

The Fascination of (Course Workshop 7=1) **Country Dance** **Contre Danse Anglaise,** **Contra Dance:**

Ulla Stern

After the summer break some new-comers might join our group. Fine! But this will also cause some problems: 1st The new-comers often say: "Oh, we will only want to watch." – Do never allow this! But offer them to join the next dance, otherwise they cannot feel the sensation of dancing. 2nd the more experienced dancers should not have the feeling that they get stuck. We have to prepare them for this situation. 3rd This means that we have to find choreographies, which give the new-comers the chance to learn step by step, but they should also be interesting for the more experienced dancers.

1st dance, a Mixer: "The beginning of the World." Music: "Lord of the dance." (Reel-time) It has 3 phrases. The goals are: Move to the beats of the music, realize the phrases, finish the phrase, ready to start the following one.

As 2nd dance we try "The Washerwomen's Jig", a 2 couple dance in a contra-dance line proper, for so many as will. We should teach each team of 2 cpls separately, and add the progression after they have understood the routine.

The goals are: 1st The dancers get to know that now their partners are opposite them. 2nd they form a team until the tune (A,A,B,B) is finished. 3rd Each couple will progress and form a new team for the next time through.

As 3rd dance we dance a Set-dance for 3 couples: "Leah's Waltz." At the same time it is an example for waltz-rhythm. The system of the dance is, that every time through another couple is leading. So we have to dance the routine 3 times until being back to our original places.

As you may have noticed, we always use that, what we have learnt already for the next dance-routine.

You find the description and the teaching points below.

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Beschreibungen und Lehrhilfen s.u.

Description of the 1st dance in this Workshop, it is dance no. 8: **“The beginning of the World”** (3 phrases only). The dancers may sing to their walking.

Mixer: Men having their partners on their right, all facing ccw, nearer hands joined. They start with outside feet (men left, women right).

- Die Männer haben ihre Partnerinnen rechts neben sich, sie tanzen gegen Uhrzeigersinn. Alle beginnen mit den „Außenfüßen.“ Die inneren Hände sind gefasst.

1st Phrase:

Bars 01-04 8 walking steps, finish facing each other

-8 Gehschritte, enden gegenüberstehend

Bars 05-08 4 x side close, finish still facing each other, ready for phrase no.2.

- 4 x seit-ran, enden immer noch gegenüberstehend bereit für Phr.2

2nd Phrase:

Bars 09-12 The partners back up for 4 steps and advance for 4 steps.

Die Partner gehen jeweils rückw. 4 Schritte und wieder zueinander.

Bars 13-16 The partners join both hands and dance 2 hands round (8 steps, after 4 steps the ladies are inside the circle and the men outside), to finish where they have started.

Die Partner tanzen einen 2 Handkreis (8 Schritte, nach 4 sind die Damen innen im Kreis und die Männer außen) Sie enden, wo sie begonnen haben

3rd Phrase:

Bars 17-20 The dancers repeat bars 09-12 but advance for 4 steps diagonally to the next person on their right. She/he will be the new partner for the next time through.

Die Tänzer wiederholen 09-12, aber gehen diagonal n. rechts, vorwärts zur nächsten Person.

Bars 21-24 With this new partner dance 2 hands round (8 steps) to finish side by side, ready to restart the dance.

Mit dem neuen Partner tanzen sie einen 2 Handkreis (8 Schritte) und enden Seite an Seite, bereit den Tanz neu zu beginnen.

Description of the 2nd dance in this Workshop, it is dance no. 9: **“The Washerwomen’s Jig.”** (4 phrases!).

Contra-Lines: The dancers start having their partners opposite. Ladies having their right shoulder to the top, men their left shoulder. Mind having enough space between the lines!

Die Partner stehen sich in Linien gegenüber. Die Damen haben die rechte Schulter zur „Bühne“ gewandt, die Männer ihre linke. Haltet genügend Abstand zwischen den Linien!

1st Phrase:

Bars 01-04 In lines advance and retire: forw. r, l, r, l (tap), backw. l, r, l, r (tap)

Irish Washerwoman Play: AABB

Traditional/Stern

Intro

Dance

A

B

13

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Description of a 2 couple Dance for so many as will

01-04 all couples advance and retire

05-08 all turn partners right hand round.

09-12 repeat 01-04

13-16 all turn partners left hand round.

17-20 1st couple dance down and out below 2nd couple and cast up again.

21-24 1st couple dance up and out above 1st couple and cast down again.

25-26 1st and 2nd couples dance rhands across 1/2 way.

27-28 2nd and 1st cross to own sides, giving r hands.

29-32 2nd and 1st dance l hands across full around.

- Restart the dance in a new team.

Lord of the Dance

Play: A, B, B

Traditional

arr.17.06.18 by Ulla Stern Kastanienallee 12, 19309 Breetz, 0049-38792-50832, ullastern@t-online.de

The musical score is written for two parts, A and B, in the key of G major (one sharp) and 2/4 time. Part A is a vocal line with lyrics and guitar chords (D7, G, D, Am, D, D7, G, D, D7, G). Part B is a guitar accompaniment line with lyrics and guitar chords (G, D7, G, D7, G, G, Em, D, D7, G, D7, G). The lyrics are: "I danced in the morning when the world was begun and I danced in the moon and the stars and the sun And I came down from heaven and I danced on the earth At Beth - le - hem I had my birth. Dance dance, where e - ver you may be. I am the Lord of the dance said he. And I lead you all, where e - ver - you - may be. And I'll lead you all in the dance said he".

Description: 2 Couple Dance for so many as will

01-02 all in lines advance (start with right foot)

03-04 and retire (start with left foot).

05-08 turn partner right hand round.

09-12 repeat 01-04

13-16 turn partner left hand round.

17-20 1st couple dance down the middle below 2nd cpl. and cast up again.

21-24 2nd couple dance up the middle above 1st cpl. and cast down again.

25-26 1st and 2nd couples dance right hands across 1/2 way.

27-28 2nd and 1st couples cross to own sides, giving r hands.

29-32 2nd and 1st couples dance left hands across.

Restart the dance in another team.- Those who get to an end, may leave out one time through.