

New Geography – Dance Notation

To be viewed alongside the [New Geography lyrics.dance.chords.pdf](#)

These notes can be read aloud as you teach the dance. Blue type are notes for teacher only.

Find a partner, stand in a big circle

If anyone doesn't have a partner, you can have one threesome.

What are the 4 Directions in this room? North, South, East and West.

{You can practice the steps without the music first. Start with the first verse and then try it with the music. Then add a few more movements without music and then try it again from the top (beginning) and keep adding more and practicing until you have learned the whole dance.}

4 Directions

Point to the 4 Directions

Middle East – Grapevine

Arms behind your back

Step to side with right leg, step behind with left, step side right leg, in front left leg- repeat.

Greece

Arms up straight *(try for straight but many children won't keep them straight)*

Jump from one leg to the other with one leg kicked out in front. *{For younger children this is appropriate. }The actual step which can be done with older children is: arms up straight, jump on both feet then jump on one foot as the other kicks out front, jump on both feet and then jump on the other foot with other leg kicking out front. – repeat. {Developmentally this is very difficult for younger children.}*

USA & many other places

Link right arms with partner so that you are facing in opposite directions. Skip around in circle then switch direction with other arms linked. Note- Switch 2 times: after "Japan" and after "understand" and stop on "Peru".

Note: for threesome just hold hands in a circle and skip around one way and then the other.

Russia

Fold arms hands to elbows, kick out legs alternating them. *(This is the easier version.)* For more difficult step you need to bend your knees so that you are almost sitting on your heels and kick out the legs from that position! *(Perhaps a very strong and flexible child in your class would want to try this!)*

Hawaii

Arms up, curved

Hips rotate a circle clockwise, a circle counter-clockwise and repeat

4 Directions

Point to the 4 Directions

India

Palms are touching above the head. Move the head from side to side keeping the head vertical the whole time (resist tilting the head). (Practice this slowly at first as this is a very unusual movement for most people.) Once you have the head movement you can add stepping forward. Complete the movement with arms shooting up on "light".

4 Directions

Point to the 4 Directions

then step backward to original circle with forefinger raised.

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Spanish

Boys hold spine up straight, chin up proud, fingers are straight and together, one hand on the waist in front and one on the waist in back as you stamp one foot and then alternate the arms as you alternate the legs stamping. The arms and the legs move on the same beat accentuating the beat.

Girls hold your skirt (if you are wearing one) and swish the skirt from side to side as you step to the beat. Just pretend to swish skirt if you aren't wearing one. This is especially beautiful with a very full longer skirt. Depending on the size of the skirt you can raise your arms up as you swish to show the full skirt.

Chinese

Arms folded from hands to elbows. Back straight head straight. Take very small steps so that one foot slides forward only the space of $\frac{1}{2}$ a foot and repeat small sliding steps.

On "Sorrow" a short bow keeping the eyes forward, then repeat sliding steps back to circle and on "tomorrow" a short bow keeping the eyes forward.

Native American

Ask the children to imagine they have a shaker in one hand and a pine bough (part of a branch) in the other. They hold their hands closed at chest level to the side. In the circle taking small steps on flat feet- step, bend (both knees), step other foot, bend (both knees) on each beat you shake the (pretend) shaker and bough. Shake on the step and shake on the bend. Repeat

Chorus

Repeat as before.

At the end on the very last word "*This is lesson one in geograp^hhy*" you turn so that everyone is facing the audience. And hold that position with the forefinger up.

Much success in your endeavors!



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