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FOLK DANCE FEDERATION OF CALIFORNIA INC.

SEPTEMBER INSTITUTE

1964

DATE: Sunday September 27 1964

TIME: Registration: 1:00 P.M.  
Instruction: 1:30 - 5:00 P.M.

PLACE: Oakland High School Auditorium  
MacArthur and Park Blvd.  
Oakland

DANCES

INSTRUCTORS

OBEREK OPOCZYNSKI (Poland)	Anatol Joukowsky
OUR KATIA (Russia)	Anatol Joukowsky
MARTGASSLER (Switzerland)	Bruce Mitchell
D'HAMMERSCHMIEDSG'SELLN (Holland)	Bruce Mitchell
AREDJE DI MALIMPRE (Belgium-Walloon)	Bruce Mitchell

C O M M I T T E E

Edith Cuthbert Chairman  
June Schaal  
Walt Baldwin  
Edith Thompson  
Charles Emerson

Ned Gault Acting Coordinator

This Institute is co-sponsored by the Folk Dance Federation of California, Inc. and the Oakland Recreation Department Oakland, California

Charge for Syllabus - \$1.50

(Poland)

SOURCE: Oberek Opoczynski comes from the town of Opoczno in the central part of Poland. Presented by Anatol Joukowsky at the University of the Pacific Folk Dance Camp in 1964.

MUSIC: Record: Bruno BR 50017 Side A, Band 4 "Poland in Song and Dance", 3/4 Meter. Vanguard VRS 6001 or 9016 "Song from Opoczno".

FORMATION: Cpls in double circle facing CCW, W to R of M. Inside hands joined shoulder height, with elbows bent. M L hand free, usually extended diag fwd. W R hand hold skirt at about finger-tip length and out a little. W does not "swish" skirt.

STEPS: Pas de Basque: Leap diag fwd on L (ct 1). Step R in front of L (ct 2). Step in place on L (ct 3).

Traveling Pas de Basque: Basically the same as Pas de Basque but step in LOD on ct 2 instead of crossing. Lengthen steps so more ground can be covered.

Turning Step: Small leap onto L with bend of knee (ct 1). Step R (ct 2). Step L beside R (ct 3). Next step would start with leap onto R. Two Turning Steps are used to make 1 CW turn (as in waltz, polka, etc.).

PATTERN

Measures

4 meas.

INTRODUCTION

FIGURE I

1-3 Beg M L, W R move fwd in LOD with 3 Pas de Basques.  
 4 Step on inside ft (ct 1). Tap outside ft next to inside ft (ct 2). Raise knee of outside ft, at same time raising and lowering heel of inside ft (ct 3).  
 5-16 Repeat action of meas 1-4 three more times (4 in all).

FIGURE II (Vocal)

1-6 Beg M L, W R move ahead on 6 Traveling Pas de Basque Steps. Cover more ground than in Fig I. On meas 1-2 gradually change hand pos to Skater's pos with L on top.  
 7-8 M dance 2 Pas de Basques almost on the spot. With hands still joined, turn W once to L on 6 steps.  
 9-16 Repeat action of meas 1-8 (Fig II) but on meas 15-16 turn <sup>W</sup> to R.  
 17-32 Repeat action of meas 1-16 (Fig II). On last turn, M help W to place W L arm across M shoulders. M put R hand on W R waist. Outside hands extended sdwd, down and out.

FIGURE III (Butterfly)

1-8 With knees bent, also bend fwd from waist. Heads are close together. Beg M L, W R dance 8 Pas de Basques on the spot, turning CCW (M backing up). End facing ctr.  
 9-12 Releasing ptr, M dance 4 Pas de Basques in place, hands clasped behind back. W, hands holding skirts, move fwd twd ctr on 4 Pas de

Basques.

- 13-16 On 2 Pas de Basques M dance twd ptr. At same time, W turn 1/2 CCW to face ptr. On meas 15-16 all join R hands with own ptr and L with corner. Because hands are joined this is one circle but actually there is an inner circle of W facing out and an outer circle of M facing in.

FIGURE IV

- 1-4 Beginning L, M dance 4 Pas de Basques in place. W, beginning R, dance 4 Pas de Basques turning R once around under joined R hands.  
5-8 Repeat action of meas 1-4 (Fig IV) but W turn L once around under joined hands.  
9-16 Repeat action of meas 1-8 (Fig IV) but M turn R under joined R hands and back to L while W dance in place.

FIGURE V (Vocal)

- 1-4 Beginning M L, W R dance 4 Pas de Basques. On meas 1 and 2, drop joined L hands and widen circle by M leading W out of ctr. On meas 3 and 4 M place W R hand on M L shoulder. M put own R hand on W L waist. R hips are adj. W hold skirt with L. M L hand out to side and down. Cpls move in 1/2 circle to L so M back is to ctr.  
5-16 Beginning M L, W R dance 12 Turning Steps, turning CW and progressing CCW in circle.

Note: When using Vanguard record, dance ends here. If using Bruno record, dance Turning Step for 8 more meas and then dance off the floor as the music fades.

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9/27/64

OUR KATIA

(Russia)

SOURCE: Our Katia is a horovodnaya pliaska or circle dance. Presented by Anatol Joukowsky at the University of the Pacific Folk Dance Camp in 1964.

MUSIC: 2/4 meter. Special recording

FORMATION: Closed circle, no ptrs. Hands joined and held down.

STEPS: Russian Polka: Step fwd on heel of L ft (ct 1), Close R to L (ct &). Step fwd on heel of L (ct 2). Repeat of step beg R.

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PATTERN

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Measures

20 meas INTRODUCTION. Dance starts with the vocal.

1-2 Beg L, dance 2 Russian Polkas to L (RLOD)

3-4 Continuing, walk 4 steps (L,R,L,R).

5-6 Repeat action of meas 1-2.

7 Walk 2 steps (L,R) in RLOD.

8 Step L in RLOD but turn to face ctr (ct 1). Step R twd ctr (ct 2).

9 Stamp L beside R (no wt) (ct 1). Step L twd ctr (ct 2).

10 Stamp R beside L (no wt) (ct 1). Step bwd on R twd orig ps.(ct 2).

11-12 Continuing L,R,L back up to orig pos. Step R twd ctr.(meas 12,ct 2)

13-16 Repeat action of meas 9-12.

17 Repeat action of meas 9.

18 Stamp R beside L (no wt) (ct 1). Release hands extend arms to sides, L high and R low, palms out and elbows straight. Starting to make a 3/4 circle CW, step R (ct 2).

19-20 Continuing the 3/4 circle CW to reform circle of orig size, step L,R,L. Stamp R in RLOD (meas 20, ct 2) and rejoin hands to start dance again.

Note: Dance is written to conform to the musical structure. When dancing it, the first part seems to end on ct 1 of meas 8. The second part seems to start on ct 2 of meas 8 and end with the 3/4 CW circle having 5 steps. When cueing the dance, it might be convenient to use a dance ct that starts again on ct 2 of meas 8.

Variations for Our Katia may be done at any time by any of the dancers without disturbing others.

Variation I

No change up through meas 8, ct. 1  
Small leap on R twd ctr (meas 8, ct 2). Stamp L heel next to R (no wt) (meas 8, ct &). Small leap onto L twd ctr (meas 9, ct 1). Stamp R heel next to L (no wt) (meas 9, ct &). Bigger leap onto R twd ctr (meas 9, ct 2). Step L next to R (meas 9, ct &). Stamp R next to L (no wt) (meas 10, ct 1). Dance continues as in orig from meas 10, ct 2 through meas 12, ct 1. Do variation as given above for meas 12, ct 2 through meas 14, ct 1. Use also for meas 16, ct 2 through meas 18, ct 1. In other words this is a variation to be used when moving twd ctr of circle.

Variation II

To be used when backing away from ctr. Dance same as orig through meas 10, ct. 1.

Moving back to orig pos, step R (meas 10, ct 2), step L (ct &), step R (meas 11 ct 1) step L (ct &) step R (ct 2) step L (ct &).

Stamp R next to L (no wt) (meas 12 ct 1). Actually 6 little steps and a stamp. Use also for meas 14 ct 2 through meas 16 ct 1.

Variation III: Use the pattern presented in Variation I but do it while backing out of the ctr (meas 10 ct 2 to meas 12 ct 1).

(Note: This dance description subject to revision before publishing in LET'S DANCE MAGAZINE.

MATCASSLER  
(Switzerland)

SOURCE: This dance was presented at the University of the Pacific Folk Dance Camp by Carmen Irmingier and Rosemarie Raths in 1964.

MUSIC: Record: EP 17112 Amadeo. 3/4 Meter

FORMATION: Cpls in a circle, hands joined. To return to ptr, 8 cpls are necessary. Otherwise it becomes a mixer.

PATTERN

Measures

FIG. I. CIRCLE L AND R

- 1-2 Two mazurka steps (walk-walk-hop, crossing free ft over on hop), moving to the L, beg with L ft. Slight fwd body bend on each ct l.
- 3-4 Two waltz-steps still moving in the same direction.
- 5-8 Repeat the movements of meas 1-4.
- 9 Still facing CW, take 3 steps bwd, making 1/2 turn on 3rd step so as to face to the R (CCW).
- 10 Three steps in this new direction, making 1/2 turn on 3rd to face L.
- 11-16 Repeat meas 9-10 three more times, for a total of 4.

FIG II "CRADLE STEP"

- 1-2 Ballroom pos, joined hands pointed twd the ctr. Two side-waltz steps in and out, gracefully lowering hands on "in" and swaying slightly inward, bending elbows and bringing hands to you on "out".
- 3-4 Full turn CW with 2 waltz steps, moving in LOD.
- 5-8 Repeat action of meas 1-4.
- 9-16 Repeat action of meas 1-8 (Fig II), but the waltz turns are done CCW and moving against LOD (RLOD).

FIG III. STEP-SWINGS WITH TURN

- M back to ctr, his R hand holds W L hand; free hands of both dancers are at small of own back.
- 1-2 Two step-swings, M first stepping on L and swinging R across in front, then stepping on R and swinging L across. W does same with opp ftwork. On first, both face LOD; on second face each other.
- 3-4 Balance away from each other and together again with 2 waltz steps.
- 5-6 Repeat action of meas 1-2, Fig III.
- 7-8 With 6 steps both turn under joined hands (M L, W R), end with stamp, facing each other.
- 9-16 Repeat action of meas 1-8 (Fig III).

FIG IV. SIDE MAZURKA

- Ballroom pos.
- 1-4 Two side-mazurka steps, then full turn with 2 waltz steps CW.
- 5-16 Do this 3 more times for a total of 4.

FIG. V. SIDE-STEPS WITH ARMING

- 1-2 Release hands; all put hands on own hips, facing ptr, M back to ctr. Take 4 small side-slide steps to own L and stamp R ft twice, ending up facing the person who was second over from your own ptr.
- 3-4 Link R elbows with this person and, starting with L ft, make one full turn with 2 waltz steps.

- 5-16 Repeat the action of meas 1-4, 3 more times, for a total of 4, but the last time, instead of linking elbows and turning, ptrs give R hands and the M pulls the W twd ctr while he moves out of the circle and with a 1/2 turn R ends up in an outside circle facing in. At this point the W are in an inner circle facing in hands joined in high arches; M are standing in outside circle facing in, hands on hips.

FIG. VI. GALLOPS INTO CTR

- 1-2 Leading with L shoulder and bent little to L, M takes 4 gallop steps into ctr beg with L ft passing under arch formed by his ptr's R arm stamping R ft twice when he arrives in ctr.
- 3-4 M join hands in inside circle and dance bwd with 2 waltz steps expanding their circle and raising hands to make high arches. (W must also move bwd as the M's circle expands -- W finally release hands and put on own hips.)
- 5-6 W go into ctr with 4 gallops and 2 stamps as M did in meas 1-2.
- 7-8 With 2 waltz steps W back out and all join hands in one big circle.

FIG VII. FINALE - CIRCLE LEFT AND BOW

- 1-2 Moving L in the circle take 2 mazurka steps beg L ft.
- 3-4 Two waltz steps continuing to move L.
- 5-6 Two more mazurka steps continuing to move L.
- 7 One waltz step continuing to move L.
- 8 With one waltz step all release hand of neighbor who is not one's ptr M turns W to her L (CCW) under joined hands and both bow.

This dance description subject to revision before publishing in LET'S DANCE MAGAZINE.

9/27/1961

D'HAMMERSCHMIED G'SELIN

*German*  
(Dutch)

SOURCE: Presented by Huig Hofman at the University of the Pacific Folk Dance Camp in 1964.

MUSIC: Record: Folkraft 1485x45B 3/4 Meter

FORMATION: Dance for M only; little circles of 4 M; - M1 and M3 facing, M2 and M4 facing.

CLAPPATTERN: Two measures. Clap both hands on own thighs, on own chest, in own hands, clap in each others R hands, in each other L hands, in each others both hands.

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PATTERN

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Measures

1-16 Opp M (1 and 3) do clappattern, beg on first beat of meas 1.  
Opp M (2 and 4) do clappattern, beg on first beat of meas 2.

CIRCLE LEFT AND RIGHT

1-8 The four M join hands to form circles of four, CW around with  
step-hops. Beg L ft.  
9-16 Circle CCW around.

CLAPPATTERN

1-16 M 1 and M 3 beginning.

RIGHT AND LEFT STAR

1-8 Sets make R hand star and turn CW with step-hops. Beg L ft.  
9-16 Sets make L hand star and turn CCW with step-hops.

CLAPPATTERN

1-16 M 1 and M 3 beginning.

BIG CIRCLE - All dancers form one big circle.

1-8 CW around with step-hops. Beg L ft.  
9-16 CCW around.

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AREDDJE DI MALIMPRE

(Belgium)

Aredje di Malimpre (ah-RAHZH dee mal-AHM-pray) is an old Walloon dance from the Belgium Ardennes. Malimpre is the name of a small village. Aimee Frerard, from Liege, Belgium, introduced this dance at the 1964 University of the Pacific Folk Dance Camp.

MUSIC: Record: Dances de Belgique No. 2 - dances wallonnes. Unidisc  
33 1/3 rpm. EX33151 - Side 2, Band 1 Aredje di Malempre  
(should be slowed a little)

FORMATION: Square formation, numbered CW. Cpl #1 has back to music.

STEPS and Walking step\*; Skipping step\*.  
STYLING: When free, hands are at sides or back of hands may be on hips.  
W may hold apron with both hands.

\*Described in volumes of "Folk Dances from Near and Far", published by the Folk Dance Federation of California, Inc., 1095 Market St., San Francisco, California (94103).

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MUSIC: 6/8

PATTERN

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Measures  
Upbeat &  
4 meas

INTRODUCTION: On last meas, join hands to make a circle.

I. CIRCLE LEFT AND RIGHT

A 1-4 Starting L ft, circle L (CW) with 8 walking steps (2 per meas).  
On last step prepare to change direction.

5-8 Circle R (CCW) 8 walking steps to finish in original square formation.

II. ACTIVE COUPLE SKIP

B 1-2 Cpl #1, with inside hands joined, walk twd ctr with 4 steps.  
Throughout Fig II, inactive dancers stand in place and clap hands.

3-4 Cpl #1 hook R elbows and turn 1/2 circle CW with 4 skipping steps to end with M #1 facing W #2.

5-6 M #1 and W #2 hook L elbows and turn 1/2 circle CCW with 4 skipping steps. Meanwhile W #2 make 1/2 circle CW in ctr with 4 skipping steps to finish facing ptr.

7-8 Cpl #1 hook R elbows and turn 3/4 circle CW with 4 skipping steps to end with M #1 facing W #3.