

All-Purpose 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

SEVEN JUMPS (Denmark)



Originally danced only by men, any number of people may participate in this dance-game. Notice that the sustained notes are of varying duration to cause teasing suspense, since dancers must hold position for the duration of the note.

OPENING FORMATION: Single circle, all hands joined. If preferred, in couple formation, with partners joining both hands for CHORUS, facing each other for Figures.

CHORUS: Begin the dance with the CHORUS and return to it after *each* of the 7 Figures below. CHORUS consists of 7 step-hops to the left with a jump on the 8th. Repeat step-hops and jump to the right. Step-hop by stepping, then hopping on one foot as the opposite leg swings forward and across. (The jump may be left out for general use and dancers may do 8 step-hops to the left, then 8 to the right.)

FIGURES: 1. Right Foot—On first sustained note, place hands on hips and raise right knee. Do not lower knee until the *second* note and stand motionless

throughout the *third* note.

Repeat CHORUS.

NOTE: Stand motionless each time only on the last sustained note of music in each Figure.

2. Left Foot—Repeat Figure No. 1, adding identical figure with *left* knee.

Repeat CHORUS.

3. Right Knee—Repeat Figures No. 1 and 2, then kneel on right knee.

Repeat CHORUS.

4. Left Knee—Repeat Figures No. 1, 2 and 3, add kneel on left knee.

Repeat CHORUS.

5. Right Elbow—Repeat Figures No. 1, 2, 3 and 4, then kneel and place right elbow on floor.

Repeat CHORUS.

6. Left Elbow—Repeat Figures No. 1, 2, 3, 4 and 5, placing left elbow on floor.

Repeat CHORUS.

7. Head—Repeat Figures No. 1, 2, 3, 4, 5 and 6, then place head on floor.

Finish dance with a final CHORUS.