

# Folk Dancing from Afar

New Mexico Orff Schulwerk Association  
Rob Amchin, Louisville, Kentucky  
August 29, 2020  
10-12 Mountain Time

Description: Explore ways to adapt folk dances and elemental movement activities for children of all ages with social distancing in mind. Description: Explore elemental music and movement activities with social distancing in mind. The session offers pedagogical pathways and models aimed at guiding children to experience essential aspects of elemental movement and rhythmic music activities in the classroom. Graphics for body percussion created by Kate Bright (with permission)

**August 29, 2020**

## **"Easy steps" to elemental to movement activities**

Description: Explore ways to adapt folk dances and elemental movement activities for children of all ages with social distancing in mind.

### **Morning Meditation/Welcome from Old to New**

Homeland—Narada Collection 3, Eric Tingstad & Nancy Rumbel  
Wood Trek—Peter Jones Gradual motion

### **Vocabulary**

Locomotor—walking, skipping, galloping, running, hopping (away), jumping (away)...  
Non-locomotor—Clapping, patschen, stepping (stomping), hopping (in place), jumping (in place) snapping, twirling...

What can we do with social distancing?

—*Primarily Non-locomotor movement*

What can we do if we are doing remote learning?

—*Both locomotor and non-locomotor movement*

### **Simple beat activities**

Create elemental patterns of 4-beats using **non-locomotor** movements

#### **Wood Trek—Peter Jones**

As you listen pat the pulse on your body as the picture shows you.

Non-locomotor movement ideas: (these visuals were created by Kate Bright of the USA)



**Pat**



**Clap**



**Snap**



**Stomp**

Now try it with different music: (using the Powerpoint)

**Going To Richmond—Ricky Skaggs & Kentucky Thunder *Instrumentals***

Create a new pattern – first with 4 sounds using one sound gesture. Then alternating 4-beats times between two different sound gestures. Create a 4-beat pattern with more than two sound gestures. Do this with a friend to accompany the music.

What other non-locomotor motions can you think of? (Belly patting, for instance)

Add those ideas to the new music—Create a form that can be repeated

Listen to the music first. Notice the two phrases of the music. Use your non-locomotor motions to show the form of music.

Work as a class or in breakout groups. Make a clear pattern.

**June Apple—Heartland Dulcimer Club**

## Exploring movement in a different way

### In the Garden

The image shows a musical score for the song "In the Garden" in 4/4 time, key of G major. It consists of three systems of staves. The first system includes a Voice staff with lyrics "One sum-mer in the gar - den I lay me down to sleep. I", a Hand Drum staff, and a Bass Xylophone staff. The second system starts at measure 5 and includes a Voice staff with lyrics "dreamt the snow was fall - ing was fall-ing o-ver me I dreamt the snow was", a Hand Drum staff, and a Bass Xylophone staff. The third system starts at measure 10 and includes a Voice staff with lyrics "fall - ing was fall - ing o - ver me", a Hand Drum staff, and a Bass Xylophone staff. The score ends with a double bar line.

Add new verses to the song and then add movement to show the text (arhythmically)

### Folk dances to adapt for social distancing

Building bricks of Dance....Let's brainstorm what is possible with social distancing and remote learning...

Zigeunerpolka (ABC hand dance)	Rhythmically Moving #2 track 13	Europe	<a href="https://www.youtube.com/watch?v=cpceES6BVog&amp;list=PLKKNbLlgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=15">https://www.youtube.com/watch?v=cpceES6BVog&amp;list=PLKKNbLlgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=15</a>
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## Notes

For this dance, I wanted to explore form (ABC). Rather than with the whole body, what can you do with just your hands (or a puppet or beanie baby).

Cherkessia (improvise the B section with a puppet)	Shenanigans Vol. III - Folk Dances Of Terra Australis track 4 and Rhythmically Moving #2, track 12	Europe	<a href="https://www.youtube.com/watch?v=Ixlr-m_XAc&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=19">https://www.youtube.com/watch?v=Ixlr-m_XAc&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=19</a>
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## Notes

I've always done this dance with an improvised "B" section. The "A" section is traditionally done as a grapevine step, but in tighter settings, walking in place or forward and back will suffice. The improvised "puppets" give the students ideas on what to do in imitating animal motions.

Ersko Kolo (Dance with stuffed animal)	Rhythmically Moving #4 track 6	Serbia	<a href="https://www.youtube.com/watch?v=WUjUYyNmfQ&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=22">https://www.youtube.com/watch?v=WUjUYyNmfQ&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=22</a>
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## Notes

This dance is usually done in a circle with slower and faster steps as the music dictates. Here, the motions are with a stuffed animal (and potentially a partner). The idea here is to mirror the dance as demonstrated in the video.

Alunelul	Rhythmically Moving #6 track 4	Europe	<a href="https://www.youtube.com/watch?v=OWnRJ9ztfK4&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=26">https://www.youtube.com/watch?v=OWnRJ9ztfK4&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=26</a>
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## Notes

This is a circle dance wherein the phrases keep getting shorter. First it is demonstrated generally as it is done (just not in a circle). Then it is transferred to found sounds (two coasters/lids) to show the same steps but without feet. This might be a "shoe dance" or patting dance.

Chillili (this is the actual dance just without a partner)	???	Bolivia	<a href="https://www.youtube.com/watch?v=BFrSjFOB0JY&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=29">https://www.youtube.com/watch?v=BFrSjFOB0JY&amp;list=PLKKNbLIgHGmekdFY_AqmKHeFyZfBLRuVf&amp;index=29</a>
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## Notes

This is basically the traditional dance just without a partner. There is very little needed to adapt this dance with social distancing.

D'Hammersch miedsgsell'n	Rhythmically Moving #7 track 10	Bavaria	<a href="https://www.youtube.com/watch?v=_ZSRMJ9A8zk&amp;t=1s">https://www.youtube.com/watch?v=_ZSRMJ9A8zk&amp;t=1s</a>  <a href="https://www.youtube.com/watch?v=_ZSRMJ9A8zk&amp;t=1sander">https://www.youtube.com/watch?v=_ZSRMJ9A8zk&amp;t=1sander</a>
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## Notes

Here the dance is a hand clapping dance in groups of 4, which is not possible with social distancing. The "A" section can still outline the patting pattern and the "B" section is a locomotor section, so the basic elements of locomotor and non-locomotor movement is preserved with this adaptation.

Los Machetes	Mariachi Vargas de Tecalitlán: 12 Grandes Exitos, Vol. 2	Mexico	<a href="https://www.youtube.com/watch?v=EhcvqBWMhQU">https://www.youtube.com/watch?v=EhcvqBWMhQU</a>
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This is a dance usually done with actual machetes but pool noodles will do (they're safer!). The basic change to this is that instead of walking in a circle or in a line, there is a non-locomotor movement idea.

## Let's try a dance together!

### Alewander

Hermann Urabl / Martin Wey—Tänze Für Kinder Und Jugendliche

Alexander

Shenanigans Vol. III - Folk Dances Of Terra Australis track 14

## Reflections: Social Distancing

## Reflections: Remote learning