Multicultural Movement Skills - Wild Turkey Mixer, Patty Cake Polka, Oh Susanna, Troika, Green Sleeves, La Raspa, Pata Pata

LESSON FOCUS

Outcomes:

I can demonstrate teacher led dance steps.  
I can demonstrate movements in the appropriate direction during dances.  
I can demonstrate appropriate etiquette and behavior during dance activities.

Instructions:

Begin each lesson with a review of one or two dances youngsters know and enjoy. Review rhythms previously learned as desired before teaching new ones.  
Rhythms should be taught like other sport skills. Avoid striving for perfection so students know it is acceptable to make mistakes. Teach a variety of dances rather than one or two in depth in case some students find it difficult to master a specific dance. Make dances easy for students to learn by implementing some of the following techniques:  
    1. Teach the dances without using partners.  
    2. Allow youngsters to move in any direction without left-right orientation.  
    3. Use scattered formation instead of circles.  
    4. Emphasize strong movements such as clapping and stamping to increase involvement.  
    5. Play the music at a slower speed when first learning the dance.

**Troika (Russian)**  
Formation: Trios face counterclockwise. Start with hands joined in a line of three. The body weight is on the left foot; the right foot is free.  
Directions:  
Measures    Part I Action  
1        Take four running steps diagonally forward right, starting with the right foot. (Diagonal, 2, 3, 4)  
2        Take four running steps diagonally forward left, starting with the right foot. (Diagonal, 2, 3, 4)  
3-4        Take eight running steps in a forward direction, starting with the right foot. (Forward, 2, 3, 4, 5, 6, 7, 8)  
5-6        The center dancer and the left-hand partner raise joined hands to form an arch and run in place. Meanwhile, the right-hand partner moves counterclockwise around the center dancer with eight running steps, goes under the arch, and back to place. The center dancer unwinds by turning under the arch. (Under, 2, 3, 4; Turn, 2, 3, 4)  
7-8        Repeat the pattern of measures 5 and 6, with the left-hand partner running under the arch formed by the center dancer and the right-hand partner. (Under, 2, 3, 4; Turn, 2, 3, circle)  
Measures    Part II Action  
9-11        The trio joins hands and circles left with 12 running steps. (Run, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12)  
12        Three stamps in place (counts 1-3), pause (count 4). (Stamp, 2, 3, pause)  
13-15        The trio circles right with 12 running steps, opening out at the end to re-form in lines of three facing counterclockwise. (Run, 2, 3, 4, 5, 6, 7, 8, open, 10, 11, 12)  
16        The center dancer releases each partner's hand and runs under the opposite arch of joined hands to advance to a new pair ahead.  
Right- and left-hand partners run in place while waiting for a new center dancer to join them in a new trio. (Stamp, 2, line, pause)

**Green Sleeves (English)**  
Skills: Walking, star formation, over and under  
Formation: Double circle with couples in sets of four, facing counterclockwise. Two couples form a set and are numbered 1 and 2. Inside hands of each couple are joined.  
Directions:  
Measures    Call                Action  
1-8        Walk                Walk forward 16 steps.  
9-12        Right-hand star        Each member of couple 1 turns individually to face the couple behind. All join right hands and circle clockwise (star) for eight steps  
13-16        Left-hand star        Reverse direction and form a left-hand star. This should bring couple 1 back to place facing in the original direction.  
17-20        Over and under        Couple 2 arches and couple 1 backs under four steps while couple 2 moves forward four steps. Couple 1 then arches and couple 2 backs under (four steps for each).  
21-24        Over and under        Repeat the action of measures 17-20.

**La Raspa (Mexican)**  
Skills: Bleking step, running, elbow swing  
Formation: Partners are facing, couples scattered around the room.  
Directions: La raspa means "the rasp" or "the file," and the dance movements are supposed to represent a rasp or file in action. Directions are the same for both partners.  
Part I: To begin, the partners face each other, partner B with hands at sides and partner A with hands behind the back.  
Measures    Action  
1-4        Beginning right, take one Bleking step. (Slow, slow, fast, fast, fast)  
5-8        Turn slightly counterclockwise away from partner (right shoulder to right shoulder) and, beginning with a jump on the left foot, repeat measures 1-4. (Slow, slow, fast, fast, fast)  
9-12        Repeat action of measures 1-4, facing opposite direction (left shoulder to left shoulder). (Slow, slow, fast, fast, fast)  
13-16        Repeat action of measures 1-4, facing partner. (Slow, slow, fast, fast, fast)  
Part II: Partners hook right elbows; left elbows are bent and left hands are pointed toward the ceiling.  
Measures    Action  
1-4        Do a right elbow swing, using eight running or skipping steps. Release and clap the hands on the eighth count. (Swing, 2, 3, 4, 5, 6, 7, clap)  
5-8        Do a left elbow swing, using eight running or skipping steps. Release and clap the hands on the eighth count. (Swing, 2, 3, 4, 5, 6, 7, clap)  
9-16        Repeat the actions of measures 1-8.  
Variations:  
Face partner (all should be in a single-circle formation for this version) and do a grand right and left around the circle. Repeat Part I with a new partner.  
All face center or face a partner and do the Bleking step. On each pause, clap own hands twice.

**Savila Se Bela Loza (Serbian)**  
Skills: Running step, crossover step, hop  
Formation: Broken circle or line; joined hands held down  
Directions: Explain Savila Se Bela Loza (pronounced SAH-vee-lah say BAY-lah LOH-zah) means a "grapevine entwined in itself."  
Measures    Part I Action  
Introduction  
1-20        Face slightly to right, move right starting with the right foot taking 18 small running steps forward. Do a step-hop on the 19th and 20th steps. (Run, 2, 3, ... 18, step, hop)  
21-40        Face slightly left and repeat above action starting with the left foot. Finish with a step hop on the left foot. (Run, 2, 3, ... 18, step, hop)  
        Part II Action  
41-44        Beginning with right, take one schottische step moving right. Translated this is a step to the right sideward on right foot, a step with the left foot behind the right followed by a step-hop on the right foot. (Right, left, right, hop)  
45-48        Beginning with left, take one schottische step moving left. This is done with a step to the left sideward on left foot, a step with the right foot behind the left followed by a step-hop on the left foot. (Left, right left, hop)  
49-64        Repeat the action of counts 41-48 two more times.  
Repeat the dance. During the music for Part I, the leaders on the ends of the lines may lead the line anywhere, winding or coiling the line like a grapevine.

**Ve David (Israeli)**  
Skills: Walking, pivoting, buzz-step turn  
Formation: Double circle, couples facing counterclockwise, partner B on partner A's right. Inside hands joined, right foot free.  
Directions:  
Measures    Part I Action  
1-2        All walk forward and form a ring. Take four walking steps forward, starting with the right foot and progressing counterclockwise, then back out, taking four walking steps to form a single circle, facing center, with all hands joined. (Walk, 2, 3, 4; Single, circle, 3, 4)  
3-4        All forward and back. Four steps forward to center and four steps backward, starting with the right foot. (Forward, 2, 3, 4; Back, 2, 3, 4)  
        Part II Action  
1-2        B's forward and back; A's clap. Partner B, starting with the right foot, walk four steps forward to the center and four steps backward to place while Partner A clap. (B's in, 2, 3, 4; Out 2, 3, 4)  
        Part III Action  
1-2        Partner A forward, circle to the right, and progress to a new partner; all clap. A's, clapping hands, walk four steps forward to the center, starting with the right foot. They turn right about on the last "and" count and walk forward four steps, passing their original partner and progressing ahead to the next. (As in, 2, 3, 4; Turn to new partner)  
3-4        Swing the new partner. The A and the new partner B swing clockwise with right shoulders adjacent, right arms around each other across in front, and left arms raised, pivoting with right foot for an eight count "buzz-step" swing. (Swing, 2, 3, 4, 5, 6, 7, 8)  
Repeat the entire dance.

**Patty Cake (Heel and Toe) Polka (International)**  
Formation: Double circle, partners facing, A partners in the inner circle with back to the center. Both hands are joined with partner. A's left and B's right foot are free.  
Directions:  
Measures Part I Action  
1-2 Heel-toe twice with A's left and B's right foot. (Heel, toe, heel, toe)  
3-4        Take four slides sideward to A's left, progressing counterclockwise. Do not transfer the weight on the last count. Finish with A's right and B's left foot free. (Slide, 2, 3, 4)  
5-8        Repeat the pattern of measures 1-4, starting with A's right and B's left foot, progressing clockwise. Finish with the partners separated and facing. (Heel, toe, heel, toe; slide, 2, 3, 4)  
Measures    Part II Action  
9        Clap right hands with partner three times. (Right, 2, 3)  
10        Clap left hands with partner three times. (Left, 2, 3)  
11        Clap both hands with partner three times. (Both, 2, 3)  
12        Slap own knees three times. (Knees, 2, 3)  
13-14        Right elbow swing with partner. Partners hook right elbows and swing once around with four walking steps, finishing with A's back to center. (Swing, 2, 3, 4)  
15-16        Progress left to a new partner with four walking steps. (Left, 2, 3, 4)  
Repeat the entire dance with the new partner.

**Oh, Susanna (American)**  
Formation: Single circle, all facing center, partner B on the right  
Directions:  
Measures    Part I Action  
1-4        Partners B walk forward four steps and back four, as partners A clap hands. (Forward, 2, 3, 4; Back, 2, 3, 4)  
5-8        Reverse, with A's walking forward and back, and B's clapping time. (Forward, 2, 3, 4; Back, 2, 3, 4)  
Measures    Part II Action  
1-8        Partners face each other, and all do a grand right and left by grasping the partner's right hand, then passing to the next person with a left-hand hold. Continue until reaching the seventh person, who becomes the new partner. (Face, 2, 3, 4, 5, 6, 7, 8)  
Measures    Chorus  
1-16        All join hands in promenade position with the new partner and walk counterclockwise around the circle for two full choruses singing: "Oh Susanna, oh don't you cry for me, For I come from Alabama with my banjo on my knee." (Promenade, 2, 3, ... 16)  
Repeat the dance from the beginning, each time with a new partner. For variety in the chorus, skip instead of walk, or walk during the first chorus and swing one's partner in place during the second chorus.