

SEVEN JUMPS *(Western Europe)*

Origin: This dance dates back more than fifteen centuries, and variants have been found in Western European countries from Scandinavia to Portugal. This particular version comes from Belgium. In ancient times, it was a widespread belief that specific spring rituals were needed to ensure a healthy crop. Dancing with the direction of the sun, utilizing the magic number seven, as well as jumping as high as the tallest crop, were all believed to enhance growth and abundance.

SONG:

1. Can you dance the Seven, Seven, Seven,
2. Can you dance the Seven, the Seven Jumps?
3. This way, that way, now we turn all the way.
4. Can you dance the Seven, the Seven Jumps?
- 5-6 Repeat lines 3-4
7. And that is one. . .
two. . .etc.
8. Back we jump.

DANCE:

Formation: The children hold hands in a circle.

- | Line | Pattern |
|-------------|---|
| 1-2 | All walk Clockwise in the circle. At the word 'Jumps', all jump on both feet facing center and placing both hands on the hips. |
| 3 | With both feet in place, all twist the upper body first to the right (<i>this way</i>), then to the left (<i>that way</i>). Then all dance around in place. |
| 4 | All keep turning until they jump onto both feet facing center at the word ' <i>Jumps</i> '. |
| 5-6 | Repeat action of lines 3-4. |
| 7 | One step forward or a jump with one foot forward (<i>and that is one</i>).
2 = one step or one jump forward with the other foot
3 = kneel on one knee
4 = kneel on the other knee
5 = one elbow on the floor
6 = the other elbow on the floor
7 = forehead on the floor |
| 8 | All jump back to the circle line and hold hands to start the dance over again. |

Note: In line 7, a movement is added in each round until all seven jumps have been performed. Listen carefully to the music, as the tempo is different for each jump.

Dance adaptation and English text by Thea Huijgen
Dance notes by Thea Huijgen
Dance presented by Thea Huijgen at the Seattle Folkdance Festival March 1998.