olympic Games were held) near Koyari. Hakuba means "white horse." Legend says that many moons ago, there was a man who took his horse over the mountain and set him free. Every year when the snow starts to melt, the white horse comes back to the mountain. You can see the horse on the mountain side as the deep snow shows the horse's shape. When the farmers see the white horse, they know it is time to begin sowing their seeds.

Told to Koko Mikel, Sand Lake 4th grade teacher, by her grandmother.