DANCES OF THE WORLD'S PEOPLES

Compiled and edited with Dance Instructions by Romile

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DESCRIPTIVE NOTESC ARE INSIDE POCKET
**EUROPEAN FOLK DANCES**

A Select Group of Interesting Folk Dances From Many Areas of Europe

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Dance notes and descriptions compiled and edited by Folk Dance Specialists, Ronnie and Stu Lipner, from publications on the subject and from the cooperation of natives from the various countries represented.

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**SICILIAN WALZ**

This delightful waltz was learned from native Sicilians living in New York. It is typical of Sicilian dance forms.

RECORD - Folkways LP Band 2 (From Songs & Dances of Italy
SIDE I, Band 4)

FORMATION - Partners side by side, inside hands joined, Free hand is held up. Footwork is described for Men, Women do the opposite. Men start with L ft. Woman start with R ft.

**STEP 1**
- Step on L ft and gently brush R ft over and in front of L.
  - Step on R ft and gently brush L ft over and in front of R.
  - While man waltzes fwd, with 8 waltz steps, Woman turns to her R in front of man with 4 waltz steps (hands on hips)

**REPEAT STEP 1 ONE MORE TIME, TWO TIMES IN ALL.**

**STEP 2**
- Partners next to each other with R arms around eachwaist, L hand held high. In this position partners revolve around with 8 waltz steps. Then take shoulder-waist position and waltz around the room for 8 waltz steps.

**REPEAT STEPS 1 & 2 TWO MORE TIMES, THREE TIMES IN ALL.**
The Brandle is a circle dance that has a distinct relationship to the many circular dances found in the Balkan Countries. Its gay character reflects the spirit of the French People. There are several Brandles and many variations of the basic steps. Below are described some of the steps that are characteristic.

**Brandle** is described as a collection of Steps, arranged for simplicity. Many more exist.

**FORMATION** - An open circle of dancers, hands joined and held loosely. During dance, hands are swung fwd., & bwd. Leader at R end of circle. Wait 8 measures of music before starting dance.

**FIGURE 1** - Dancers move to the Right with 16 shuffle steps, then move to the Left with 16 shuffle steps.

**FIGURE 2** - Moving to the R, step R,L,R & hop on R at the same time kick L ft fwd. Moving to L, step L,R,L hopping on L, kicking R ft fwd. Moving fwd to center of circle, step R,L,R hop R kicking L ft fwd. Moving back away from center, step L,R,L hopping L, kicking R ft fwd. Figure 1 is repeated again. Performed 2 times in all.

**FIGURE 3** - Step to side with R ft, step L next to R, Step and hop on R at the same time kicking R ft fwd. Step and hop on L ft at the same time kicking R ft fwd. Perform this step 4 times in all alternating direction, first to R, then to L, then to R, then to L.

**FIGURE 4** - Step R to side and hop on L, at the same time kicking L ft fwd. Step to side with L and hop L at the same time kicking R ft fwd. Then move to the R with 4 rapid steps swinging the free foot. Step R,L,R,L, swinging R ft. Repeat this step 3 more times, 4 times in all.

**REPEAT DANCE FROM BEGINNING STARTING WITH FIGURE 2, AND CONTINUING.**

**SEVILLANAS** (Spain)

The Sevillanas is native to Andalusia and is a type of Folk Dance similar to the Flamenco Gypsy Dances. The dance is divided into "Coplas." Each Copla contains 3 parts. Each part begins with the "Sevillanas Step" performed 4 times and then by a crossing over movement exchanging places with partner. Some of the traditional steps used in the performance of the Sevillanas are described below. They can be arranged to fit the recorded music. This recording of the Sevillanas contains 3 coplas, the described steps are for one of these "Coplas," to be performed three times. Several variations of the steps exist.

**RECORD** - Folkway LF Band 4 (From #FP-52, EXOTIC DANCES, SIDE II, Band 2)

**FORMATION** - Partners about 3 feet apart. Each dancer has L hand on hip & R hand on side. Each dancer begins on L foot. Partners have castanets in each hand.

**MOVEMENTS IN THE DANCE** - The arms are never quite straight when held above the head. One arm is always above the head. Each arm takes 6 beats of music (1 meas.) to move to the side and up over the head. Back is arched, head turns over free shoulder and partners look at each other during most of the movements. Quick movement of the head when leg is being kicked forward is characteristic.

**CASTANET WORK** - By listening to this recording several times, you can get the idea of the playing of the castanets during the performing of the dance. The principal actions are clicking and rolling of the castanets. They are clearly heard in the recording.
PASEO (CROSSING OVER STEP)

a - Place L toe to R toe bending slightly to R
b - Raise L knee high and circle leg twice from knee
c - In sort of flicking movement.
d - Stamp L ft beside R, turning so R shoulders are toward each other, arms above head and held back.
e - Stamp R ft in front of L, turning slightly to R
f - Kick L foot fwd high, turning to R so that partners almost face.
g - Lunge sideward on L ft, body arched and bent to R. R arm moves out to side and down.
h - Take three steps fwd, (8, R, L) changing places with partner
i - passing each other on the L, facing each other as you pass.
j - Place L toe to R toe, kick L leg forward, R arm sweeps upward, & step L foot behind R.

PART 2 -

a - Place R tow to L bending both knees for
b - 2 counts, body bends slightly to R. Look over R shoulder. The L arm is up, and the R arm is at shoulder level.
c - Kick R leg sideways to R.
d - Step R ft behind L
e - Step sideways on L ft.
f - Step R ft in front of L
   Repeat the above step again starting with L ft.

REPEAT PASEO STEP AS PREVIOUSLY DESCRIBED.

PART 3 -

a - Kick L ft fwd, body turns slightly to R.
b - Take 5 walking steps to change places with partner. Arm movements same as Paseo step. Start this step with L ft.
c - Repeat changing places with 5 walking steps starting with R ft.
   Then cross and re-cross again, starting first with L and then with the R ft. Finish dance by stepping L ft behind R, changing weight, bring R arm down in front of R leg. Kick R leg fwd and circle it in front of L ft, putting the weight on ft, R arm circles up and L arm circles down. Continue turning to L on the balls of the feet, to finish with L shoulders to partner. This turning takes 4 beats of music and should be performed very quick.

Sevillanas. The reader is advised that description is to acquaint you with dance. Because of the nature of Spanish Dancing, the suggested publications should be consulted. In addition, extensive practicing should be encouraged. Pictures, Courtesy, DANCE MAGAZINE.

DONEGAL ROUND DANCE (IRELAND)

This charming dance utilizes the basic steps used in Irish Folk Dances. Many other dances are derived from these basic steps.

RECORD - Folkway LP # Band 3 (From Irish Popular Dance Record #FP-10, SIDE 1, Band 1)

FORMATION - Circle of couples, Woman on M's Right. 8 Measure Introduction.

STEPS USED IN THIS DANCE:

1 - Irish Crovys & Threes - Moving to the Left, Step R ft, behind L, L to side, R behind L, L to side, R behind L, then step quickly in place L,R,L,R,L,L. (Done quickly, it is sort of a Pas-De-Deux). This step is performed to the right starting with the L ft going behind the Right. (L,R,L,R,L,R,L,R,L)

2 - PROMENADE STEP - A sort of Two-Step performed with a slight leap on the first step. With R ft, slight leap fwd with R ft, step L next to R, Step R in place, With L ft, slight leap fwd with L ft, Step R next to L, step L in place.
**Pleasant Round Dance**

**Figure 1** - Each set of threes advance toward each other with 2 promenade steps and retire from each other with 2 promenade steps. Repeat this step one more time.

**Figure 2** - Each set of threes join hands in a circle. Move to the R with a Seven and "2 Threes." Then move to the L with a Seven and "2 Threes." Quickly open out and face other set.

**Figure 3** - Men take both hands of woman on their R, perform a seven and "2 Threes" to opposite side, while woman on right does a Seven and "2 Threes" to the place vacated by woman on right. Then return to original places with a Seven and "2 Threes."  

**Figure 4** - Men take both hands of woman on their L, perform a seven and "2 Threes" to opposite side, while woman on right does a Seven and "2 Threes" to the place vacated by woman on right. Then return to original places with a Seven and "2 Threes."  

**Figure 5** - The men advance to center with 2 promenade steps, link R arms and turn around with 2 more promenade steps. Then link L arms and turn with 2 promenade steps and retire from center with 2 promenade steps. Woman at the same time exchange places using 2 Sevens & Threes, woman on R passing in front of W on L, then W on L passing in front of V on R.

**Figure 6** - Men link arms with W on L, turn with 2 promenade steps, link arms with W on R, turn with 2 promenade steps. Repeat this figure 1 more time.

**Figure 7** - Using 4 promenade steps, man makes an arch with woman on L while woman on R passes under, man following turning in place. Then using 4 more promenade steps, he makes an arch with the woman on R while woman on L passes under, man following, turning in place. Hands are held lightly and never are released.

**Figure 8** - All six in the set join hands and move to the right with a Seven and 2 Threes. Then move to the L with a Seven and 2 Threes.

**REPEAT DANCE FROM BEGINNING**

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**A Greek Hora** (Greece)

In addition to its National Dances, Greece has many dances that were influenced by other countries that have at one time or another played an important part in its history. Such a dance is the Hora, which has endless variations in all the Balkan and Middle East Countries. Although under many different names, the style and character of the Hora remain the same.

**RECORD** - Folkway LP # (from #P-464, DOURA DANCE SIDE II, Band 7)

**FORMATION** - An open circle, with hands crossed in front and joined to the second person, like a basket formation. Leader at the right end with free hand holding a handkerchief, which he waves vigorously while performing the dance. Dancer at left end of circle has his free hand on hip.

**STEP 1** - Step R ft in place, point L ft in front of R, sweep L around and step on it behind R and pause, Step R to side, Step L slightly in front of R, pivoting on L to face L.

**STEP 2** - Step R over L and pause, Step L to side, Step R slightly in front of L, pivoting on R to face to the R.

**STEP 3** - Step L over R and pause, Step R to side step L slightly in front of R, pivoting on L to face L.

**STEP 4** - Step R in place, stamp L ft twice, face front, step L in place and stamp R ft once.

**REPEAT DANCE FROM BEGINNING**

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**Ballo** (Italy)

The Italian Ballo is a ceremonial dance for weddings, festivals and great occasions. Its character is solemn at first and gets gayer as the dance continues along.

**RECORD** - Folkway LP # (from #P-520, BALL ROSS MACRO)

**FORMATION** - Dancers in a closed circle, Hands joined and held loosely. Circle at first moves to L.

**STEP 1** - Step L ft to side, step R joining L, continue this way for 6 of these steps moving to L.

**STEP 2** - Do 6 steps as described in Step 1, moving to the Right.

**STEP 3** - Do 3 steps to the L, then 3 steps to the R, Repeat 1 more time.

**STEP 4** - Perform 2 steps to the L, then 1 step to the R, Continue with this pattern performing it 3 more times, 4 times in all.

**REPEAT DANCE FROM BEGINNING**

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**Greek Hora** - Acknowledgment is made to Mrs. T Karakolas, for information and description. This Selection has her entire approval for the dance described.

**Fairy Ring** (Ireland)

Several versions of this dance exist. The steps employed are the same as the Dornagl Round Dance. This dance uses two sets of 3 dancers, a man with a woman on each side of him.

**RECORD** - Folkway LP # (from LP #P-16, SIDE II, Band 4)

**FORMATION** - Two sets of 3 dancers facing each other, Man in middle with a woman on each side. All start dance with L foot. Hands are joined, W's free hands are held down at sides.

**STEPS USED IN THIS DANCE** - The steps used are the same as in the Donegal Round Dance, Band 5, see description for steps.
IRISH TWO COUPLES DANCE  (IRELAND)

A delightful two couple mixer learned from natives of Ireland now living in New York, who remember dancing it when they were young.

RECORD - Band 9 (From Irish Popular Dance: FP-10, SIDE II, Band 1)

FORMATION - Sets of two couples facing each other around the room. Hands are held down during the dance, except where noted. W is on H's Right. M starts with L ft, W with R ft.

STEPS USED - The steps used in this dance are the Sevens and Threes plus the promenade step. See description of these steps in Donegal Round Dance, Band 3.

FIGURE 1 - Change places with partner moving sideways, M going in back of W with a "Seven and 2 Threes." Move back to original position, M going in front of W with a "Seven and 2 Threes." Immediately face partner.

FIGURE 2 - Man starts with R ft in this figure, W on L ft. Change places with opposite person using a "Seven and 2 Threes." M going in back of W. Return to original position using a "Seven and Two Threes," M going in front of W.

FIGURE 3 - M starts with L ft, W on R ft. Perform a Do-Sa-Do figure with opposite person using 4 promenade steps, passing R shoulders, going back to back and returning to place passing L shoulders. Perform another Do-SA-Do figure with 4 promenade steps passing L shoulders, going back to back and returning to place passing R shoulders.

FIGURE 4 - Partners join R hands and move Counterclockwise to opposite couples place while rotating Clockwise with 8 short promenade steps. End figure with backs to other couple, facing new couple to repeat entire dance again.

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GALKINO HORO

Popular Bulgarian Horo danced all over the country. This dance is described in "Bulgarian Horos" by Boris Tronev. Science and Arts Edition, Sophia, 1990. Presented at the College of the Pacific Folk Dance Camp in 1996 by Anatol Joukovsky.

FORMATION - Open Circle or Line, Hands joined and held down.

This music is written in an 11/16 meter. The steps to the relation to the count are shown in diagrammatic form. 3 beats can be felt for each measure. There is a 4 measure introduction.

COUNT IS:

1-2 1-2 1-2-3 1-2-3-4

1 - Step R Cross L behind R Step R Cross L in front of R

2 - Step R Cross L behind R Step R Stamp L beside R (Weight still on R)

3 - Step L Cross R behind L Step L Stamp R beside L (Weight still on L)

NOTE - Every step is taken with a bend of the knee. Weight is on balls of feet.

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Karasiko Horo

Popular Horo danced in Bulgaria and Macedonia. Many variations for the dance also exist in many Balkan and Middle East countries. It was presented at the College Of The Pacific Folk Dance Camp in 1956 by John Filcitch who learned it from the Yugoslav National Folk Ballet "Tanec" on its American Tour.

RECORD - Folkway LP 8  Band 7

FORMATION - Primarily a Men's Dance, although Women can join in it. Hands are joined on Neighbor's shoulders, leader waves a knotted handkerchief during dance.

STEP 1 - Step on R ft to R side, Step L ft in front of R, bending L knee.
STEP 2 - Step L ft to side, swing L across in front of R, bending L knee.
STEP 3 - Step L ft to L side, Swing R across in front of L, bending R knee.

NOTE - There is a double hop effect which can be achieved with a small additional hop like chug forward. Done in Step 1, first step, hop and again in Step 3, first step. Practice will perfect this hop.

Teshkoto (Macedonian ORO)

A popular and typical Macedonia circle dance with many variations. This dance was presented by the Yugoslav National Folk Ballet from Macedonia "Tanec", on their first tour of the United States in 1956. History of this dance goes back to the days of the border wars between the sheep and cattle people.

RECORD - Folkway LP 8  Band 6 (From Tanec Record, SIDE 1, Band 4)

FORMATION - Principally a dance for Men only, hands joined and held high. Leader makes use of a knotted handkerchief which he twirls while performing the steps. Can also be performed with hands resting on shoulders. Steps described are some of the many that exist. Raising up steps are on ball of foot.

STEP 1 - Step R ft to R side.
Lift L leg across and in front of R, knee high.
Bend low on R ft, and raise up on Right.
Step on L ft in front of Right.

STEP 2 - Step R ft to R.
Lift L leg across and in front of R.
While on R ft, Bend several times on R ft keeping L ft across R, Bend as low as you can and rise up.

STEP 3 - Step L ft to the Left.
Lift R leg across and in front of L.
Bend several times up and down on L ft, Jump into air and land on R ft swinging L across and in front of R, Step L across and in front of R.

CONTINUE DANCE UNTIL END OF MUSIC

In the "Tanec" presentation, an interesting sight was one of the dancers leaping onto a big drum that was accompanying the dancers and performing variations of the basic steps.

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