

Our Folk Dance is **POP**PIN': FOLK DANCES WITH A TWIST

A Presentation for the 2024 OAKE National Conference; Chicago, Illinois
Presented by: **Melissa Fuller Flores (North Bend ES; North Liberty, Iowa)**

Chimes of Dunkirk w/ Vivir Mi Vida by Mandy Gonzalez

Forward (4)
Back (4)
Do-si-do (8)
Clap 3x
Stomp 3x
2-Hand turn (8)
Clap 3x
Stomp 3x
1st Sashay/Boogie (8)
2nd Sashay/Boogie (8)
3rd Sashay/Boogie (8)

Suitable for: Proficient Folk Dancers

Formation: Long Ways Set

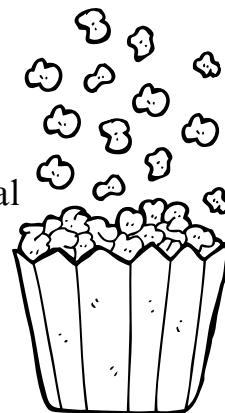
Helpful Practice Songs/Dances:

The Kindergarten Reel & Alabama Gal

Other Pop song options:

Dynamite by BTS;

Cold Heart by Kidz Bop



Heel & Toe Polka w/ I Ain't Worried by OneRepublic

Heel, toe, heel, toe
Slide 3x (out/bigger)
Heel, toe, heel, toe
Slide 3x (in/smaller)
(High 5s) Right, right, right
Left, left, left
Both, both, both
Knees, knees, knees
Dab & Swap (8)

Suitable for: Advanced Beginners

Helpful Practice Songs/Dances:

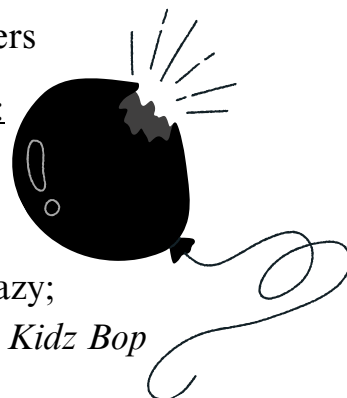
Bow Wow Wow & Sasha!

Other Pop Song Options:

Sunroof by Nicky Youre and dazy;

Kings & Queens by Ava Max or Kidz Bop

Formation: Grand Right/Grand Left Circle



Circle Waltz Mixer w/ Breakaway by Kelly Clarkson

Designate "rocks" & "twirlers" (every other person)
Join hands around the circle
||: Sway in (3), out (3);
Twirl right (3), & pause (3) :|| (4x)
Rock: join both hands with the person on your left
Twirler: join both hands with the person on your right
Sway in (3), sway out (3), sway in & spin around (6)
Sway OUT (3), sway in (3), & spin back to your spot (6)
Full two-hand turn (12)
Bow (3) & open like a book (3)
All Pause (6)

Suitable for: Interm. Folk Dancers

Helpful Practice Songs/Dances:

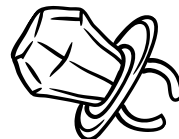
Any Movement or Song in 6/8 time

Other Pop Song Options:

Golden Hour by JVKE;

When the Party's Over by Billie Elish

Formation: Circle with Partners





Tinkling in 4

A great intro to Tinkling

Tinkling in 3

Traditionally danced in triple

Materials needed: 6 foot PVC/Bamboo Poles or Jump Bands

Helpful Practice Skills: Group Work, Ostinati, Part Work

Formation: Groups of 3 or 4

Bamboo Ostinato

4/4 TAP TAP SLIDE (WAIT)

Dancers

THE "DIP"

4/4 DIP DIP (WAIT) (WAIT)

BASIC STEP

4/4 SWITCH SWITCH OUT (WAIT)

2-FOOT HOP

4/4 IN IN OUT (WAIT)

Bamboo Ostinato

3/4 SLIDE FLOOR FLOOR

Dancers

THE "DIP"

3/4 (WAIT) DIP DIP

BASIC STEP

3/4 OUT SWITCH SWITCH

2-FOOT HOP

3/4 OUT IN IN

Suitable for: Intermediate Folk Dancers

Pop Song Options: *We Will Rock You* by Queen;
Believer by Imagine Dragons & more
(listed in the QR Code)

Suitable for: Advanced Folk Dancers

Pop Song Options: *Yesterday* by Imagine Dragons;
(You Make Me Feel Like) by Aretha Franklin;
We Are the Champions by Queen (felt in 6/8)

Pairing Pop Music To Folk Dances

1. Choose a song.
→ Read/listen through the lyrics just in case.
2. Determine the meter & form of the song.
3. Choose a folk dance.
4. Determine the meter & form of the dance.
5. Try out the dance motions with the pop song.
→ Do the motions & the song match perfectly?
→ Does anything need to be added/adjusted?

Teaching Sequence*

Week 1: Teach & dance the traditional folk dance with customary music.

Week 2: Review & dance again in order to gain confidence & independence with the traditional dance moves.

Week 3: Review the moves, & add or change any moves that will match the pop song. Perform folk dance with the pop song.

*Tinkling sequence is the opposite, starting with pop music & working towards traditional.

Need Song Inspiration?

- What's the newest hit movie & song in it?
- What's the latest song you've heard your students humming or singing?
- What're the latest Kidz Bop singles?
- Have older students fill out a music intake questionnaire. (in QR Code)



Links to Songs, Videos, & Resources



CLICK HERE

SCAN