

By Henry "Buzz" Glass
and Jack Capon

A New Dimension In Movement



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Streamer/Ribbon Activities

By Henry "Buzz" Glass and Jack Capon

INTRODUCTION

The STREAMER-STICK concept has new and exciting implications in MOVEMENT EDUCATION. As an instrument of perceptual-motor activity, the STREAMER-STICK contributes to many learning objectives including the following:

- Eye-hand and eye-foot coordination
- Fine and gross motor movements
- Aural-motor coordination and response
- Directionality and laterality
- Achievement of body agility, flexibility, balance, coordination, strength & control
- Opportunities for discovery, exploration and creativity
- Experiences in visual memory and tracking
- Experiences with series, patterns, and sequences
- Cognitive associations in combination with psycho-motor activities
- Experiences with shapes, forms, and designs
- Experiences that are multi-sensory

The idea of the STREAMER-STICK goes back to the ancient Chinese. This modern interpretation involves a wide variety of movement activities. The music varies from popular jazz to soul, rock, folk and square dance music. Uniquely, the STREAMER-STICK serves as **AN EXTENSION OF THE BODY**. It involves the person completely in mind and body. It helps the student in that he "turns on and tunes in."

In looking at EDUCATIONAL VALUES AND HIGH POINTS, one recognizes that:

1. Listening and sequencing are important factors in learning.
2. Experiences are gained in sound-symbol relationships so basic to reading and language.
3. Each student responds as an individual in view of his limitations and capacities.
4. There is a continual implication of exploration and creativity.
5. There is a wide opportunity furnished for impressions and expressions. This relates to basic numbers and letters but also evolves to abstract and cognitive expressions.
6. A FRAMEWORK for many activities outlines possible responses and directions. At the same time, there is the challenge of creativity and individual response.
7. There is an opportunity for individual and group communication. One has a feeling of association, direction and affirmation.
8. The variety of spatial configurations possible with the variations in dynamics make possible a range of activities from vigorous to calm and relaxed.
9. The streamer may be used in place or moving freely about in diverse ways. Thus it adjusts itself to room dimensions and limitations.
10. The association of the movement with lively popular music provides a close tie with the student. This is his milieu. Having made this contact, the music provides further contrast and variety.
11. The streamer lends itself to basic shapes, forms and symbols and can be adapted to poetry, Haiku, chant, and story dramatization.
12. The STREAMER-STICK activities involve each participant in physically satisfying and wholesome experiences.

THE STREAMER-STICK INSTRUMENT

Available with this album are STREAMER-STICKS designed by Henry “Buzz” Glass and Jack Capon. They are durable and intended to be used with the Streamer/Ribbon Album. For those desiring to “do their own thing,” the following suggestions are made:

1. Rhythm sticks or wooden dowels may be used with crepe or plastic streamers attached. The streamer is approximately 2 inches wide and from 5-8 feet in length depending upon the size of the individual. The Streamer-Stick itself runs from 12-16 inches in length. The streamer may be applied with masking tape to the stick. PRECAUTIONS should be taken with wooden sticks to avoid splinters or poking another individual.
2. A rolled newspaper section may be used inserting the streamer at one end. Fasten the streamer-stick with masking tape.
3. One may buy GOLF TUBES (plastic), and cut these in half and attach a streamer (crepe paper or plastic).
4. One may wish to use light weight cloth as streamer material.
5. Although the streamer/ribbon activities in this album are designed for using only one streamer-stick per student, teachers can easily adapt two streamer-sticks (one in each hand for bilateral movements) to the listed activities.

SPECIAL NOTE

Information obtained from the careful evaluation of surveys and questionnaires distributed at many teacher workshops has guided the authors in the completion of this project. The activities in this album have been widely tested on students of all ages.

ABBREVIATIONS

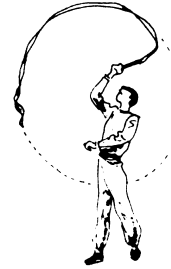
B.....	Boy	Ft	Foot or Feet
Bwd	Backward	G	Girl
CCW.....	Counterclockwise	L	Left
COH	Center of the Hall	LOD.....	Line of Direction or CCW
CT	Count	Meas	Measures
CTS.....	Counts	R.....	Right
CW	Clockwise	Swd	Sideward
Diag.....	Diagonally	Twd.....	Toward
Fig	Figure	Wt	Weight
Fwd	Forward		

STREAMER-STICK TERMINOLOGY

NOTE: The Streamer-Stick terminology listed below is presented so that teachers and students can quickly become familiar with the basic streamer movements used in the album's twelve activities. It is recommended that these basic streamer movements be explored with students before teaching the designed activities. Once the teacher and students are "tuned in" to the terminology and movements, it will be an easy process to teach the Streamer/Ribbon Activities. In addition the teacher and students will be able to create new activities or variations to the activities presented

1. Backstroke:

Move R and L extended arms backstroke style alternating R-L, R-L, etc as they sweep bwd overhead. Cha Cha Rhythm: Extend arms backstroke style to a rhythm of 1-2, 123 or slow, slow, quick-quick-slow.



2. Bull Whip:

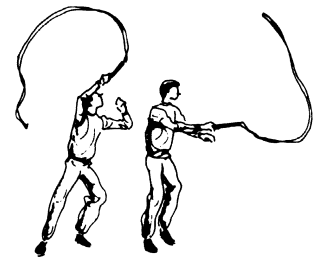
Stand with L or R ft slightly fwd. Cast the streamer overhead and fwd in an arc. Pull back to the chest. Cue as "cast and pull."



3. Cast and Pull:

Swing the R arm extended in a high arc overhead from R to L leaning swd L and stepping swd on the L ft at the same time. Allow the R arm to continue downward to chest level and then pull the arm across the chest from L to R bringing ft together at the same time and straightening. Note: Both arms may move parallel, the L below the R and pull across the chest.

Also cast the R arm overhead leaning swd L and stepping swd on L. At the same time allow the L arm to cross low in front of body from L to R. Bring the R arm downward. RETRACING the movement at the same time bringing L arm to place RETRACING the movement.



4. Circling:

Lasso: Circle streamer overhead, CW or CCW. Circle streamer either to L or R side. Whirlwind: Circle streamer just in front of ankles CW or CCW. Inside Loop: Bring extended arms in an undersweep allowing them to move upward above the head and continue circling outward. Outside Loop: Move extended hands outward circling to meet overhead. Continue. Combine Inside and Outside Loop. May also use step and circle, jump and circle, etc,



5. Cowboy:

Whip the streamer downward and bwd on the L side twice. Bring the streamer fwd and turning slightly, whip the streamer twice on the R side. May also do this while jumping. Experienced persons may add a wrist loop in changing from L to R sides.



STREAMER-STICK TERMINOLOGY (continued)

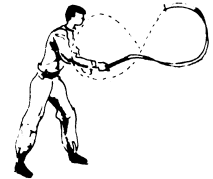
6. Drive:

Hold bent arms at shoulder level. Vigorously cast arms fwd in front of chest, extending arms. Return arms to bent position.



7. Figure Eight:

At waist level, move from R to L (horizontally) outlining a Fig. 8. May do a Fig. 8 overhead, low to the floor, or on either side.



8. Fire:

Rapidly shake the streamer in front of body making the streamer “dance” like flames. May do at chest, head, or overhead levels. May do to the sides of the body.



9. Lateral Crossing:

Cross extended arms at waist level with R hand on top. Extend arms swd uncrossing arms. Repeat with L hand on top.



10. Overhead Arc:

Extend R arm overhead and move streamer from R to L and L to R. Sway swd with the movement. May extend both arms.



11. Overhead Crossing:

Extend both arms overhead. Cross arms overhead and then uncross. Two-Three Combination: Cross arms overhead (slow), uncross arms (slow), cross-uncross-cross in succession (quick-quick slow). Repeat pattern in reverse as uncross, cross, uncross-cross-uncross.



STREAMER-STICK TERMINOLOGY (continued)

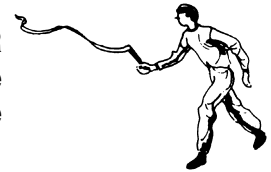
12. Paddling:

Face fwd and move both arms down and bwd on the L side. Repeat. Take the same action on the R side. Jive Combination: Cross and uncross the arms in front twice (Lateral Crossing). Then paddle twice on the L side. Repeat the Lateral Crossing and paddle twice on the R side (excellent with soul or rock music).



13. Pitching:

Step fwd on the L ft, at the same time making an underhand pitch with the R arm. The R toe will touch just in back of the L on the pitch. Step bwd on the R casting the R arm in an underhand motion bwd. The L toe will touch by the R ft. May pitch to each corner of the room making 1 turn.



14. Shoulder-Side:

Cast streamer back over L shoulder and then downward by R knee.



15. Snake It Down:

Hold extended R arm above head. Shake the hand causing the streamer to flutter or "snake" downward .



16. Swing:

Stand with ft astride, extending arms straight downward. Swing parallel arms in a "U" shaped curve from R to L and L to R allowing streamer to reach shoulder height on either side. Full Swing: Swing parallel arms as before in a "full U shaped" curve. On the initial swing bend knees and then straighten them as the streamer swings upward above the head on the L side. Repeat, swinging streamer down and then upward on the R side, again bending and straightening knees. Hesitation Swing: Step fwd on the L touching the R beside the L and swinging both arms upward and fwd. Step bwd on the R and touch the L beside the R swinging both arms bwd and downward.



17. Take It Down:

Begin with bent elbows, with arms at waist level. Lower body by bending knees and twisting from side to side. At the same time, move streamer from R to L and L to R. Go down in 4 cts and come up in 4 cts.



STREAMER-STICK TERMINOLOGY (continued)

18. The Whip:

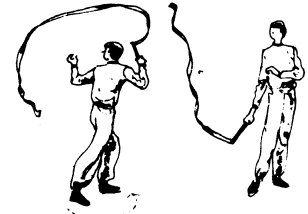
Whip R downward in back of knees, bending the knees at the same time. Straighten and at the same time extend arms sideward at hip level. Cross arms low in front of body bending knees. Uncross, straightening knees and extending arms swd at hip level.

Step In: Step directly fwd on the L ft and pivot on both ft to make 1/4 turn R. At the same time, whip the streamer in back forcefully. Straighten to face fwd bringing ft together and cross and uncross the streamer low in front.



19. Twisting:

Stand with ft astride. Elbows are bent at chest level. Twist L on both ft and at the same time move arms in an arc across the chest to shake twice at the L side. Twist R the same way and shake the streamer twice at the R side.



20. Up-Down:

Sweep both arms upward and then cast them downward. This may be done with parallel arms or 1 arm. The movement may begin with the arms moving from the waist to the shoulders; the arms may be extended downward and move to a full extension overhead. Down-Up: Bent elbows are at shoulder level. Cast arms downward to straighten and then return to shoulder height. May do the same action in a rhythm of 1-2, 123 or slow, slow, quick-quick-slow.



21. Waves:

Lean swd R and at the same time make a series of "inverted v's" swd R and then swd L.



22. Windshield:

Hold bent elbows at chest level. Move streamer in an arc from R to L and L to R. Windshield

Crossing: Cross and uncross arms at chest level.

Other Dimensions:

Through exploration, one may create new figures or variations. A swing may be done with an extended leg or a cast may be done with a leap or a jump. One may use the STREAMER-STICK moving about as with the FUNDAMENTAL FORMS OF LOCOMOTION (walk, run, hop, jump, leap, skip, slide, gallop). Likewise it may be used with all AXIAL MOVEMENTS (bend, sway, push, pull, twist, shake, etc.). For experienced dancers, the streamers may be used with BASIC DANCE STEPS (waltz, polka, schottische, two-step, etc.). This instrument works well with all kinds of music ranging from symphonic to rock. It may be used with just percussive sound or to the rhythmic chant of poetry or prose. Variations may be achieved by the use of such factors as SPACE, TIME, FLOW, FORCE and LEVELS. It is suggested that the Streamer-Stick be used for festivals, holiday celebrations, and a variety of school or community programs. It may be used both indoors and out-of-doors.



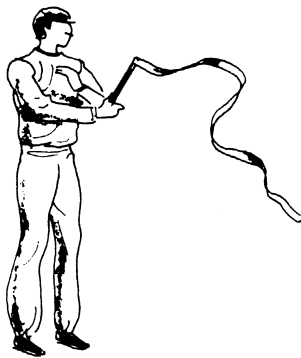
JIVE TALKING Track 1

MUSIC: That's The Way I Like It

FORMATION: Lines facing fwd. Hold streamer-stick in R (or L) hand.
May also be done scattered or in circles.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

- 1-4 **1. Lateral Crossing**
Stand with ft together. Cross arms in front of body, waist high and then uncross arms allowing them to extend swd. Repeat 8 patterns in all. NOTE: May alternate R hand above and then below L, if desired.
- 5-8 **2. The Whip**
Stand with ft together. Whip the streamer down in back of knees twisting body slightly R at the same time. (Bend knees.) Move R arm swd opposite R hip, straightening knees. Cross streamer low in front of body, bending knees. Uncross streamer extending arms swd and straightening knees. Continue for 4 patterns in all.
- 9-12 **3. Down and Up Action**
Holding streamer in R hand and beginning about head height, move the streamer down-up, down-up, with vigorous action. Change the streamer to the L hand (at head height) and move the streamer down-up, down-up as before. Repeat all.
- 13-16 **4 Snake It Down**
Hold streamer in R hand. Swing both arms upward at the same time so the streamer moves above the head, arms extended. Shake wrist at the same time moving streamer downward in front of the body, "snaking" the streamer down. Repeat this pattern 4 times in all.



1. Lateral Crossing



2. The Whip



3. Down and Up



4 Snake It Down

WITH IMAGINATION Track 2

MUSIC: Alley Cat

FORMATION: Form lines facing fwd; scatter informally. All hold a streamer-stick in the R (or L) hand.

SPECIAL NOTE: With Imagination has a basic chorus for 16 cts. The voice-cue during the basic chorus will designate the action or figure as clouds, flames, leaves, dancer, kite, etc. The chorus will be followed by 16 cts of Movement Exploration with each student exploring the named subject for 16 cts. Teachers should guide the students in exploration.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

1-4 1. **Basic Chorus—Arms Cross, Uncross** (Lateral Crossing)
Beginning with arms at chest level, cross and uncross arms with lateral movement for 16 cts. Opening Voice Cue: “Use your streamer with imagination, making CLOUDS as the music plays.”

Note: Students should chant in unison with voice cues presented on the recording.

5-8 2. **Action Verse—Clouds** (Just Music)
Each person individually explores CLOUDS. One may sketch freely overhead; arc the R hand extended high moving it from R to L and L to R; trace various shapes overhead; move the streamer from low to high and high to low; move arms in a backstroke pattern; cross arms overhead to a pattern of 1-2 123, etc.

Verses In Order

Each verse begins with “Use your streamer with imagination” followed in order by:

- a) “**Making Clouds** as the music plays.”
- b) “**Leaping Flames** up and down.”
- c) “**a Surfer’s Wave** rushing on.”
- d) “like **Falling Leaves** drifting down.”
- e) “**a Jivy Dancer** on the go.”
- f) “**a Darting Kite** high in the sky.”
- g) “**a Bouncing Ball**, up and down.”
- h) “**a Ferris Wheel** circling round.”



1. Clouds

RODEO ROUNDUP (Square Dance Style) Track 3

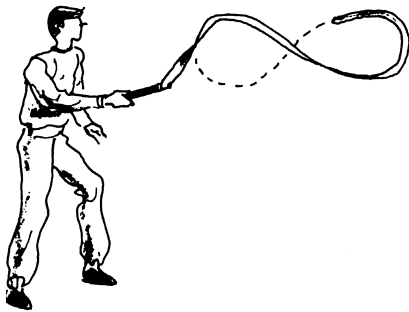
MUSIC: Liza Jane

FORMATION: A single circle facing fwd in a CW direction. Hold a steamer-stick in R ~or L) hand.

SPECIAL NOTE: The spirit of this dance is the Cowboy, the West, the Square Dance, and the Rodeo.

MEAS. **DANCE DESCRIPTION (Dance and Streamer Action)**

- 1-8 **1. Circle L—Steamer Fig. 8**
Circle L with 16 walking steps, square dance style. At the same time, move the steamer in a horizontal Fig. 8 pattern at waist level. (Each Fig. 8 takes 2 cts as the steamer moves twd the L and R sides of the body.) End facing COH.
- 9-16 **2. Cowboy Jumping—Steamer L and R Sides**
Jump on both ft turning slightly L. At the same time, whip the steamer down the L side of the body (ct 1). Jump in place on both ft and whip the steamer fwd (ct 2). Make a jump turning slightly R and at the same time whip the steamer down the R side. Jump again and whip the steamer fwd. Continue for 16 cts. (To simplify, omit jumping) End facing COH.
- 17-24 **3. The Bull Whip; Cast and Pull Back Steamer**
Step fwd on the L at the same time casting the R hand vigorously fwd with an overhand cast at shoulder level (cts 1, 2). Step bwd on L beside R at the same time pulling arm twd the chest (cts 1, 2). Repeat the pattern 3 more times, 16 cts in all. End facing COH.
- 25-32 **4. Drive the Wagon—Steamer Dom-Up Combination**
Stand with ft astride. Vigorously thrust both arms outward from the shoulders and then pull back (as if thrusting reins) Repeat arm action fwd and bwd. Now thrust arms down-up, down-up in place, extending arms to the sides and then returning to bent position. Repeat all. Cue as: "Drive. . . drive . . . , down-up, down-up. Drive . . . drive . . . , down-up, down-up."



1. Figure 8



2. Cowboy Jumping



3. The Bull-Jump



4. Drive The Wagon

HAPPY TIME Track 4

MUSIC: Happy Time (Flemish Folk Song)

FORMATION: Lines facing fwd; scattered informally; or a single circle facing CW (L). All hold a streamer-stick in the R (or L) hand with elbows bent, hands at chest level.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

1-8 **1. Marching Steps; Streamer Down and Up**
Take 16 marching steps, L and R, either in place or circling L (CW) around the circle. While marching, thrust both arms down-up, down-up, etc.

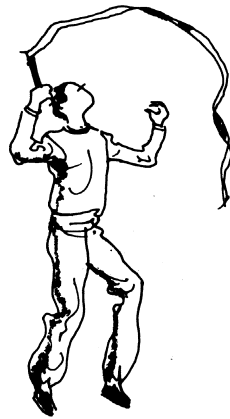
9-16 **2. Bleking; Streamer Up and Down**
Jump bwd on L ft and at the same time extend R heel fwd (slow). Jump bwd on R ft and at the same time extend L heel fwd (slow). In rapid succession extend ft as RLR (quick, quick, slow).

Repeat all of the above action as L-R, LRL (slow, slow; quick, quick, slow)

Streamer Action: As R Heel goes fwd the R hand, holding the streamer-stick, goes up and L hand down. As L heel goes fwd the L hand goes up and the R hand goes down. In rapid succession extend hands as RLR. Repeat with reverse hand action as L-R, LRL.

Variations:

- a) While marching (Part 1), cross arms extended overhead in and out for 16 cts ("Overhead Crossing"). In place of Bleking step (Part 2) jump in place twice (slow, slow) followed by three jumps (quick, quick, slow). While jumping thrust both arms down and up. Repeat all.
- b) In place of Bleking step (Part 2) one may do two jumps in place and then make a 1/2 turn L in three jumps (slow, slow; quick, quick, slow).



1. Down-Up



2. Bleking

SAKURA (Japanese Folk Song) Track 5

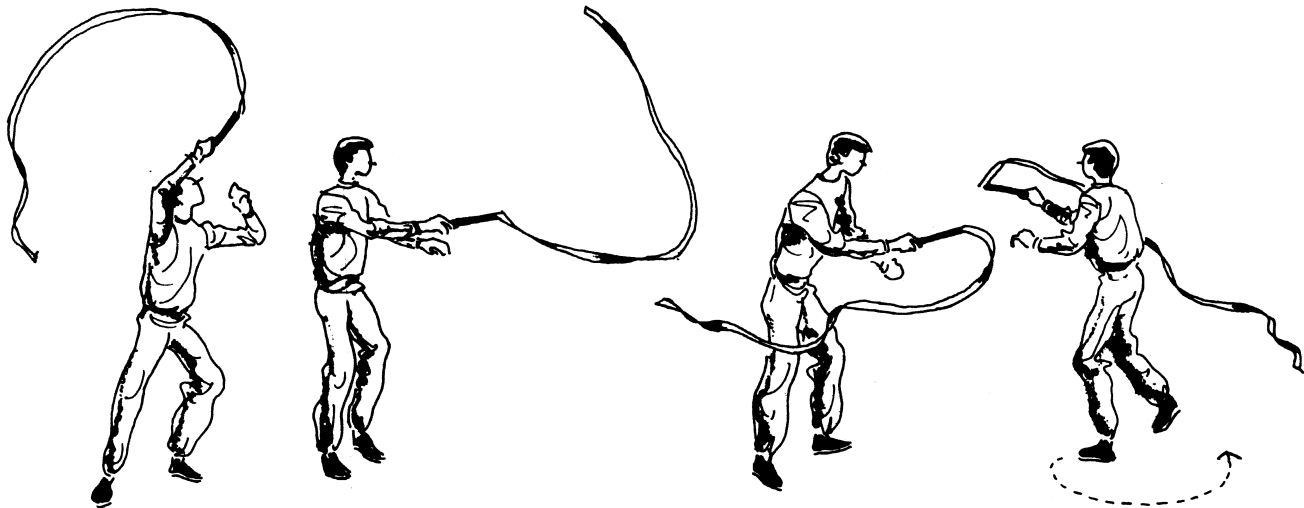
MUSIC: Sakura (Cherry Blossoms)

FORMATION: Form lines facing fwd. Hold a streamer-stick in the R (or L) hand.

SPECIAL NOTE: This well known folk song has a pensive, gentle quality. The choreography uses Japanese motifs and is suggestive of the beauty of the cherry blossoms. The dance and streamer movements have been created by Henry "Buzz" Glass.

MEAS. **DANCE DESCRIPTION (Dance and Streamer Action)**

- 1-8 **1. The Swaying Tree; Arc Streamer Overhead and Pull Arms Across Chest**
Stand with ft together. Lean swd L, stepping swd on L, and at the same time cast the R hand in high arc overhead (from R to L) As the streamer descends on the L side, pull both arms across the chest and bring both ft together. Cue as "Overhead and pull, overhead and pull," etc. Repeat the pattern 4 times in all. Note: The L arm may follow through parallel to the R.
- 5-6 **2. Cloud Shapes; Streamer Swings Sideward and Backhand**
Step swd on L, pivoting on L to make a 1/2 turn L. End with wt on L and R ft to floor about 1 ft apart. While pivoting L, sweep the streamer swd in a low cu.ve. End with the streamer opposite the face on completing the 1/2 turn. Now step swd R to astride position at the same time sweeping the streamer swd (like a tennis backhand) to end with arms extended. In place, sweep arms inward and downward in a low curve (cts 1-2) and then sweep arms outward in a low curve to end with arms extended swd (cts 3-4).
- 7-8 REPEAT ALL OF THE ACTION stepping swd L and ending in original position.



1a. Overhead Arc

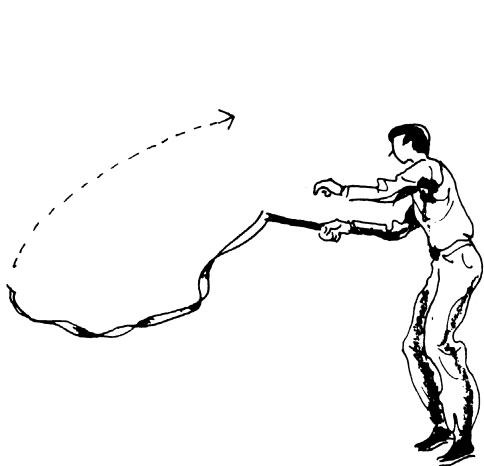
1b. Pull Across Chest

2a. Forehand Stroke

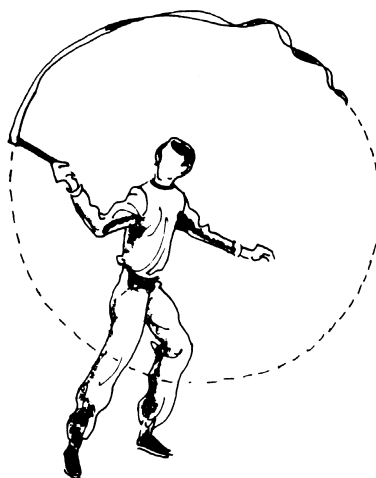
2b. Pivot on Left F

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

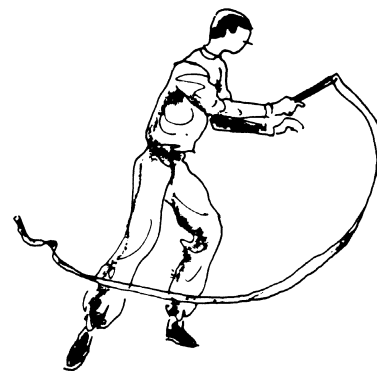
- 9-12 Repeat all of the action of meas. 5-8.
NOTE: Picture the streamer beginning a "loop forehand drive" fwd "twd the net" and then continuing with a backhand motion, twd the same net.
- 13-14 3. Two-Step Fwd and Bwd; Circle Streamer Inward and Then Outward
Move directly fwd with a two-step. Step fwd on L, close R to L, step fwd on L and hold. Beginning at about waist level sweep both arms inward to move in an upward circle 11/2 times. End with arms crossed in front of chest. Move bwd with a two-step. Step bwd on R, close L to R, step bwd on R and hold. The arms swing outward in an undercircle 11/2 times to end in an extended position.
- 15-16 4. The Gentle Breeze Streamer Swings Swd and Back
Swing both arms in parallel swd L. (Extended hands sweep just above knee level.) As arms swing swd, step swd on L ft. Now swing arms swd R with the same low sweep of the arms, bringing feet together. Repeat the action.



2c. Backhand Stroke



3. Circling Streamer



4. Swinging0

A SOFTWHITE CLOUD Track 6

MUSIC: Theme from Love Story

FORMATION: Lines facing fwd; scattered at random. Hold a streamer-stick in the R (or L) hand.

SPECIAL NOTE: This is an activity in Movement Exploration and Creativity. Each student reacts to the music and the poem. Key words in the poem will suggest different patterns as: Clouds, drifted, mountains, clusters, rivers, etc.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

A Soft White Cloud

Action Guide Lines

I dreamt I was a soft white cloud
That sailed a sky so blue
And down below I saw the world
Pass by in changing hue.
The lakes shone as precious gems
The land wore greens and browns
Clusters marked the gathering place
Of cities piled in mounds.
Mountains stood as sentinels
To keep a constant guard
Watching o'er the valleys
With their granite slopes so hard.
Trees crowned some mountain sides
And rivers etched the scene
Here and there snowy peaks
Held court as King and Queen.
My cloud sailed as a winged boat
So smooth it was in motion
The air so cool and pure above,
It seemed a magic potion.
I drifted to the end of time
As evening shadows fell
To gather with the twinkling stars
And know that all was well,
And know that all was well

Large, slow, sweeping movements overhead.
In place, slowly moving, or turning.

Circular or odd-shaped figures as clusters.

Scooped movements that sketch mountains and valleys.
Moving to different levels,

Swaying movements as trees; backstroke movements;
vertical movements that show the pride of King and Queen.

Smooth flowing motions of a cloud.

Circular movements that end in fading or drifting lines.
Fluttery movements with ups and downs, bending, turning,
or stretching. Also light, graceful movements that flow
smoothly and freely.

Variations:

- a) Half of the class may be active as the others observe. In the evaluation, students may note interesting creative movements.
- b) Exploring key words provides an excellent in-depth study. For example, a cloud may be explored as stationary or moving. The various shapes may be expanded. Mountains may be interpreted from a low to a high level. The lines may be sweeping, wavelike, or jagged.



1. Soft White Cloud

TEACH THE WORLD TO SING Track 7

MUSIC: I'd Like To Teach The World To Sing

FORMATION: Form lines facing fwd. Hold a streamer-stick in R (or L) hand at chest level.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

- 1-2 **1. Step-Close, Step-Close, Two-Step; Swinll and Circle Streamer**
 Step-Close by stepping swd on L and touching R beside L (wt on L).
 Step-Close by stepping swd on R and touching L beside R (wt on R).
 Two-Step swd L; step swd on L, close R to L, step swd on L and touch R to L (end with wt on L).
- 3-4 Reverse all. Step-Close swd R and L and take a two-step swd R.
- 5-8 Repeat all of the action for meas. 1-4.
Streamer action: Begin with arms extended just above knees. With an undersweep, swing the streamer swd L and then R on the step-closes L and R. On the two-step L, circle the streamer 1^h times CW in front of the body allowing the streamer to drift swd at the end. Swing the streamer R and L on the step-closes R and L, circle the streamer CCW 1 1/2 times in front of the body on the two-step R allowing the streamer to drift swd at the end. Repeat all of the streamer action.
- 9-10 **2. Two-Step L and R; Circle Streamer CW and CCW**
 While making a 1/~ turn R, take a two-step swd L. Step swd on L, close R to L, step swd on L and touch R beside L (wt on L~. Take a two-step swd R, stepping swd on R, closing L to R, stepping swd on R and touching L beside R (wt on R).
- 11-12 Repeat the two-step swd L and swd R. End facing original direction.
Streamer action: Circle the streamer CW 1 1/2 times in front of the body on two-step L. Circle the streamer CCW 1 1/2 times in front of the body on the two-step R. Repeat all of the streamer action for the two-step L and R.
- 13-16 **3. Balance Step Fwd-Bwd Turning L; Underhand Pitch With Streamer**
 Balance fwd on the L ft twd the 1st L corner with an underhand "pitch." Balance bwd on the R ft twd the 2nd corner casting the hand back with an underhand motion. Continue in the same fashion "pitching" to 4 corners in all. Cue as "pitch and turn, pitch and turn, etc." End facing original direction.
Streamer action: When stepping fwd L, cast the streamer fwd with an underhand pitch. When stepping bwd on the R, move the R hand in a low bwd underhand motion. Pitch to all 4 corners in order while making a L turn.



1. Circling (1 1/2)



2. Circling (1 1/2)
15



3. Pitching

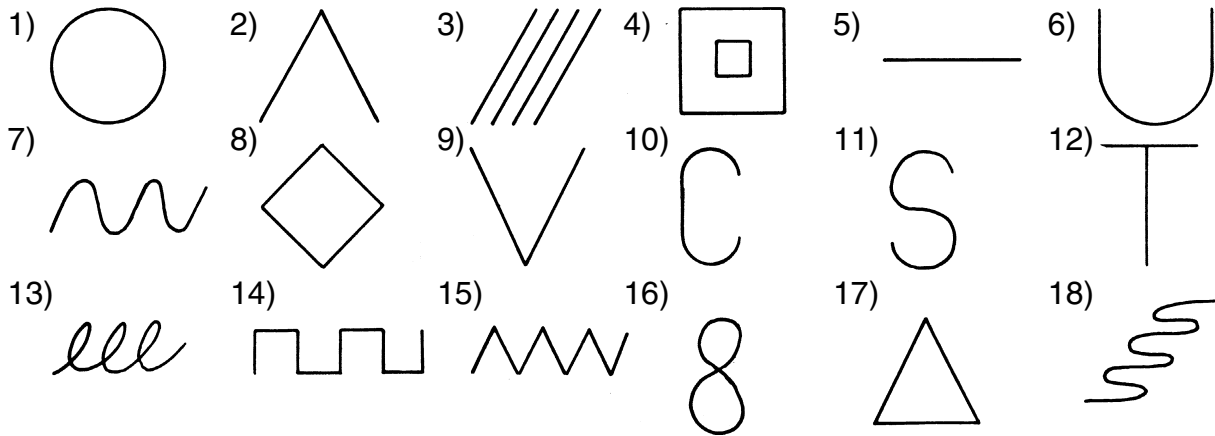
YOU SHOW ME Track 8

MUSIC: Shirley

FORMATION: Lines facing fwd; scattered informally but facing fwd. All hold a streamer-stick in the R (or L) hand.

SPECIAL NOTE: The teacher will place a number of figures or symbols on a chart or the blackboard. Each symbol will be numbered and the student interprets the numbered symbol as directed by the teacher. Each teacher and class may choose the symbols desired. These may be changed from time to time or renumbered.

Examples of symbols which may be used are the following:



MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

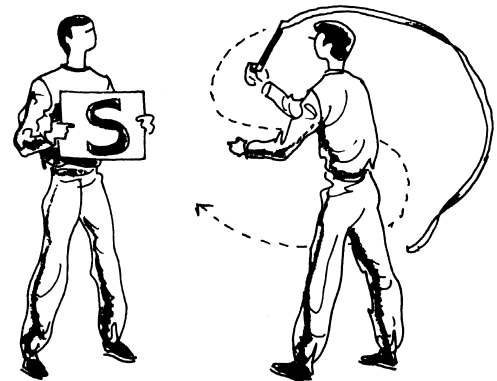
1-4 **1. Basic Chorus; Crossing Arms In Out** (Lateral Crossing)
 Cross and uncross arms at waist level while chanting. Cue as: "Look at 1, what do you see? Look at 1, now YOU show me."
Note: Students may chant in unison with voice cues presented on the recording.

5-8 **2. Movement Exploration; Streamer Interprets the Symbol** (Music only)
 Each student creates his or her own action as all observe the directed symbol. Teachers should guide students in discovering many ways of interpreting and exploring the symbol. Ask: What ways can you make the O? Can you do it high? Low? Can you turn around? Can you move and make the O? Etc. 16 cts. for the action.

Variation:

- a) Place the symbol on individual cards. The student is given a brief look at the directed symbol and then must activate the visual cue.

1. You Show Me



LA BURRITA (Mexican) Track 9

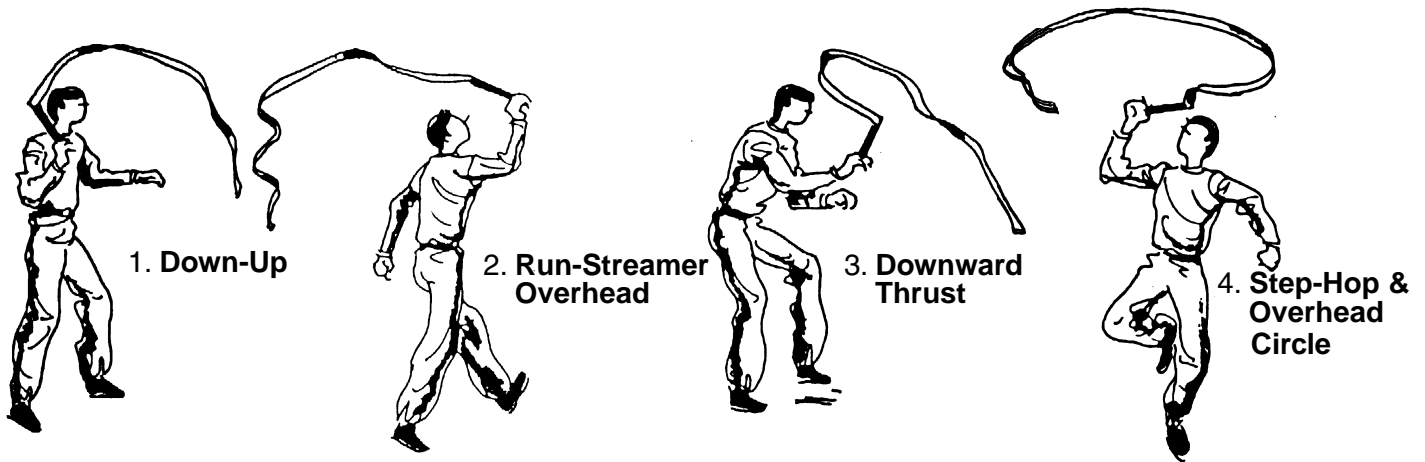
MUSIC: La Burrita, Mexican Folk Song

FORMATION: Form a single circle facing fwd in a CCW direction. Bent arms are held at chest level. Hold streamer-stick in the R (or L) hand.

SPECIAL NOTE: This dance represents an interpretation of the Mexican Folk Song, La Burrita. It describes the efforts of the “driver” to get the burro to market. The character of the dance is earthy and spirited.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

- 1-2 **1. Step-Close and Stamp; Streamer Down and Up**
Move swd L. Step swd on L, close R to L, step swd on L, clcse R to L; step swd L, close R to L, stamp L ft beside R.
Streamer Action: On each step-close thrust streamer down-up, ending with a vigorous thrust DOWN on the STAMP.
- 3 4 Move swd R with 3 step-close patterns and end with a stamp R.
Streamer Action: The same as for meas 1-2.
- 5-8 Repeat all of the above action, step close swd L and then swd R.
- 9-12 **2. Run Fwd and Stamp: Streamer Trails Head High**
Hold streamer about head level Run fwd CCW in the circle with 14 running steps beginning on L. In place take 3 stamps
Streamer Action: The streamer simply trails in back on the fwd running steps & stamps.
- 13-24 **3. “Arre Burrita” (Get Along): Stamp, Step and Thrust Streamer**
The “driver” pantomimes moving the burro. Turn slightly L in place, stamp L ft beside R. Again stamp L ft beside R, taking wt. Pivot slightly R (1/8 turn) and at the same time stamp R beside L. Again stamp R beside L, taking wt. Continue alternately L and R for a total of 8 times (L2 R2 L2 R2, L2 R2 L2 R2). End by raising R hand over head.
Streamer Action: Hold hands chest high with bent elbows. Thrust the streamer vigorously down by extending arms, and then up to original position on each ft stamp.
NOTE: On the stamp and steps the body is bent fwd from the waist.
- 25-32 **4. Along The Trail: Step-hops; Circle Streamer Overhead**
Move fwd CCW taking step-hops alternately L and R. (16 step-hops in all.)
Streamer Action: On the step-hops, circle the streamer CCW overhead lasso style. Repeat the dance from the beginning.



THE FALLING RAIN Track 10

MUSIC: Don't Dog It (original composition by Del Kacher)

FORMATION: Form lines facing fwd. Hold a streamer-stick in the R (or L) hand. May also be done scattered or circle formation.

SPECIAL NOTE: Chanting the words adds to the action. Students may chant in unison with voice cues presented on the recording.

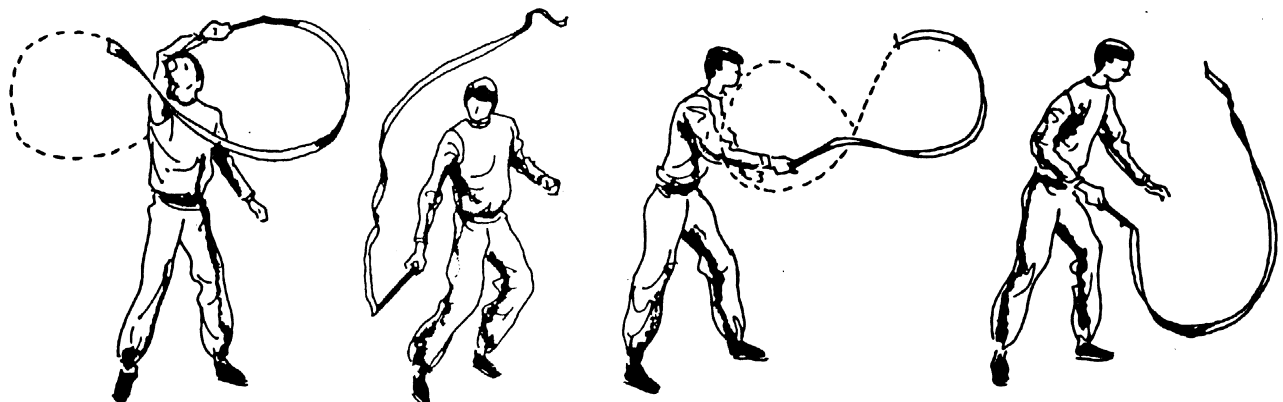
(1)	(2)	(3)
The rain is falling falling down	Pitter pitter patter	Drip drip drop
The rain is falling falling down	Pitter pitter patter	Drip drip drop
The rain is falling falling down	Pitter pitter patter	Drip drip drop
The rain is falling falling down	Pitter pitter patter	Drip drip drop

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

1-4 **1. Figure 8 Above The Head**
 Stand with ft astride. Extend arms (arm) above the head.
Streamer action: Move the streamer in a horizontal Fig 8 from R to L (cts 1-3). On the word "down" (ct. 4) thrust the streamer downward bending knees at the same time. Continue for 3 more sequences.

5-8 **2. Figure 8 At Waist Level**
 Stand with ft astride.
Streamer Action: Thrust the streamer in a Fig 8 pattern swd to the L, R, L. Repeat the Fig 8 to the R, L, R. Repeat all.
 NOTE: There is a slight sway or twist of the body with the action.

9-12 **3. Two-Step Swd L and R; Streamer Down-Up-Down**
Two-Step: Step swd L on L, close R to L, step swd L and hold. Step swd R on R, close L to R, step swd R and hold. Repeat all.
Streamer Action: On the two-step L, thrust the streamer vigorously from chest level, down-up-down. On the two-step R, thrust streamer down-up-down. On the thrusting, the elbows of both arms straighten and bend.



1a. Overhead Figure 3 1b. Downward Thrust 2. Waist Level Figure 8 3. Down-Up

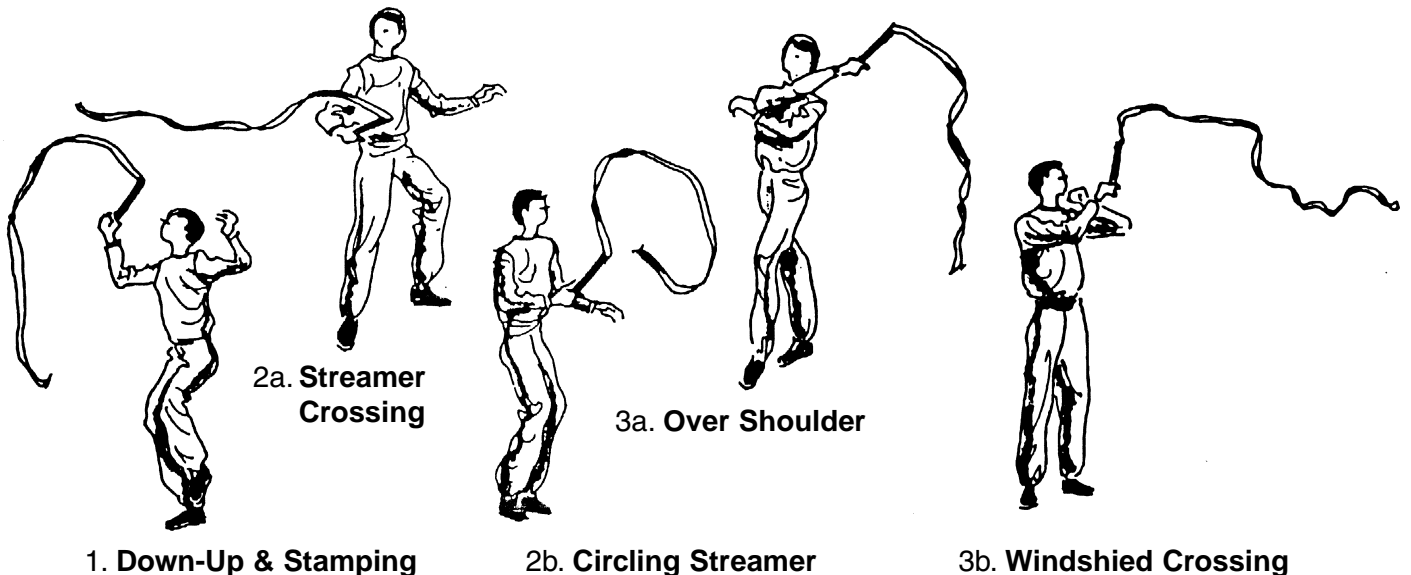
TENNESSEE SATURDAY NIGHT Track 11

MUSIC: Tennessee Saturday Night

FORMATION: Form lines facing fwd. Hold a streamer-stick in the R (or L) hand. Both hands are at chest level with bent elbows.

MEAS. DANCE DESCRIPTION (Dance and Streamer Action)

- 1-2 **1. Stamp L; Stamp R; Streamer Down and Up**
Stamp the L ft beside the R. At the same time thrust the arms downward. As L ft lifts slightly off the floor, bring arms upward. Continue stamping the L ft beside the R 4 times in all in the same manner. Arms continue to move down-up on each stamp.
- 3-4 Stamp the R ft beside the L 4 times as above. Arms move down-up as before.
- 5-6 **2. Step-Close, Step-Close, Place 2, 3; Cross and Circle Streamer**
Move swd L with 2 step-closes; step swd on L, close R to L, step swd on L and close R to L. Move the streamer crossing and uncrossing at waist level twice. In place, circle the streamer 3 cts (CW) and hold in front of the waist.
- 7-8 Move swd R with 2 step-closes and cross and uncross streamer twice as before In place circle the streamer 3 cts (CW) and hold.
NOTE: While circling in place, one may take 3 steps.
- 9-10 **3. Slow and Fast Walk; Streamer Shoulder-Side and Crossing Arms**
Step bwd on the L ft at the same time casting streamer over the L shoulder (cts 1, 2). Step bwd on the R ft at the same time casting streamer by the R side, knee level (cts 3, 4). Repeat the above action.
- 11-12 Walk fwd 8 steps L and R alternately. At the same time, cross and uncross arms at chest level for 8 cts.



THE FOLLOW GAME Track 12

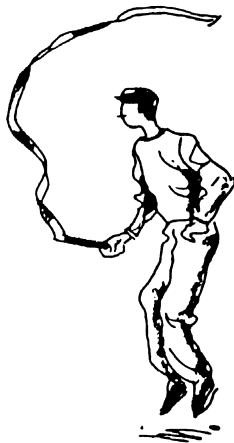
MUSIC: England Swings

FORMATION: A single circle, all facing COH. All hold a streamer-stick in the R (or L) hand.

SPECIAL NOTE: This is a "Follow the leader" activity. The teacher SElects a student as the 1st leader. Number the others moving CW as 1, 2, 3, 4, 5, 6, 7, 8 etc. All do a basic chorus for 16 cts. Each new leader then chooses an activity and leads as all follow. Thus, each person in turn becomes a leader.

MEAS. **DANCE DESCRIPTION (Dance and Streamer Action)**

- 1-4 **1. Basic Chorus: Crossing Arms In-Out (Lateral Crossing)**
Students should chant in unison, "Follow, follow everyone, follow your LEADER and have some fun." On the Basic Chorus, cross and uncross arms at waist level for 16 cts.
NOTE: Voice cues are not on the recording for this selection, thus enabling students to substitute the actual name of the leader in palce of "follow your leader and have some fun."
- 5 8 **2. Leader Activities**
Each leader leads activity of his or her own choice. See selection on "Streamer-Stick Terminology" (pg. 3) for suggestions.
Variations:
a) In place of "your leader" in the basic chorus, students can substitute name of student leading the activity. Example: "Follow, follow everyone, follow Mary and have some fun."
b) Create and discover other patterns through exploration. Explore combining streamer action with fundamental movements of locomotion and axial movements.



1. Follow Game

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