

# HORA

## Language

Hebrew is the official language, Arabic is the second language for the Arab minority, and English is taught at all schools from the fourth grade. *Hava nagilah* means "let's celebrate." *Shalom* means "hello," "goodbye," and "peace."

## Flag

White background with a blue Star of David (Shield of David) centered between two equal horizontal blue stripes

## Traditional Costume

Men wear long tunic tops with pants. Women wear belted mid-calf length dresses with full skirts and colorful scarves around their necks.

## History of Dance

The hora, which probably originated in Hungary or Greece, is the national dance of Israel. It is danced at festive occasions, such as weddings and bar mitzvahs, and has been performed for many years around the world. It is a symbol of national strength and spirit. The goal is to join people together in true celebration by joining hands and being together. There are variations being created by many countries.

## Difficulty Level

Easy

## Stance

Somewhat erect

## Music Selection & Time Signature

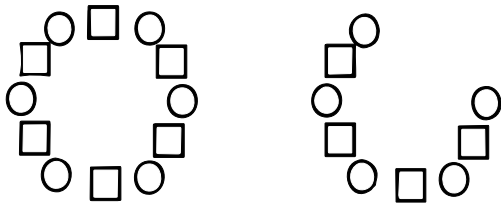
Hava Nagilah (also spelled Hava Nagila); 4/4 time

## Number of Participants

No limit

## Formation

Either a single circle or a broken circle, with dancers facing in toward the center and traveling clockwise while holding the hands of the people on either side with arms straight



## Eight: Total Counts

(Count 1) Step on the left foot to the left side.

(Count 2) Kick the right foot to the left side (in front of left leg).

(Count 3) Step on the right foot to the right side.

(Count 4) Kick the left foot to the right side (in front of right leg).

(Count 5) Step on the left foot to the left side.

(Count 6) Cross the right foot in front of the left foot.

(Count 7) Step on the left foot to the left side.

(Count 8) Cross the right foot in back of the left foot.

Repeat this pattern throughout while traveling clockwise. Add a bounce to each step to make it livelier.

## Modifications

This dance may be performed in six counts by eliminating the seventh and eighth counts.

To simplify, begin this dance slowly, then continue to pick up speed. Instead of holding hands, place hands on shoulders.

When performed in a broken circle, the leader may either serpentine around the dance area or spiral in toward the center, and then reverse the direction to move the broken line counterclockwise to spiral out from the center.

The formation may be changed by using a double circle or a circle within a circle.

## TRIVIA TIDBITS

- The Dead Sea is the lowest place in the entire world and the only sea no fish live in.
- Before we had ships, the only connection between Africa and Europe was Israel.



# HUKILAU

## Origin

Hawaii, which was the most recent state to be admitted to the United States when it became the 50th state on August 21, 1959

## Location

A group of islands in the Pacific Ocean. There are eight main islands in Hawaii. The major islands in order of size are Hawaii, Maui, Oahu, Kauai, Molokai, Lanai, Niihau, and Kahoolawe.

## Language

There are many languages spoken in the islands. However, English and Hawaiian are the most common.

## Flag

Eight alternating vertical white, red, and blue stripes with a British Union Jack in the upper-left corner

## Traditional Costume

The men wear either a *malo* (loincloth) or *lava lava* (a piece of material wrapped around the waist, tucked in the side and hung down to mid calf). The women wear *pahu* skirts and tops (gathered skirt that hangs to knees or mid calf with a gathered strapless top that sometimes has sleeves like a peasant blouse) or *muumuu* (baggy dress). Both men and women wear flower leis (flowers sewn together like a necklace) around the neck.

## History of Dance

*Hukilau* translates as "fishing party." It is a fun hula dance that tells the story of having a feast after the fishermen, together with their families, bring their catches in. The fish are caught in huge nets held in the shallow waters, then pulled onto shore. The song words *ama ama* mean "little fishes."

## Difficulty Level

Easy

## Stance

Loose and easy

## Music Selection & Time Signature

Hukilau (4/4 time)

## Number of Participants

No limit

## Formation

Scattered

### Part 1: Lyrics

Oh, we're going to a  
hukilau  
a huki, huki, huki, huki  
hukilau.  
Everybody loves  
a hukilau, where  
the laulau is the kaukau at  
the big luau  
We'll throw our  
nets out  
into the sea and  
all the ama ama come  
swimming to me.  
Oh, we're going to a  
hukilau  
a huki, huki, huki, huki,  
hukilau

### Part 2: Lyrics

What a wonderful day for  
fishing  
in the old Hawaiian way.  
All the hukilau nets  
go swishing  
down in old Laie Bay.

### Repeat Part 1's Lyrics Twice

### Ending: Lyrics

huki, huki, huki, huki  
hukilau  
huki, huki, huki, huki,  
hukilau

### ▶ TRIVIA TIDBITS ◀

- Tahitians use grass skirts; Hawaiians use ti leaves for skirts. The ti leaves are picked fresh for performances, shredded into strands with the fingernails, then tied into cording. They only last a few days.
- The only city whose name can be spelled completely with vowels is Aiea, Hawaii.



# The Dance:

## Footwork: Basic Hula Step

(4 counts) Three steps and a touch, or tap, to the right side: Step to the right side with the right foot, step on the left foot (placed next to the right foot), and step to the right side with the right foot, and tap the ball of the left foot beside the right foot.

(4 counts) Repeat in opposition beginning with the left foot. This basic hula step is repeated throughout the entire dance.

## Part 1: Hands

(4 counts) Left hand on hip. Right thumb points over right shoulder twice.

(4 counts) Pretend you are grabbing a net on your right side with both hands and pull it toward you twice.

(4 counts) Pretend you are grabbing a net on your left side with both hands and pull it toward you twice.

(4 counts) Pretend you are grabbing a net on your right side with both hands and pull it toward you twice-

(4 counts) Arms cross in front and open to sides.

(4 counts) Arms cross over chest, as if hugging yourself.

(4 counts) Left hand is cupped to make a bowl or plate, right forefinger and middle finger scoop *poi* from the bowl up to the mouth. Repeat. (4 counts) Throw the net out in front of yourself by extending the hands from the side of the body, palms up to front of body.

(4 counts) Hands in front of waist make wave motion downward right, left, right, and left.

(4 counts) Place one hand on top of the other, palms down, imitating a fish by waving hands forward.

(4 counts) Point to yourself with right thumb.

(4 counts) Left hand on hip. Right thumb points over right shoulder twice.

(4 counts) Pretend you are grabbing a net on your right side with both hands and pull toward yourself twice. (4 counts) Repeat to your left side.

(4 counts) Repeat to your right side.

## Part 2: Hands

(4 counts) With both arms pull the net over the right shoulder and throw out to the front.

(4 counts) Bring left hand to right elbow with right elbow on top of left hand. Bring right arm down away from body.

(4 counts) Right hand to left chest with palm down and elbow lifted. Left hand is on waist-

(4 counts) Repeat with left hand to right chest and right hand on waist. (4 counts) Palms up with arms extended front.

(4 counts) Turn palms down and pretend you are swishing the nets back and forth.

(8 counts) Turn palms out and make a big circle above waist with arms. Repeat Part 1 twice.

## Ending: Hands

(4 counts) Pretend you are grabbing a net on your left side with both hands and pull it toward you twice.

(4 counts) Pretend you are grabbing a net on your right side with both hands and pull it toward you twice.

(8 counts) Pull three times to the right, with all your might. Then, extend arms out to sides, hands together in front, and bow.

This dance is easier to do if you know the lyrics. The lyrics on the following page are broken down into the same counts as the dance directions!

## Modifications

Start with small portions, and slowly add more movements until each part is learned.

Increase the difficulty level by performing the arms and at the same time circling the hips. Or, perform the arms while stepping around in a circle.

# SAVILA SE BELA LOZA

**Origin** Serbia

**Location**

Southeastern Europe, bordering the Adriatic Sea, Albania, Bosnia, and Herzegovina. Serbia was formerly a republic of Yugoslavia.

**Language**

Serbo-Croatian is the most popular language; however, Albanian is also used.

**Flag**

Three equal horizontal stripes of blue, white, and red

**Traditional Costume**

Men wear an embroidered white shirt, gray or black jodhpur-like pants, a woven sash, embroidered knee socks with a moccasin-like shoe (*opanci*), a sleeveless jacket decorated with soutache and a flat cap made of lamb's wool. Women wear an embroidered white linen shift with a woven wool overskirt and apron, a sleeveless bodice decorated with embroidery and soutache, embroidered socks, and *opanci*.

**History of Dance**

*Savila se bela loza* means "a (grape) vine entwined in itself." This is a traditional Serbian line dance, called a *kolo* (wheel), which describes the shape of the dance. Serbian kolos are distinguished by their light and bouncy style.

**Difficulty Level**

Easy

**Stance**

Somewhat erect

**Music Selection & Time Signature**

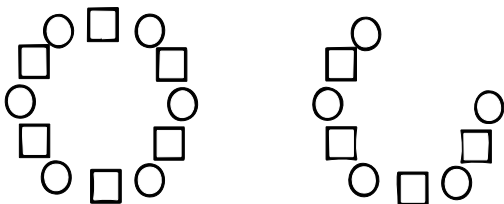
Savila Se Bela Loza (4/4 time; there is an eight-count introduction)

**Number of Participants**

No limit

**Formation**

Single circle or broken circle, with dancers facing in toward the center, hands joined and held low, while moving counterclockwise



**Verse 1: Lyrics**

**A**

Savila se bela loza vinova  
Uz tarabu vinova  
(repeat two times)  
(Repeat A)

A pretty grapevine entwined itself  
Along a fence, a grape (vine)

**B**

Todor Todi podvalio  
Triput curu poljubio  
(Repeat B twice)

Todor tricked Toda  
Kissed the girl three times

**Verse 2: Lyrics**

**A**

To ne bese bela loza vinova  
Uz tarabu vinova  
(repeat two times)  
(Repeat A)

It was not a pretty grapevine  
Along a fence a grape (vine)

**B**

Todor Todi podvalio  
Triput curu poljubio  
(Repeat B twice)

Todor tricked Toda  
Kissed the girl three times

**Verse 3: Lyrics**

**A**

Vec to bese dvoje mili i dragi  
Dvoje mili i dragi  
(repeat two times)  
(Repeat A)

It was, rather, two lovers,  
Two lovers

**B**

Todor Todi podvalio  
Triput curu poljubio  
(Repeat B twice)

Todor tricked Toda  
Kissed the girl three times

► **TRIVIA TIDBIT** ◀

- Music and dance have always been a part of every holiday, celebration, and important event throughout the year.



# The Dance:

## **Part I: Use 20 Counts to Each Side**

(19 counts) Face slightly to the right side. Beginning with the right foot, take 19 small running steps (circle moves counterclockwise).

(1 count) Hop on the right foot.

(19 counts) Face slightly to the left side and repeat the 19 small running steps, beginning with the left foot (circle moves clockwise).

(1 count) Hop on the left foot.

## **Part 2: Face Middle of Circle (Six Schoffische Steps)**

(4 counts) Begin with the right foot, and take one schottische step moving right. (Step right, left, right, and hop on the right foot.)

(4 counts) Begin with the left foot, and take one schottische step moving left. (Step left, right, left, and hop on the left foot.)

(4 counts) Repeat schottische with the right foot to the right side.

(4 counts) Repeat schottische with the left foot to the left side.

(4 counts) Repeat schottische with the right foot to the right side.

(4 counts) Repeat schottische with the left foot to the left side.

## **Modifications**

Play the music slowly, and then gradually pick up speed.

Leave out the hop on the schottische during Part 2, and substitute a touch or a tap.

Perform the dance with hands on hips.

When performed in a broken circle, the leader may serpentine around the dance area-

Perform the dance without the bouncy style of run. Substitute with a fast walk.



# VIRGINIA REEL

## Origin

United States of America

## Location

North America, bordered by the Pacific and Atlantic Oceans, and by Canada and Mexico

## Language

English

## Flag

Thirteen equal horizontal stripes alternating red and white. There is a blue rectangle in the upper left corner with 50 small white stars in it.

## Traditional Costume

(Common folk-mid-19th century) The men wear boots, dark pants, long-sleeved, light-colored shirts, and suspenders. The women wear party dresses or long, full skirts with petticoats and peasant blouses. A bow or ribbon can be worn in the hair-

## History of Dance

The Virginia Reel could be thought of as a party game; it's a dance where the dancers made their own music by singing the verses while those on the sidelines joined in by clapping their hands and stamping their feet to the beat. The Virginia Reel actually was adapted from an English dance called Sir Roger de Coverley, and it used to be performed outside on lawns.

## Difficulty Level

Easy /moderate

## Stance

Relaxed, but somewhat erect. This is a very lively dance!

## Music Selection & Time Signature

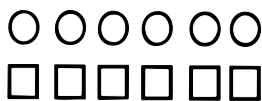
Fisher's Hornpipe/Turkey in the Straw/Sally Ann Johnson (4/4 time)

## Number of Participants

Four to six couples in each set

## Formation

Contra. Two lines about four feet apart, partners facing each other.



Head

Foot



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## ▶ TRIVIA TIDBITS ◀

- This dance was portrayed in the movie *Gone with the Wind*.
- The Virginia Reel was George Washington's favorite dance.

# The Dance:

Begin facing partner.

## **Part 1: Forward and Bow, Walk Back**

(8 counts) Walk three steps toward partner, women curtsy and men bow, walk back to place-four steps. (8 counts) Repeat

## **Part 2: Right Elbow Swing**

(8 counts) Walk two or three steps to partner and join right elbows; turn clockwise in a circle once, and move back to original position.

## **Part 3: Left Elbow Swing**

(8 counts) Walk two or three steps to partner and join left elbows; turn counterclockwise once in a circle and move back to original position.

## **Part 4: Two Hand Turn**

(8 counts) Walk two or three steps to partner and join both hands, turn clockwise once in a circle, and move back to your original position.

## **Part 5: Do-Si-Do**

(8 counts) Walk toward your partner and pass right shoulders, move around each other (back to back), and pass left shoulders as you walk backward to your original position. For added styling, the men may hold their suspender straps at shoulder level with their thumbs, and the women may show off their pretty skirts by swishing them.

## **Part 6: Sashay Down and Back**

(8 counts) Head couple of the set meet in the center, join both hands, and *sashay* (slide) down to the foot (or bottom) of the set.

(8 counts) Head couple of the set sashay back to the top (or head) of the set.

## **Part: 7: Reel the Set:**

(42 counts) Head couple hook right elbows, turn one and a half times clockwise, then separate. Head man then hooks his left elbow with the next woman-in-line's left elbow while the head woman hooks her left elbow with the next man-in-line's left elbow. These two couples turn counterclockwise once, and then separate. Meeting in the middle, the head couple again hook right elbows, turn once clockwise, separate, then move on and hook left elbows with the next person in line. Repeat this reeling pattern until the head couple reaches the foot of the set. The head couple meet in the center, hook right elbows, and turn a half circle to the original side of the set.

(8 counts) Head couple join both hands and sashay back to the top of the set.

## **Part 8: Cast Off and Follow the Leader**

(8 counts) Everyone makes a quarter turn to face the head of the set. The head couple separate, leading each row to the outside, then down the outside of the set to the foot of the set. Each person in line follows the head person in single-file. The head couple join both hands at the foot of the set and raise their hands and arms to form an arch.

## **Part 9: Arch**

(8 to 16 counts) The following couples pair up, walk under the arch, and join both hands as they sashay to the head of the set. (The original head couple is now at the foot, or bottom, of the set, while the second couple in line is the new head, or top, couple).

Repeat the entire dance until all couples have had a chance to be the head couple.

## **Modifications**

For simplification, you may consider omitting the reeling steps (Part 7). The order would go directly from the sashay down and back (Part 6) to casting off (Part 8), then continuing as described

Try it without the music, with a "caller" calling out the steps, such as "forward and bow," and clapping hands.

Use a variety of music with different tempo changes.

# D'HAMMERSCHMIEDSGSELLN

**Origin** Germany

**Language** German

**Flag**

Three equal horizontal stripes of black, red, and gold

**Traditional Costume**

Men wear leather pants called *lederhosen*, which are held up by suspenders (called *trager*) and knee-length socks (*stutzen*), white shirts, and black shoes. Women wear small white tops with a knee-length dress over the top, sometimes with lace or coins attached around the neckline, and eyelet aprons (*dirndl* dresses).

**History of Dance**

The name of this dance comes from the words *d 'hammer* (blacksmith) and *schmiedsgselln* (professional), which translates as "the blacksmith's dance." This dance was originally performed only by men in Bavaria. It is a form of *schuhplattle* dance, part of the dance tradition where men beat rhythms by slapping thighs, shoe soles, and hands. *Plattle* means "slapping" in German.

**Difficulty Level** Easy /moderate

**Stance** Upright

**Music Selection & Time Signature**

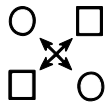
d'hammerschmiedsgselln (3/4 time)

**Number of Participants**

Four dancers in each set

**Formation**

Set of four dancers; two couples, the woman on the man 's right with each facing their diagonal opposites (that is, both of the men and both of the women face each other).



► TRIVIA TIDBITS ◀

- The unification of East Germany and West Germany took place in November 1989, when the Berlin Wall dividing them was taken down.
- Germany has some 4,000 museums, 15,000 libraries (including 9 national libraries), 60 opera houses, 300 other theaters, and more than 150 major orchestras.
- Agriculture plays a minor role in the German economy, and the country imports about one-third of its food.



# The Dance:

## Part 1: Hand Clapping Pattern (*plattle*)

- a. The first half of the pattern uses 3 counts and involves clapping various parts of the dancer's body as follows:  
(1 count) Clap your hands on your own thighs.  
(1 count). Clap your hands on your own rib cage (or stomach).  
(1 count) Clap your own hands together.
- b. The second half of the pattern uses 3 counts and involves clapping hands with a partner as follows:  
(1 count) Clap your partner's right hand with your right hand.  
(1 count) Clap your partner's left hand with your left hand.  
(1 count) Clap your partner's both hands with both of your hands.

*Note: To coordinate the clapping sequence that begins after the music introduction, couple 1 (the women) perform the first half of the pattern, while couple 2 (the men) perform the second half of the pattern. Thus, the men perform the first half of the pattern on the second measure of the music (alternating where they start the sequence). This allows the pattern to mesh with two couples in the set. The entire 6-count pattern is completed eight times in each of Parts 1, 3, and 5.*

(42 counts) Repeat hand clapping pattern seven more times and hold on the last 2 counts to make the transition to the next part.

## Part 2: Step-Hop Pattern (48 counts)

Everyone joins hands and performs eight step-hops (with a knee lift) while moving clockwise, then repeats in the counter-clockwise direction. Couple 1 starts with the right feet while couple 2 starts with the left feet. This step-hop pattern uses sixteen measures of music.

## Part 3: Plattle

(48 counts) Repeat the hand clapping pattern from Part I. Another way to describe these counts is to make eight repetitions of the 6-count plattle.

## Part 4: Step-Hop Pattern

(48 counts) Put right hands in the middle to form a star and do eight step-hops while moving clockwise. Then, put left hands in the middle to form a star and do eight step-hops while moving counterclockwise.

## Part 5: Plattle

(48 counts) Repeat hand clapping pattern (that is, eight repetitions of the 6-count plattle).

## Part 6: Step-Hop Pattern

(48 counts) Repeat eight step-hops with arms in a shoulder-hold position while moving clockwise, then counterclockwise.

## Modifications

.Experiment with the hand clapping pattern until everyone feels at ease with the rhythm. Try saying different rhythmic cues for the clapping, such as hit your "thighs, stomach, hands," then "right, left, both (hands)" or clapping in two sets of three's for "1, 2,3" then "2, 2, 3", or "me, me, me, you, you, you," or something similar.

Have partners learn the figure in couples before joining them into the square set.

Partners may reverse roles in the hand clapping pattern.

You may repeat the step-hop pattern in Parts 2 and 4 with hands on shoulders.

# HIGH LIFE

**Origin** Ghana

**Location** West Africa

**Language**

Akan, Moshi-Dagomba, Ewe, Ga. English is the official language of Ghana and is universally used in schools.

**Traditional Costume**

Men wear big tops called *dashikis* and baggy pants. Women wear *lapa* skirts (ankle length skirt) and big blouses called *bubas withfilas* (cotton head wraps). Both men's and women's costumes are extremely colorful.

**History of Dance**

The highlife started as a spiritual dance called *juju* and became a social dance around 1924. The spiritual connotations were removed as the dance developed.

**Difficulty Level** Easy /moderate

**Stance**

Loose, easy, and bouncy

**Music Selection & Time Signature**

Rhythms of the Highlife (2/4 or 4/4 time)

**Number of Participants** No limit

**Formation** Groups



## The Dance:

**Part: 1: Step Together (to Both Sides)**

Lean forward from waist toward direction traveled. Relax hips.

- a. Eight step-and-bring-feet-together moves to right side as follows:  
(2 counts) Step the right foot to the right side as elbows lift and arms go out in opposition (imitating sawing) while looking back over the left shoulder. Place the ball of the left foot beside the right foot and push off the floor (transfer weight to ball of left foot), bringing the palms of the hands together in front of the body.  
(14 counts) Repeat seven more times to the right side.
- b. Eight step-and-bring-feet-together moves to the left side as follows:  
(2 counts) Step the left foot to the left side. Place the ball of the right foot beside the left foot and push off (to transfer weight to right foot) while using opposition arms and looking over the right shoulder.  
(14 counts) Repeat seven more times to the left side.
- c. Four step-and-bring-feet-together moves to the right side as follows:  
(8 counts) Repeat the preceding sequence four times to the right side.
- d. Four step-and-bring-feet-together moves to the left side as follows:  
(8 counts) Repeat the preceding sequence four times to the left side.

### ► TRIVIA TIDBITS ◀

- The population of Ghana is divided into more than 50 ethnic groups. The majority of the people are agricultural workers who live on farms or in small villages.
- Ghana's most important crop is cacao, which is produced chiefly in the Ashanti region by small-scale farmers and is used to make chocolate, cocoa, and cocoa butter.

### **Part 2: Two Step (Alternating Step Touches)**

- a. Eight step touches alternating forward, then backward, as follows:  
(4 counts) Turn facing left diagonal, step right foot forward, touch the ball of the left foot beside the right foot (taking two counts). Then, step back onto the left foot and touch the ball of the right foot beside the left foot (taking two counts). Arms are extended to sides with elbows bent and palms up.  
(12 counts) Repeat alternating step touches six more times.
- b. Eight step touches alternating backward, then forward as follows:  
(4 counts) Turn the body a half turn to the right side, then step the right foot back and touch the ball of the left foot beside the right foot (taking two counts). Step the left foot forward, touch the ball of the right foot beside the left foot (taking two counts). Keep the arms extended to the sides.  
(12 counts) Repeat alternating step touches six more times. On the last one, turn the body a half turn to the left to face front again.
- c. Six step touches, alternating forward and backward, as follows:  
(12 counts) Step the right foot forward, touch the ball of the left foot beside the right foot (taking two counts). Step the left foot backward, touch the ball of the right foot beside the left foot (taking two counts).

### **Part 3: Step Together (to Both Sides)**

- (16 counts) Repeat (a) from Part 1.  
(16 counts) Repeat (b) from Part 1.  
(8 counts) Repeat (c) from Part 1.

### **Part 4: Two Step (Alternating Step Touches)**

- a. Eight step touches alternating forward, then backward, as follows:  
(16 counts) Starting with the left foot, step forward and bring the ball of the right foot beside the left foot (taking two counts). Step backward with the right foot and bring the ball of the left foot beside the left foot (taking two counts). Repeat six more times.
- b. Eight step touches alternating backward, then forward, as follows:  
(16 counts) Starting with the left foot, step backward and bring the ball of the right foot beside the left foot (taking two counts). Step forward with the right foot and bring the ball of the left foot beside the right foot (taking two counts). Repeat six more times.

### **Part 5: Prayer Hands, Moving to Left Side**

(16 counts) Repeat step-and-bring-feet-together moves while keeping the palms together and alternately touching the left and right shoulders on each count.

### **Part 6: Prayer Hands, Moving Downward then Upward**

(8 counts) Let the hips move forward and back as knees bend in order to lower the body. Continue to keep palms in praying position and alternately touch each shoulder on each count.  
(8 counts) Same as just described, only gradually straighten knees to rise up.

### **Part 7: Step Together (to Both Sides)**

- a. Six step-and-bring-feet-together moves to the right side as follows:  
(12 counts) Repeat actions described in (a) of Part 1.
- b. Four step-and-bring-feet-together moves to the left side as follows: (8 counts) Repeat the actions described in (b) of Part 1.

### **Part 8: Circle Hips**

(24 counts) Do 12 hip circles (each taking two counts) as you repeat the step, together moves (starting with the right foot) and rotate counterclockwise in a circle in place. Arms are in a rounded "V" overhead.

### **Part 9: Shoulder Shake**

(2 counts) Step the right foot to the right side and touch the ball of the left foot beside the right foot.  
(2 counts) Step the left foot to the left side and touch the ball of the right foot beside the left foot.  
(4 counts) Repeat and continue to shake your shoulders.

### **Modifications**

To simplify, perform just the steps without the arm motions and the rhythmic movements. However, since the rhythm movement is such an important part of the dance, practice isolating different parts of the body in place. For example, just move the head, shoulders, rib cage and hips to the music. Then add these movements to the steps.

Any combination of the steps described may be used in any order.

Try every section of the dance in groups of eight counts each for easier memory retention and to shorten the routine.

# ALUNELUL

**Origin** Romania

**Location**

Southeastern Europe, bordered by the Black Sea, Bulgaria, Serbia, Hungary, and the Ukraine

**Language**

Romanian, Hungarian, German

**Traditional Costume**

Men wear colorful embroidered high-necked tunics with sashes tied at the waist, full pants, and tall black boots. Women wear dresses somewhat fitted at the waist with short decorative vests over the top or waist aprons. They may also wear boots.

**History of Dance**

*Alunelul* may also be spelled *alunelu*, and it means "little hazelnut."

**Difficulty Level** Easy /moderate

**Stance** Upright

**Music Selection & Time Signature**

Alunelul (4/4 time)

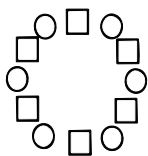
**Number of Participants**

Circles of eight to ten

**Formation**

Single circle, all facing the center, hands on the shoulders of the person on either side, or hands held down.

*Note: Stamps do not have a weight change in this dance. For styling, step behind onto the ball of the foot (versus the whole or flat foot). This dance uses whole and half counts of music, which makes it very lively.*



## The Dance:

**Part 1: Double Grapevine with Double Stamp**

(4 counts) Face sideways toward the right side to start.

Traveling to the right, step on the right foot (on count 1), step on the left foot behind the right foot (on "and" count), step on the right foot (on count 2), step on the left foot behind the right foot (on "and" count), step on the right foot (on count 3), stamp the left heel twice (on "and" count and count 4), and hold for a half count (with no weight change).

(4 counts) Face sideways toward the left side to start.

Traveling to the left, step on the left foot (on count 1), step on the right foot behind the left foot (on "and" count), step on the left foot (on count 2), step on the right foot behind the left foot (on "and" count), step on the left foot (on count 3), stamp the right heel twice (on "and" count and count 4), and hold for a half count (with no weight change).

(8 counts) Repeat all of Part 1.

**Part 2: Single Grapevine with Single Stamp**

(2 counts) Step on the right foot to the right side (on count 1), step on the left foot behind the right foot (on "and" count), step on the right foot (on count 2), and stamp the left heel once (on "and" count).

(2 counts) Step on the left foot to the left side (on count 1), step on the right foot behind the left foot (on "and" count), step on the left foot (on count 2), and stamp the right heel once (on "and" count). (4 counts) Repeat all of Part 2.

**Part 3: Alternating Side Step-and-Stamp with Double Stamp**

(4 counts) Moving to the right side, step on the right foot (on count 1), and stamp the left heel (on "and" count). Moving to the left side, step on the left foot (on count 2), and stamp right heel (on "and" count). Then, step on the right foot (on count 3), and stamp the left heel twice (on "and" count and count 4), holding the last half-count.

(4 counts) Repeat, starting to the left side.

**Modifications**

To decrease the difficulty, either slow down the tempo or count the dance actions in whole counts (giving each action one beat of music, versus using whole and half beats of music as described).

Hold the hands low rather than putting hands on shoulders.

You may find this dance more enjoyable using hard-soled shoes, as opposed to authentic shoes, so you can hear the sounds.

► TRIVIA TIDBITS ◀

- Poems, folktales, and folk music have always held a central place in Romanian culture.
- Romanian culture is largely derived from the Roman, with strains of Slavic, Magyar (Hungarian), Greek, and Turkish influence.

# SYRTOS

## The Dance:

**Origin** Greece

**Location**

Southeastern Europe, bordering the Aegean, Ionian, and Mediterranean Seas

**Language**

Greek is the official language, but French and English are prevalent also.

**Flag**

Nine equal horizontal stripes of blue alternating with white. There is a blue square in the upper-left corner with a white cross through it.

**Traditional Costume**

The man wears a short tunic, pleated white skirt, knee-high stockings, open-neck shirt and trimmed vest, and a long tie belt with tassels hanging down. The woman wears an ankle-length dress, ornamented tunic coat, decorated apron, and colorful scarf with coins on it.

**History of Dance**

Syrτος is the most popular of all the Greek dances. The basic step is simple enough that anyone can participate. The leader, who is at the right end of the line, dances intricate variations while the line keeps the basic step going. Sometimes a scarf is held between the leader and the second dancer in line to give the leader more flexibility and movement. *Syrτος* translates as "pull or lead," which is the characteristic of the dance.

**Difficulty Level** Easy

**Stance** Dignified

**Music Selection & Time Signature**

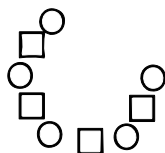
Gerakina/Samiotisa (7/8 time; often simplified to 2/4)

**Number of Participants**

No limit; however, it is recommended not to exceed twelve.

**Formation**

Broken circle, hands joined in a "w" formation at shoulder height.



*Note: Begin facing clockwise and on a slight diagonal to the right side. This dance uses a total of 12 weight changes (that is, transferring weight from one foot to the other on the "slow" and the "quick" rhythms listed in the following directions ).*

**Part I: Eight Walks**

(2 counts) Step to the right side onto the right foot and hold (slow).

(2 counts) Continue walking with the left foot, then the right foot (quick, quick).

(2 counts) Step onto the left foot and hold (slow).

(2 counts) Continue walking with the right foot, then the left foot (quick, quick).

(2 counts) Step onto the right foot and hold (slow).

(1 count) Step onto the left foot, placing it in front of the right foot (quick).

**Part: 2: Back, Side, Cross, Back**

(1 count) Step backward (in place) onto the right foot (quick).

(2 counts) Step toward the left side onto the left foot (slow).

(1 count) Step on the right foot placed in front of (crossing) the left foot (quick).

(1 count) Step backward (in place) onto the left foot (quick), Repeat the entire sequence until the music ends.



**Modifications**

Begin at a slow tempo and gradually increase speed.

Call the dance by counting the number of steps taken, using a rhythm: "1, 2; .3, 4, 5-6, 7, 8-9, 10, 11-12," or by saying "slow, quick- quick, slow, quick-quick, slow, quick-quick, slow, quick-quick."

Try adding a clockwise turn on count 4.

For the last two quicks (steps 11 and 12), the leader may turn counterclockwise under the arm of the next person in line.

Change leaders while dancing by letting go of hands and finding a new position.

► TRIVIA TIDBITS ◀

- The first Olympics were held in ancient Greece.
- Popular Greek foods include avgolemono (egg-lemon soup), moussaka (eggplant casserole), souvlakia (skewered meat), and baklava (nut-filled pastry dessert).



# TANKO BUSHI

**Origin** Japan

**Location**

Eastern Asia, between the Pacific Ocean and the Sea of Japan

**Language** Japanese

**Flag**

White with a large solid red circle in the center

**Traditional Costume**

Men and women both wear the *kimono*--a loose robe fastened with a wide sash--and flat wooden shoes.

**History of Dance**

This dance is approximately 100 years old and is a storytelling dance about the coal miners in Japan. The actions pantomime digging for coal, shoveling it into a cart, shading eyes from the sun, and pushing the coal cart away up a hill. It is performed during summer festivals--

**Difficulty Level** Easy

**Stance**

As a worker digging in the mines

**Music Selection & Time Signature**

Tanko Bushi (2/4 time)

**Number of Participants** No limit

**Formation**

Single circle facing counterclockwise

**Part 1: Dig and Wipe Your Sweat**

(4 counts) Tap the ball of the right foot, then step onto the right foot while pretending to dig twice to the right with a big shovel.

(4 counts) Tap the ball of the left foot, then step onto the left foot while pretending to dig twice to the left with a big shovel.

(2 counts) Step forward on the right foot as you bring your hands together with palms up and pretend to throw coal over your right shoulder.

(2 counts) Step forward on the left foot as you bring your hands together with palms up and pretend to throw coal over your left shoulder.

(2 counts) Rock weight backward to step on the left foot and pretend to shade your eyes or wipe the sweat away with the right hand as the left arm is extended to the side (see photo next page).

(2 counts) Rock weight backward to step on the right foot and pretend to shade your eyes or wipe the sweat away with the left hand as the right arm is extended to the side.

**Part 2: Push Cart Forward**

(4 counts) Step forward onto the right foot, then step onto the left foot while putting your hands together with palms forward and pretending to push the cart forward twice.

(4 counts) Step forward onto the right foot while bringing your arms to the sides, making a circle, and clap. Step backward onto the left foot, and then step backward with the right foot to bring feet together.

(4 counts) Clap. ..pause. ..clap-clap, clap.

Repeat the entire sequence until the music ends.

**Modifications**

To simplify, eliminate the footwork and do only the arms.

Practice dancing in a straight line before attempting a circle.

► TRIVIA TIDBITS ◀

- More than 40 percent of the cultivated land in Japan is devoted to rice production.
- Traditional Japanese theater is called *Kabuki*. Kabuki plays and dances may be about grand historical events or the everyday lives of people in the 17th century.





# LES SALUTS

**Origin** Canada

**Location**

North America, on the northern border of the United States, bounded by the Atlantic and Pacific Oceans. This dance originated in the eastern part of Canada in a province called Quebec.

**Language**

English and French are both official languages.

**Flag**

Three vertical bands of red, white, and red, with a red maple leaf centered in the white band

**Traditional Costume**

Men wear pants and shirt with multicolored (red, yellow, blue, green, and black) *flechee* (sashes). Women wear blouses, skirts, and aprons, and may wear straw bonnets.

**History of the Dance**

One of the forms of social dance in French Canada is the quadrille. The quadrille is related to the American square dance; however, it is not restricted to only four couples in a square formation. Les Saluts is actually one part of a much longer dance called Le Saratoga. Le Saratoga is still performed today on Orleans Island near Quebec City.

**Difficulty Level** Easy /moderate

**Stance**

Upright and dignified

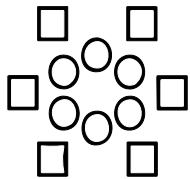
**Music Selection & Time Signature**

Les Saluts (6/8 time)

**Number of Participants** No limit of couples

**Formation**

Requires a partner. Double circle: Inner circle of women holding hands and outer circle of men holding hands. Partners are close to each other with the woman on the man's right side.



► TRIVIA TIDBITS ◀

- Canada is an Indian word meaning "big village."
- Canada contains more lakes and inland waters than any other country in the world.

## The Dance:

**Part 1: Circle "to Side**

(8 counts) Women face diagonal left and perform eight walking steps to the left (moving clockwise), while the men face diagonal right and perform eight walking steps to the right (moving counterclockwise).  
(8 counts) Repeat above in the opposite direction. The group should end up exactly at their starting positions.

**Part 2: Front Basket Figure**

(8 counts) The men face the center on the first two counts, raise their joined hands over the women's heads, and lower their arms in front of the women to form a "front basket figure" while stepping forward onto the right foot, then bringing feet together. Simultaneously, the women bend at the waist (to duck under), take a step backward onto the left foot, then bring feet together. In this new position, everyone walks clockwise forward for six steps.  
(8 counts) Continuing in the basket position, everyone walks counter-clockwise for eight steps.

**Part 3: Walk Into Center and Out**

(4 counts) With arms still crossed, all face the center and walk forward four steps.  
(4 counts) Change hand holds to bring hands down at sides of the body as all walk backward four steps to end up in one large circle.  
(4 counts) All walk three steps toward the center and slowly take a low bow (wait for the music).  
(4 counts) As the music starts again at a faster tempo, men walk four steps backward and join hands as women join hands in an inner circle (return to the starting position).  
Dance repeats from the beginning until the end of the music.

**Modifications**

In one circle, practice walking both clockwise and counter-clockwise, eight counts counterclockwise, then eight counts clockwise, before teaching the dance-

Omit the "front basket figure" (Part 2), and repeat Part 1 twice.



# TARANTELLA

**Origin Italy****Location**

Southern Europe: a boot-shaped peninsula extending into the, Mediterranean Sea

**Language Italian****Flag**

Three equal vertical stripes of green, white, and red

**Traditional Costume**

Men wear close-fitting, knee-length pants with buttons near the bottom, white shirts with ties at the neck, long sashes wrapped around the waist, and short, decorative jackets. Women wear long-sleeved, below-the-knee dresses with patterned aprons tied at the waist-

**History of Dance** The tarantella is an animated dance dealing with the bite of the tarantula spider. It is very lively and fun with lots of pantomime. This version of the popular tarantella dance is based on Sicilian steps. The steps can be mixed and matched to form numerous combinations. A tambourine is optional.

**Difficulty Level Moderate****Stance Upright****Music Selection & Time Signature**

Tarantella (6/8 time)

**Number of Participants No limit****Formation**

Partners facing each other

## The Dance:

**Part 1: Face Front**

- a. Cross, Cross, Out, Out  
(2 counts) Cross the right foot in front of the left, cross the left foot in front of the right.  
(2 counts) Step the right foot out to the right side, step the left foot out to the left side.  
(4 counts) Repeat the first 4 counts and make a circle with the tambourine clockwise across the body. (8 counts) Repeat (a).
- b. Tarantella Steps  
(2 counts) Kick the right foot forward and low to the ground, step on the right foot (slightly crossing in front of the left foot), and push against the floor with the ball of the left foot, and step with the right foot again in place, keeping hands on hips. The tarantella step can also be

called a *modified triple* step, as a small kick is added, and then three weight changes are taken within two beats of music.

(2 counts) Repeat starting with the left foot. Keep feet in a toe-to-heel position throughout.

(4 counts) Repeat both sides again while moving forward.

(8 counts) Do four tarantella steps traveling backward.

**Part 2: Face Partner**

(8 counts) Tambourine moves using a triangle: Tap the left shoulder with the tambourine, do the same on the left and right hips. Repeat the triangle hitting the left shoulder, left hip, and right hip. Then, tap your left hand with the tambourine twice.

(8 counts) The man and the woman do a right shoulder do-si-do (that is, two tarantella steps forward passing right shoulders, then two tarantella steps backward passing left shoulders) and return to place.

(8 counts) Tambourine moves using double rhythm: Tap left shoulder with tambourine, tap right hip. Repeat to tap left shoulder and right hip. Then, tap left hand with tambourine twice.

(8 counts) Repeat the do-si-do.

**Part 3: Man Kneels; Woman Circles**

(16 counts) Man: Step with the left foot, kneel on the right knee. Continue to tap the tambourine on the right hip and the left hand until counts 7 and 8 (hit the tambourine twice).

Continue kneeling for eight more counts. Woman: Perform in-place eight tarantella steps with both hands on hips.

(16 counts) Man: Remain kneeling, shaking the raised tambourine and looking at the woman. Woman: While shaking the raised tambourine, do eight forward tarantella steps in a counterclockwise circle around the man.

**Part 4: Star Formations**

(16 counts) All four dancers join right hands in the center to form a star and do eight tarantella steps in a clockwise circle. On the last count, clap the tambourine.

(16 counts) Turning about to join left hands in the center, do eight tarantella steps in the opposite direction. On the last count, clap the tambourine.

**Modifications**

Perform the dance without tambourines.

Begin at a slow tempo and gradually increase speed. Learn the feet first, then the arms.

Put the steps together in any combination-be creative!

**TRIVIA TIDBITS**

- Pinocchio is Italian for "pine eyes."
- From antiquity to modern times, Italy has played a central role in world culture. Italians have contributed some of the world's most admired sculpture, architecture, painting, literature, and music, particularly opera.