

First Folk Dances

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City
Arrangements by Walter Eriksson

SIDE 1 HOW DO YOU DO, MY PARTNER (Sweden)

There are several sources for this dance, mostly of Scandinavian origin. The dance is also known as *How Do You Do, My Rosa*. It may be used with ages ranging from kindergarten to the third or fourth grades and even with adults at parties.

OPENING FORMATION: Couples in a double circle with partners facing each other. Boy has his back to center of the circle.

WORDS: "How do you do, my partner?
How do you do today?
Will you dance in a circle?
I will show you the way."

CHORUS: "Sing tra, la, la, la, la, etc."

DANCE VERSION 1: "How do you do, my partner?"—Boys bow.

"How do you do today?"—Girls curtsy.

"Will you dance in a circle?"—Shake right hands.

"I will show you the way."—Both face counterclockwise and stand side by side as they now join left hands to assume skaters' position.

CHORUS: All skip forward around the circle, singing "tra, la, la," etc. Slow down on Measures 7 and 8, so boy can move up to girl ahead. With the new partner, repeat dance from beginning.

DANCE VERSION 2: Instead of a double circle with partners facing, a single circle is formed, girl standing to the right of man. They do the same motions as in Version 1, facing partner in single-circle formation. During the Chorus of the dance, all in circle,

join hands and either slide or skip in the direction designated by the teacher. Direction can be varied, as desired.

DANCE VERSION 3: Start the dance in a single circle, with one person in the middle. During line 1, the center dancer selects a partner and both do the dance as given in the previous versions. During the "tra, la, la," they dance around the inside of the circle as a couple. Then couple separates. Each selects another partner from the circle, so that there are now four in the center.

This continues until all dancers have exchanged partners.

Those waiting to be selected may either stand and clap hands or walk to the left and right in a circle.

DANCE VERSION 4: A variation for higher grades uses these words:

"How do you do, my Rosa,
How do you do, my flower?
How do you do, my princess (or my jewel),
How do you do, my friend (or my rose)?"

On Chorus, sing "tra, la, la," or substitute the words "dance with me" for "How do you do," i. e., "Dance with me, my Rosa," etc.

The action is the same as in the previous versions; dancers imitate the gestures described in additional verses such as these:

"Clap your hands, my Rosa"—Boy claps hands, then the girl claps.

"Fly high, my Rosa"—Stand on one leg and clap hands.



"Turn around, my Rosa"—Dancers turn in place, jumping, running or twirling.

"Kneel down, my Rosa"—Boys kneel, then rise, girls kneel.

"Good-bye, my Rosa"—All wave both hands as they move away from each other and on towards next person in circle to resume dance.

A Danish version of this dance includes such actions as combing hair, making beds, sweeping floors, stirring a stew, etc. Children can make up their own actions for additional fun. The dance can also be done with one person in the middle choosing a partner to improvise an action, with others following suit.