

LLCC Community Learning and the LLCC Multicultural Awareness Center:
**Learn to Dance with the
Springfield International Folk Dancers**

Course: Community Education (CEW) 104-X51
Term: Calendar Year 2010
Instructors: Hedy Hoemmen, John Petter, and Cathy Ward

I. COURSE OBJECTIVES

The primary purpose of this course is to teach basic folk dance steps and simple folk dances from a variety of cultural regions in the world. This over-arching purpose aims at multiple objectives:

- To learn dance techniques and vocabulary applicable to learning about dance in other educational settings;
- To develop skills and competencies in folk dancing that can transfer to other cultural and social settings, improving multi-cultural awareness;
- To explore the history and culture of an ethnic group or geographic region by understanding the folk dancing traditions in music and movement; and
- To encourage folk dancing as a form of physical exercise that can be enjoyed throughout life.

II. COURSE PARTICIPATION

You learn dancing best by doing. Therefore, you should strive for:

- **Attending class** – The lessons build upon each other. Taking time to re-teach a dance step in later weeks takes time away from people who have participated all along. While you can still appreciate the folk dance and culture of a country or region without having attended prior weeks, your participation each session is vital to effective learning and enjoyment.
- **Staying the second hour** – Each week, the folk dance group will continue for a second hour, teaching or performing more complicated folk dances from that country or region. While you may choose not to participate in some of those dances, you can better understand and more fully appreciate that culture by being aware of more of its folk dances.

- **Finding opportunities to practice** – Like any new skill, dancing is learned best by repetition. Print out the directions from the website and review the steps at home. Watch video links where possible. Find other places that teach or practice folk dancing, so you can practice the steps. Seize opportunities to do folk dances at multi-cultural events, ethnic festivals, weddings, and other occasions. Show that you respect others' culture in a direct and personal way.

III. INSTRUCTORS

Although other teachers will be relied upon as possible, the course will have three main instructors. **Hedy Hoemmen** began folk dancing as a child in Germany; she started Springfield International Folk Dancers in 1975 and was for years the primary teacher. **Cathy Ward** and **John Petter** took folk dancing courses in college, joined the group over thirty years ago, and have shared the teaching in recent years.

IV. SESSION INFORMATION

A. Scheduling

The course schedule is given in Section V. The fourth Monday of each month (again, 7:00-8:00 pm), we do Lincoln-era American folk dancing. Instructions for all dances are available on the group's website: www.sifolkdancers.org/dance-descriptions

Each week, the group continues a second hour (8:00-9:00 pm), covering harder folk dances. Course participants are welcome to stay and observe the dances. The group also meets on the first and fifth Monday evenings (7:00-9:00 pm) of each month, doing folk dances from a wider variety of countries. Course participants are welcome without additional cost, since basic steps will be assumed.

B. Requirements

In case of the need to cancel a session, an email address or cell phone number will be required of each participant.

The only session requirements are to be on time and to bring an attitude of openness to cultures and other dance steps. You simply must try everything, even if you finally decide that you need more practice before you can do the folk dance well.

No special clothing is required for the sessions, although loose fitting clothing and shoes with leather soles are strongly recommended. Shoes must have non-marking soles.

Participants need not bring a partner, as one of the joys of folk dancing is the social aspect of getting to know other people. Dance mixers are common in folk dancing and are a way to share the culture.

V. COURSE SCHEDULE

Lessons are the second and third Mondays of each month, 7:00-8:00 pm, as follows:

<i>January</i>	Switzerland, Austria, and the Czech Republic (<i>the polka</i>)
1/11	Knoedeldrahner, Doudlebska Polka, Tyrolian Boarisher
1/18	Ziguenerpolka, Rovenacka, Lauener Laguus
<i>February</i>	Italy and France (<i>the waltz, both open and closed</i>)
2/8	Avant-Deux de Travers, La Vie Joyeuse, Tarantella Siciliano
2/15	Hanter Dro, Canal du Midi, La Furlana
<i>March</i>	Scotland and Ireland (<i>the balance and reel step</i>)
3/8	Irish Washerwoman, Dashing White Sergeant, Gay Gordons
3/15	Domino 5, Galloping Carousel, Walls of Limerick
<i>April</i>	Serbia, Albania, and Greece (<i>the two-step and grapevine</i>)
4/12	Savila se Bela Loza, Ersko Kolo, Sa Gjijile
4/19	Šetnja, Makedonske Devoice, Miserlou
<i>May</i>	Mexico and South America (<i>the push step and zapateado</i>)
5/10	La Raspa, Ranchera, Carnivalito
5/17	Evangelina, Chiapanecas, La Cucaracha
<i>June</i>	Scandinavia (<i>the schottish and hambo</i>)
6/14	Seksmansril, Gammal Schottish, Icelandic Schottish
6/21	Sisken, Finnish Waltz, Hambo Mixer
<i>July</i>	Poland (<i>the mazur and przytup</i>)
7/12	Kukuletzka, Kokotek, Bialy Mazur
7/19	Kozok, Polka Podlaska, Polonez
<i>August</i>	Israel (<i>the tcherkessia and yemenite</i>)
8/9	Ma Na Vu, Yevarechacha, At Va'ani
8/16	Nigun Atik, Bapardes, Kan Badarom

<i>September</i>	Germany (<i>the mazurka and pivot</i>)
9/13	d'Hammerscheidsgselln, Oberbayerische Mazurka, Westfälische Mazurka
9/20	Die Schö Marie, Mecklenburg Mazurka, Di Alte Kätthe
<i>October</i>	Russia, Ukraine, and Hungary (<i>the pas-de-basque and bokazi</i>)
10/11	Treelyestneek, Troika, Korobushka
10/18	Kortanc, Korscsardas, Russian Round Dance
<i>November</i>	England and mid-1900 America (<i>buzz step and contra turns</i>)
11/8	Black Nag, Upon a Summer's Day, Draper's Garden
11/15	Ted's Triplet, Corn Rigs, Salty Dog Rag
<i>December</i>	Romania and Bulgaria (<i>the step-click and basket hold</i>)
12/13	Alunelul, Itele, Arcanul Modovenesc
12/20	Balutsa, Kukuvička, Tarina de la Abrud

(All folk dances subject to change.)

VI. FEE STRUCTURE

The cost for the lessons is handled through Lincoln Land Community College's Community Learning. Registrants are encouraged to register early to take advantage of the per session cost savings for the entire year.

A. **By Month**

You may sign up for one month (two sessions) for a total cost of \$18.00, which is a cost of \$9.00 per session.

B. **Quarterly**

A three-month set (six sessions) are a total cost of \$48, which is a cost of \$8.00 per session. The three months must be consecutive: January-March, April-June, July-September, or October-December.

C. **Entire Year**

All lessons for January through December 2010 (24 sessions) for a total cost of \$168.00, which is a cost of \$7.00 per session.