

Les Saluts

Formation: Circle

Music: Les Saluts – *Rhythmically Moving 1*

- A1 Walk counter-clockwise 16 steps (16 beats)
- A2 Walk clockwise 16 steps (16 beats)
- B1 Walk in 4 steps, back out 4 steps (8 beats)
- B2 Walk 3 steps in and bow with a flourish, holding bow until the music begins again, then back out 4 steps (8 beats)

Source: *Teaching Movement and Dance* by Phyllis Weikert p. 109

Paddle Dance

Formation: Contradance or longways set – no partners, men lined up on one side, ladies on the other.

Music: any 32-bar jig, reel or march

One gentleman steps to the head holding a paddle; the first two ladies step up, he passes the paddle to one and dances down the row with the other. Two gentlemen step up to the lady with the paddle; She hands off the paddle to one of them and dances down the row with the other, etc.

Source: Moccasin telegraph from Fort William Park

The North Saskatchewan Stroll

Formation: Sicilian Circle – 2 sets of partners standing facing each other (men on left) making up part of a large circle. One couple faces clockwise, the other counterclockwise.

Music: any 32-bar jig, reel or march

- A1 In groups of 4, circle left (8 beats)
Circle right (8 beats)
- A2 Do-si-do with opposite (8 beats)
Do-si-do with partner (8 beats)
- B1 Right hand star (8 beats)
Left hand star (8 beats)
- B2 Holding partner's hand and, facing the other couple, go forward & back. (8 beats)

Drop hands as you walk forward, passing you're your opposite by the right shoulder and join hands with the next couple you meet. (8 beats)

Source: *Step Lively* by Marian Rose p. 32

Adapted: Lois Samis Lund, November 2013

The Robert Rundle Rumble

Formation: Modified Sicilian Circle - Threes facing threes , one MFM facing clockwise, the other FMF counter-clockwise.

Music: any 32-bar jig, reel or march

- A1 All 6 join hands in a circle, walk 8 steps to the left, then 8 to the right. (16 beats)
- A2 Repeat A1 (16 beats)
- B1 Centre person in each group moves forward, hooks right elbow with her opposite, turns clockwise in 4 walking steps, returns to RH partner and hooks left elbows, turning counter-clockwise for 4 steps, then joins right elbows with her LH partner, turns clockwise 4 steps and returns to her original position in 4 steps. (16 beats)
- B2 Keeping hands joined in lines of three each person bows or curtseys to the opposite group (4 beats)
- Each group walks diagonally forward and to the right passing the opposite group (8 beats)
- Each group moves into position to face the next group of three and bows or curtseys to them (4 beats)

Source: *Folk Dancing: A Guide for Schools, Colleges, and Recreation Groups* by Richard G Kraus p.153

Adapted: Lois Samis Lund, November, 2013

A Real Riel Reel

Formation: Contradance or longways set – partners opposite, men on one side, women on the other. This works best in groups of 4 couples.

Music: any 32-bar jig, reel or march

- A1 Corners (head lady and bottom man) meet in the middle, do-si do and go back to their places (8 beats). Then other corners (head man and bottom lady) do the same. (8 beats)
- A2 Head man and lady join both hands and sashay down to the bottom and back. (16 beats)
- B2 Head man and lady hook right elbows, swinging around each other one and a half times till they are each facing the opposite gender. They each swing the next person (of the opposite gender) with hooked left elbows, then their partner with hooked right elbows, all the way down to the bottom, where they take their new position as the bottom couple. (32 beats)

Source: some of Lois's useless knowledge

*Five Folk Dances prepared by Lois Samis Lund
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