

IDYLLWILD FOLK DANCE WEEKEND CONFERENCE

"I S O M A T A"

IDYLLWILD SCHOOL OF MUSIC AND THE ARTS

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BOLGAR HORA

Israeli

The Hora is the national dance of Israel. It was brought to Israel from the Balkans. During the two generations that it has been danced in Israel, it has gone through a great many changes, reflecting the changes that have occurred in the country. It is danced staccato, fast, and with abandon.

MUSIC: Record: Folkraft F-1116-B - A. Bulgar

FORMATION: The group forms a circle with arms out to the side holding each others elbows or shoulders, with bodies turned slightly to left. During the first few measures they may sway left and right. The combination of steps described below is repeated over and over again, gradually becoming faster but not breaking the circle.

PATTERN

1. Step to the left with left foot.
2. Cross right foot in front of left foot.
3. Jump on both feet close together.
4. Hop on left foot, lifting right foot slightly in place.
- (5.) Take 3 quick steps in place (right, left,
- (6.) right).

Presented by Millie Von Kinsky
Idyllwild - 1961

DREI STEYRER MIT FLATTL

(Austrian dance for Three)

Introduced at the Maine Folk Dance Camp 1960.
Presented by Millie von Kinsky.

RECORD: Folk Dancer MH 2038A

FORMATION: One man with two girls, one on either side, hands joined in row of three, facing in LOD.

STEP: The step used throughout is the small flat laendler type waltz. The man sometimes does a simple "stalking" step, one per measure.

HANDS: Once all hands are joined, they are never released unless specifically stated in the directions. When a hand is free, it is placed on hip, unless otherwise specified.

NOTE: In the description that follows, the girl who at the beginning of the dance is on the man's right will be called the R-girl, no matter what her later position in other figures; and the girl originally on his left will be called L-girl.

PATTERN

PART I

Introduction (4 measures)

- | | |
|---------|--|
| Meas. 1 | Boy swings R hand forward (holding R-girl's L hand), his L hand back (holding L-girl's R hand). |
| Meas. 2 | Boy swings R hand Back, L hand forward. |
| Meas. 3 | Boy again swings R hand forward, L hand back, releasing girls' hands, and the girls continue into a turn in place (both turn CW). |
| Meas. 4 | Boy kneels on R knee (hands up) and immediately rises, as girls finish their turn, and all then join hands in a circle of three in preparation for Figure 1. From now until the end of Figure 9 hands are never released. (Note: In the kneel, the boy's R knee doesn't quite reach the floor - weight remains completely on L ft. |

Dreisteyrer Mit Plattl - Continued

FIGURE 1 (4 measures)

- Meas. 1&2 L-girl advances under the arch formed by the other two, passes around R-girl, heading back to place, while boy keeps both hands high and makes a full turn CW in place; R-girl makes a $\frac{1}{2}$ turn CCW, backing up slightly toward the end, and the circle is re-formed.
- Meas. 3&4 Circle left (i.e. CW).

FIGURE 2 (4 measures)

- Meas. 1 Girls raise joined hands, boy moves forward, puts his head under the arch, straightens up, so that girls' clasped hands rest on the back of his neck. The boy's arms are outstretched and the girls' outside elbows are held out at shoulder height. Line revolves CW (R-girl moving forward, L-girl moving backward).
- Meas. 2&3 Line continues to revolve CW.
- Meas. 4 Boy ducks back out, and the circle is re-formed.

FIGURE 3 (4 measures) - Same as Figure 1.FIGURE 4 (4 measures)

Same as Figure 2, except that when boy places head under the arch he also raises outstretched hands and brings them to rest on the back of the girls' necks (that is, boy's R hand is at back of R-girl's neck, his L hand at back of L-girl's neck). Girls' joined hands are at back of his neck. Line revolves CW as in Figure 2, and on last leader step all dancers duck out from hands joined at necks, and circle is re-formed.

FIGURE 5 (8 measures)

- Meas. 1&2 Boy brings hands together, and with a scooping movement brings them forward under the girls' joined hands. With all hands raised, the girls turn outward one complete turn (L-girl CCW, R-girl CW), forming a window. They end up with their joined hands stretched,

Dreisteयरer Mit Plattl - continued

lying across boy's crooked elbows (which are close together). Girls should align themselves in such a way that they are in line with the boy, looking through the windows at each other. Line begins revolving CW.

Meas. 3&- 6 Continue turning CW.

Meas. 7&8 With two lasndler steps, the circle is re-formed as follows; girls raise joined hands and each reverses the turn used to get into the window position (that is, R-girl makes full turn CCW, L-girl CW).

FIGURE 6 (8 measures)

Meas. 1&2 The girls step close together. They do not turn in the figure. Boy moves forward to the outside around L-girl, raising his R hand. L-girl keeps her R-hand (holding boy's L-hand) close to her hip. As boy reaches a position behind the girls he makes a turn CW passing his R hand back over his head, and bringing it to rest at R-girl's L hip. (This last movement can be painful to R-girl's L arm unless boy stretches his R hand far to his R, providing plenty of "slack" in flexing her L arm. At this point girls step apart forming an arch with their joined hands, and boy backs thru it. Girls then lower joined hands to a position across boy's waist, in front.

Meas. 3-6 The line turns continually CW.

Meas. 7&8 Girls raise joined hands and the boy moves forward under the arch, veering to the R as he goes thru, and begins to move around R-girl. (Girls step together at this point). He raises both hands (stretching L arm to give "slack" to L-girl), and turns under them CW, returning to original position, as R-girl backs under arch formed by boy's L hand and L-girl's R-hand, and the circle is re-formed.

FIGURE 8 (8 measures)

Meas. 1&2 Boy raises both hands, and turns in place CW (bringing L hand over his head) and lowers arms, folded across his waist. Girls keep their joined hands far away

- from boy, maintaining a circle formation, continuing to move CW.
- Meas. 5-6 Circle continues to move CW, boy looking alternately at the girls over his shoulders.
- Meas. 7-8 Boy raises both hands, and turns in place CCW (bringing L hand back over his head), and the circle is re-formed.

FIGURE 9 (8 measures)

- Meas. 1&2 Boy raises both hands, bringing them together, and as girls turn their backs to him (L-girl makes $\frac{1}{2}$ turn CCW, R-girl CW), he passes hands over their heads and down in front of girls, resting his arms on their shoulders.
- Meas. 3-6 Whole group moves forward in LOD around the room.
- Meas. 7-8 Girls release the hands they are holding with each other; and man, pulling gently the hands he is holding, sends the girls into individual turns, releasing their hands. (R-girl begins to spin CW, L-girl begins to spin CCW).

FIGURE 10 (8 measures)

- Meas. 1-6 Girls continue spinning, moving in LOD in front of boy, who follows them for 6 Meas. clapping hands on 2nd and 3rd beats of each meas. His step here may be either the basic laendler step or the "stalking" step (see note at beginning).
- Meas. 7-8 Girls continue spinning around the room, boys all move to center of room, and on 1st count of Meas. 8 they jump into a stride position (feet apart, all facing center), hands raised in preparation for the plattl.

FIGURE 11 (Plattl) (Total 16 measures)

The following little chart gives an outline of the plattl routine now performed by the boys as the girls continue to spin around the room. On the chart, the extreme left and extreme right columns indicate actions (slaps of the left and right hands respectively. The central columns

show actions of the feet: "S" indicates a step with th foot, while "H" indicates a hop.

	<u>L Hand</u>	<u>L Foot</u>	<u>R Foot</u>	<u>R Hand</u>
Meas.1 ct.1			S	L sole in back
2	L thigh up in front		H	
3		S		R thigh up in front
Meas.2		S		L sole in back
1 &	L thigh up in front		H	R thigh up in front
2 &	L thigh up in front		H	L sole in front
3 &	L thigh up in front			
Meas.3		S		R thigh up in front
1 &				R thigh up in front
2 &	R thigh up in front	H		R sole behind
3 &	R thigh up in front (up)	H		(up)
Meas.4-6	Repeat Meas. 1-2-3.			
Meas.7			S	L sole in back
1			H	R toe up high in
2	L thigh in front			front
3	(up)	(Kneel)		
Meas.8	Rest			
Meas.9-16	Repeat all of Measures 1 - 8			

Note on Plattl: Keep knees turned out throughout. When hand or hands are not slapping, they are held up in air. On the kneel, R knee doesn't quite touch the floor.

PART II

FIGURE 12 (8 measures)

Meas. 1&2 Girls have circled around, timing themselves so that at the end of the plattl they have returned to their partner. Boy is kneeling, having finished the plattl, girls face him (in front), L-girl takes his L hand with her left, R-girl takes his R hand with her R, and they pull him up. Then each girl makes a $\frac{1}{2}$ turn (R-girl CW, L-girl CCW), joining their free hands in front of boy. Boy doesn't raise his hands during these turns.

Girls hands end up over boy's hands, and all face forward, beginning to revolve CW in their little line. This position will be called basic position for Part II.

Meas. 3-8 Continue to revolve CW.

FIGURE 13 (8 measures)

Meas. 1&2 All raise hands high close together; L-girl turns $\frac{1}{2}$ CCW, R-girl turns $\frac{1}{2}$ CW, and girls lower joined arms to rest on boy's crooked elbows. Boy's upper arms and those of the hands he's holding are close and parallel at this point, forming two little windows, thru which they look at each other.

Meas. 3-6 Revolve as group CW.

Meas. 7-8 Girls, raising joined hands again reverse turns (L-girl CW, R-girl CCW) and all re-assume basic position for Part II (see Figure 12)

FIGURE 14 (8 measures)

Meas. 1-2 Boy advances under girls' joined hands, then raises his hands, turns $\frac{1}{2}$ CW; simultaneously girls stop together turning backs to boy (L-girl CW, R-girl CCW). He opens arms and rests them on outside shoulders of girls, and the girls' arms he's holding end up crossed in front, R-girl's right over L-girl's left.

Meas. 3-8 Move fwd in this position. On last measure drop all hands, and girls spin away from boy outwards (R-girl CCW, L-girl CW), keeping close to each other.

FIGURE 15 (8 measures) - Same as Figure 10.

FIGURE 16 (8 measures) - Plattl, same as Figure 11.

FIGURE 17 (8 measures) Girls continue to spin a while, then link inside arms and move fwd. together in LCD. Boy "stalks" them a while, clapping as in Figure 15, then comes up behind them, places hands on their inside shoulders from behind, raises himself up, straightening his arms (he should not lean forward here). Girls move off the floor, carrying him in this position.

HI NEIGHBOR

Danish

MUSIC: Record: Old Timer 8142 and S-8142

 PATTERN

Say hello to your partner
 Allemande left your corner
 Get back and swing your partner round and round
 Allemande left your corner
 Docey doe your partner
 Join your hands and circle to the left
 Allemande left now go right and left grand
 Pass 4 girls take the fifth one, promenade
 Promenade her, serenade her
 Join your hands and circle left.

Say hello to your partner
 Allemande left your corner
 Get back and swing your partner round and round
 Allemande left your corner
 Docey doe your partner
 Join your hands and circle to the left
 Allemande left now go right and left grand
 Say hello to each girl, take that fifth one by the
 Hand, promenade her, serenade her
 Join your hands and circle left.

Say hello to your corner
 Allemande left that corner
 Get back and swing your partner round and round
 Allemande left your corner
 Docey doe your partner
 Join your hands and circle left
 Allemande left, hey go right and left grand
 Say hello to each girl take that fifth one by the
 Hand, promenade her, serenade her.

Join your hands and circle left.

Say Hi Neighbor to your corner
 Allemande left that corner
 Get back and swing your partner round and round
 Allemande left, we go right and left grand
 Say Hi Neighbor to each girl take that fifth one
 By the hand, promenade her, serenade her
 Join your hands and circle left.

Hi Neighbor - Continued

Say hello to your corner
Allemande left that corner
Get back and swing your partner round and round
Allemande left that corner
Docey doe your partner
Join your hands and circle left
Allemande left go right and left grand
Say hello to each girl, take that fifth one by
The hand -
OH, promenade her, serenade her - Promenade
around that ring.

Bow to your partners all.

Presented by Millie Von Kinsky

Idyllwild - 1961

Dance by Fred and Mary Collette, Atlanta, Ga. Presented by Millie von Kinsky.

RECORD: Columbia DX-1803 - The Debutante Waltz, slightly slowed down, or Shaw X-75.

FORMATION: Contra sets, preferably 8 couples to set in alternate duple minor position (starting with #1, every other cpl cross over).

NOTE: All dancers remain in motion throughout the dance. When inactive cpls are not otherwise engaged, they bal swd in place (taking one step-arch per meas, L & R), and as usual in contras, move up to "position the set" continuously.

PATTERN

Meas.

Introduction: Before main phrase begins partners honor.
FIG. I PASS THROUGH, BALANCE, TURN, BALANCE; REPEAT.

1&2 All beginning on R ft and stepping on ball of ft to each ct (3 steps per meas) pass through opp line in 6 steps, ptrs passing R shoulders, and remain facing owd joining H's in the line.

3&4 All step R swd and arch L ft to R ft (1 meas); then step L swd and arch R (1 meas).

5&6 Releasing H's each person turns $\frac{1}{2}$ CW in place in 6 little steps to face opp line and all join H's within the line.

7&8 Repeat balancing as in meas 3 and 4.

9&16 Repeat action of meas 1-8 back to home position.

FIGURE II

a. LEADERS DOWN OUTSIDE, UP INSIDE, BALANCE LINE OF 4

17-24 Beginning R ft leaders first face up, then turn owd to face down the outside of their line, all in 3 steps (1 meas). Go down the outside 6 steps (2 meas) then cut through the line in 3 steps (1 meas) to the center to meet ptr and face up joining inside HBs shoulder high (W is on M's L). In 6 steps (2 meas) leaders go up center to stand between the No. 2 cpl that was below them (in their unit) all joining H's shoulder high in a line-of-4, all facing up. In line-or-4, all bal R, bal L, in 2 meas. (Go down below two inactive people in your line before cutting in).

b. LEADERS TURN, BALANCE, CAST OFF, BALANCE

25-32 Leaders keeping H's joined and releasing inactive people (No. 2's) rotate once CW in 6 steps (2 meas) with M stepping bwd in place, W fwd, and end back in line-of-4 with all H's joined, again facing up. Bal R, then L (2 meas). Leaders release their joined H's (M's L, W's R) but keep H of inactive person and they cast off (turn in place cwd 3/4 around inactive person in 6 steps (2meas) back in original line one place lower to face opp (ptr). H's are quickly joined within line shoulder-high and bal R and L. Head and feet cpls cross over as actives are "wheeling".

Presented by Millie von Kinsky

Idyllwild:- 1961

KALAPATI

(Courtship Folk Dance from Philippines)

RECORD: Folk Dancer MH

FORMATION: Partners stand about six feet apart. Any number of couples may take part.

This dance first introduced in the United States by noted dance authority Francisca Aquino from the Philippines. Detailed directions and music are found in her Handbook of Philippine dances. The following are condensed directions for those attending her workshops. Please do not reproduce without her written permission.

KALAPATI means dove. The dance is patterned after the characteristic movements of the doves as they court.

MUSIC is in three parts: A, B, and C.

COUNT one, two, three to a measure in $3/4$ time and one and two, or one, and two, and in $2/4$ time.

NOTE: Start all steps (waltz and change steps) with raising of the free foot before stepping on count 1 of every meas.

PATTERN

INTRODUCTION: Music A. Sing Verse.

Face front

- (a) Waltz R sideward, R arm in front of chest, palm up and move gracefully outward to sideward right as if greeting friends and saying "good evening". L H is placed on waist (1 meas)
- (b) Repeat (a) starting L. Reverse position of H's... 1 meas.
- (c) Repeat (a) and (b)...2 meas.
- (d) Step R sideward (ct.1), point L across R in rear and bend knees slightly (cts 2,3) "Kumintang" R H, L H on waist...1 meas.
- (e) Repeat (d) starting L. Reverse position of H's... 1 meas.
- (f) Repeat (d) and (e)...2 meas.
- (g) Starting with R ft, take 4 waltz steps turning around CW in place. "Kumintang R and L Hand, L and R on waist, alternately...4 measures.
- (h) Waltz sideward, R and L. Place both hands lightly on chest as if pointing to self...2 meas.
- (i) Step R sideward (1 meas.), step L close to R ft. and bow to audience, open arms at sides (1 meas.)2 meas.

PART I Music b. Face front.

- (a) Starting with R ft, take 8 change steps forward. Bend elbows like hands on hips position, but hands are kept in front, palms facing down, fingers closed together with thumbs almost touching waist in front. Move elbows forward (ct.1) backward (ct. &), forward, (ct.2) and backward (ct &) as if flapping wings at every measure...8 meas.
- (b) Turn right about. Repeat (a) going to proper places...8 meas.

PART III Music C. Face Partner.

- (a) Starting with R ft, take two change steps forward to meet at center, same hand movements as in fig. 1... 2 meas.
- (b) Turn R shoulders towards and near each other. Starting with R ft take six change steps forward, moving around CW. Hands of girl as in fig. 1. Boy's hands in Hayon-Hayon* position, R and L forearm in front alternately. Partners look at each other...6 meas.
- (c) Turn R about, L shoulders towards each other. Repeat (b) moving CCW. Finish facing partner...6 meas.
- (d) Repeat (a) moving backward to proper places...2 meas.

PART III-Music B. Face partner.

- (a) Do-si-do, starting with R ft, take 4 change steps forward passing by R shoulders (4 meas) and 4 change steps backward passing by L shoulders (4 meas) H's as in Fig. I...8 meas.
- (b) Repeat (a) passing by L shoulders first...8 meas.

PART IV* Music C Face partner.

- (a) Change steps sideward, R and L. Hands as in Fig I... 2 meas.
- (b) Starting with R ft, take 2 change steps forward to meet at center. Hands as in (a)...2 meas.
- (c) Take 8 chasing steps turning around CCW, R ft. Leading, partners in face-to-face position, looking at each other. Girl holds skirt, boy places hands on waist... 4 meas.
- (d) Turn R about to be in back to back position. Repeat (c) turning CW., R ft. leading, looking at each other

