

Florida Music Educators Association – Tampa, Florida - Peter & Mary Alice Amidon

***New Dances for K-6 - sponsored by West Music***

Tampa Convention Center, West Hall A • Thursday, January 11, 2018 • 9:00 – 10:00 am

***For post-workshop online notes (which will be up by Saturday night, January 13) please go to:***

***www.amidonmusic.com***

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**Grand March** In NEDM's Sashay the Donut  
Music: Use "Old Timey Medley" from the  
"Sashay" CD, or any reel medley.

**Chorus:**

A1: Forward and back twice

A2: Circle left, circle right

B1: Right hand turn around partner

Left hand turn around corner

Dosido partner

Seesaw corner (left shoulder dosido)

B2: Promenade partner

**Verses:** (In no particular order)

***Spiral*** (There are two versions of this.)

***Promenading in ones, twos, fours, eights:***

Promenade up middle of hall, cast off away from partner, meet partner at bottom.

Promenade up middle of hall, at top of hall each couple alternate going to the left and to the right.

At the bottom of the hall, couple meets couple and come up the middle of the hall in lines of four. Each

line of four alternate goint to the left and to the right.

Lines of four meet at the bottom and come up the middle of the hall in lines of eight.

There are a number of things you can do at this point. One of them is to have the front group of eight move the the left, curve around, and pick up the 2nd line of eight. Continue this until you have one big circle again.

***Tunnel Figure*** From the promenade in the chorus: a designated couple stops, drops hands, turn (individually) to face the opposite direction, take partner's handy hand and raise it up, and arch over the promenading couples, walking over them in the opposite direction. (Each couple does this in succession after they go through the last arch.) When the lead couple reaches the end of the promenading couples, they stop, drop held hand, turn individually, get in promenade position, and promenade all the way through all the arches. This time when they come out of all of the arches, they keep promenading. All other couples follow suit, until everyone is simply promenading in a circle again.

**Quartz Mountain Man in the Middle**

Created by music teachers at an Amidon workshop at Quartz Mountain Resort in Oklahoma, Oct. 2012

**Formation:** Circle mixer

**Music:** any reel medley

**A1:** Circle left, Circle Right

**A2:** All forward and back

Gents go forward and clap on beats 5, 6, 7 jumping on beat 7 and turning 180° in air and landing facing new partner

**BECAUSE, AT THE SAME TIME**

Women stay where they are, clap on beats 5, 6, 7, jump TO THEIR RIGHT one place on Beat 7.

**B1:** If all children: Long R elbow swing with new partner – if community dance with adults: dosido/R elbow turn new partner (because adults get dizzy easier) **B2:** Promenade new partner.

# Come Along Everybody

in NEDM's "I'm Growing Up" book/CD/DVD



Come a - long, ev' - ry - bod - y, stop your talk - ing,



All join hands and let's go walk - ing,



Come a - long, ev' - ry - bod - y, clap your hands: *clap clap clap*

*...come along everybody, tap your toe, clap your hands.*

*... come along everybody, turn around, tap your toe, clap your hands.*

*...swing your hips...*

*...hop three times...*

*...jump up high...*

# Here We Go Riding Our Ponies

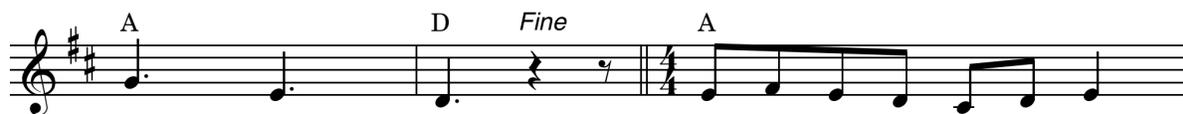
in NEDM's "I'm Growing Up" book/CD/DV



Here we go rid - ing our pon - ies, our pon - ies, our



pon - ies. Here we go rid - ing our pon - ies,



Whoa, whoa, whoa! Stop a min - ute and you say:



"How are you this ver - y fine day?" And off we go...

## Noble Duke of York

in NEDM's *Rise Sally Rise* book & CD

Oh the Nob-le Duke of York, he had ten-thou-sand men; He  
marched them up to the top of the hill and he marched them down a - gain, and  
when they were up they were up, and when they were down they were down,  
and when they were on - ly half-way up they were nei-ther up nor down.  
Oh a - hun-ting we will go; a - hun-ting we will go, we'll  
catch a fox and put him in a box, and then we'll let him go.

### Noble Duke of York

In NEDM's "Rise Sally Rise" and "Alabama Gal"  
Without taking hands, lines all go forward towards  
partner (without touching)

#### *He had ten thousand men*

All walk backwards back to place.

#### *He marched them up to the top of the hill*

#### *And he marched them down again.*

All dosido partner.

#### *And when they were up they were up*

Active (top) couple start sashaying down the middle  
while all other dancers stand up on tiptoes with  
hands high in the air..

#### *And when they were down they were down*

Active couple continues sashaying down while all  
other dancers crouch way down (keeping heads up)

#### *And when they were only halfway up*

Active couple starts sashaying back up the middle  
while all other dancers crouch halfway up with  
hands on knees

#### *They were neither up nor down*

Active couple continues sashaying up the middle  
while all the other dancers (who are all facing their  
partners) on the word "up" leap up from the  
'halfway up' position, high in the air, do a 90  
degree turn so that they all land facing up towards  
the music and towards the active (top) couple who  
have now reached the top of the set.

#### *Oh a hunting...*

ALL SKIPPING THROUGHOUT: Top couple lead  
other couples in cast off to bottom of the set. Top  
couple makes arch at the bottom, other couples take  
partner's hand and go under the arch and back to the  
top of the set. Repeat dance with new top couple.

**Sellinger's Round** from the Playford English Country Dances, 1670

FORMATION: Circle of couples

MUSIC: *Sellinger's Round*

You can purchase and mp3 of music for Sellinger's Round on iTunes by typing in "sellinger's round cupola".

**Figure One 1- 8** Take hands and circle 8 slip steps left, and 8 slip steps back.

**CHORUS:**

**9-12** Two singles into the center, and a double back to place

**13-16** Face partner, set and turn single.

**17-24** Repeat 9-16.

**1- 8** Take hands in a circle and forward and back twice.

**9-24 CHORUS**

**Figure Two 1- 8** Siding with partner twice. It is like doing a two hand turn halfway and back, but without hands.

**9-24 CHORUS**

**Figure Three 1- 8** Right elbow turn with partner, left elbow turn with partner

**9-24 CHORUS**

**Figure Four 1- 8** Take hands and circle 8 slip steps left, and 8 slip steps back (optional: while singing the tune)

**9-24 CHORUS** (optional: continue singing the tune)

**Traffic Jam** learned from John Krumm

Use "Heel & Toe Polka" for music from "Chimes of Dunkirk" CD.

This is a terrific "scatter mixer" for any age; particularly for older students who do not have much dance experience.

**Level One**

Formation: dancers scattered across floor

Music: ABAB tune (or AABB, but dance sequence will go twice through an AABB tune)A: (All just walking single in random directions) Step, step,

step, step,

clap clap clap, stamp stamp stamp

Walk in different direction, Step, step, step,

clap clap clap, stamp stamp stamp

(Clapping is clapping own hands together.

Stamping is with one foot.)B: 8 sashays (alone) sideways in one direction

Then 8 sashays back in the other direction.

**Level Two**

Formation: couples scattered across floor

A: Partners standing side by side holding partner's handy hand.

Walk four steps in one direction. Then partners face each other and clap (both hands) each other's hands: clap clap clap, stamp stamp stamp.

Repeat, walking in opposite direction

B: Partners take two hands with each other, and sashay 8 beats in one direction, and 8 beats in the opposite direction.

**Level Three**

Formation: couples scattered across floorA:

Partners standing side by side holding partner's handy hand, walk four steps in one direction. Then partners face each other and clap (both hands) each other's hands: clap clap clap, then stamp stamp stamp.

Repeat, walking in opposite direction

B: Partners take two hands with each other, and sashay 8 beats in one direction, then LEAVE PARTNER AND QUICKLY FIND A NEW PARTNER and sashay in another direction with new partner.

Repeat, starting with this new partner