

Traditional Folk Dancing Movement



Dance has always been an important part of human society, and studying our dances helps us see and appreciate our cultural heritage. It also gives students an opportunity to practice feeling musical rhythm, to get a little exercise, and to engage socially.

Traditional Folk Dancing

Learn basic steps for individual, couple, and group dances using traditional folk songs.

ASSIGNED GRADES & SCHEDULING

Students or Groups Enrolled by Form or Grade

1 2 3 4 5 6

FORM	MIN.	xWK	MORN.	TEACH.	ACT.
F1-2	20	1	*	☐	∞

PLACEMENT TIPS

These basic dance steps will be incorporated later into the more advanced historical folk dancing course.

COURSE NOTES

Course Text: *The Book of Song Dances* by John M. Feierabend

While some students may naturally pick up quickly on the songs and dances, doing two things at once requires coordination which comes with time and practice. Always encourage best effort and celebrate progress over perfection.

We encourage you to work through each dance slowly and intentionally. The focus should be to apply skills being learned in music lessons to singing and recognizing rhythm, as well as accurately moving the body at just the right time. Teach the song lyrics (recognizing rhythm), then dance (applying rhythm), and then combine the two. We recommend that the teacher learn the dance first using the videos provided and then teach it to the students.

We have provided audio recordings of the songs in SoundCloud: piano accompaniment only and voice with piano. Each version has a short piano introduction. We have also provided video instruction in Vimeo for teachers to the dance steps.

PLANNING & PREP

- ALERT:** Preview Links. The final responsibility for previewing any and all links rests with the teacher. All links were checked at the time of publication; however, websites change frequently and may contain objectionable content. Please report broken links by using the "contact us" link on the website.
- Read Introduction to Song Dances p.4-9.
- [Bookmark song playlist in SoundCloud. Create a free soundcloud account to use offline. Links to individual songs in lessons.](#)
- [Bookmark video folder in Vimeo.](#) Links to individual dances in lessons.

◆ TERM 1

- Preview dance video; learn beforehand to teach students.
- Bookmark songs to play during lesson.

◆ TERM 2

- Preview dance video; learn beforehand to teach students.
- Bookmark songs to play during lesson.

◆ TERM 3

- Preview dance video; learn beforehand to teach students.
- Bookmark songs to play during lesson.

Traditional Folk Dancing

Estimated Total for Course: \$14.00

BOOKS & RESOURCES

RESOURCE INFORMATION



The Book of Song Dances by John Feierabend
ISBN/ASIN 978-1622770861
→ This book contains traditional songs, rhymes, and dances to teach children basic dance steps.
ALERT: Videos will be provided with lesson plans.

SCOPE

Term 1: p.32-33 (I Want to Be a Farmer), 50 (Betty Larkin)

Term 2: p.44-45 (Tea Rye Riley), 54-55 (Come Let Us Be)

Term 3: p.73 (Bow Belinda), 90 (Noble Duke of York)

BUY/FREE

[\\$14.00](#)



TERM 1

<p><input type="checkbox"/> 01 Song 1: Song Lyrics</p> <hr/> <p>📖 STUDY: Learn song and dance. Book of Song Dances "Single Circle (partners)" p.23 "I Want to Be a Farmer" p.32-33</p> <p>📺 VIEW: Watch demo and learn dance.</p> <p>★ Video: I Want to be a Farmer</p> <p>➔ LISTEN & PRACTICE: Play song several times. Repeat a line at a time to memorize.</p> <p>★ Audio: I Want to be a Farmer</p>	<p><input type="checkbox"/> 02 Song 1: Dance Steps</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: I Want to be a Farmer</p> <p>➔ PRACTICE: Learn the steps to the dance, one part at a time. Say or sing the motions to the rhythm of the song to memorize.</p>	<p><input type="checkbox"/> 03 Song 1: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: I Want to be a Farmer</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>
<p><input type="checkbox"/> 04 Song 1: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: I Want to be a Farmer</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 05 Song 1: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: I Want to be a Farmer</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 06 Song 2: Song Lyrics</p> <hr/> <p>📖 STUDY: Learn song and dance. Book of Song Dances "Double Circle (partners)" p.47 "Betty Larkin" p.50</p> <p>📺 VIEW: Watch demo and learn dance.</p> <p>★ Video: Betty Larkin</p> <p>➔ LISTEN & PRACTICE: Play song several times. Repeat a line at a time to memorize.</p> <p>★ Audio: Betty Larkin</p>
<p><input type="checkbox"/> 07 Song 2: Dance Steps</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Betty Larkin</p> <p>➔ PRACTICE: Learn the steps to the dance, one part at a time. Say or sing the motions to the rhythm of the song to memorize.</p>	<p><input type="checkbox"/> 08 Song 2: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Betty Larkin</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 09 Song 2: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Betty Larkin</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>
<p><input type="checkbox"/> 10 Song 2: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Betty Larkin</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 11 Song 1 and 2: Practice</p> <hr/> <p>➔ PRACTICE: Both Songs and Dances</p> <p>★ Audio: I Want to be a Farmer</p> <p>★ Audio: Betty Larkin</p>	<p><input type="checkbox"/> 12 Exam Week</p> <hr/> <p>➔ Answer question(s) related to course.</p> <p>Questions will come from: Book of Song Dances</p>



TERM 2

<p><input type="checkbox"/> 13 Song 3: Song Lyrics</p> <hr/> <p>📖 STUDY: Learn song and dance. Book of Song Dances "Single Circle (partners)" p.23 "Tea Rye Riley" p.44-45</p> <p>📺 VIEW: Watch demo and learn dance.</p> <p>★ Video: Tea Rye Riley</p> <p>➔ LISTEN & PRACTICE: Play song several times. Repeat a line at a time to memorize.</p> <p>★ Audio: Tea Rye Riley</p>	<p><input type="checkbox"/> 14 Song 3: Dance Steps</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Tea Rye Riley</p> <p>➔ PRACTICE: Learn the steps to the dance, one part at a time. Say or sing the motions to the rhythm of the song to memorize.</p>	<p><input type="checkbox"/> 15 Song 3: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Tea Rye Riley</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>
<p><input type="checkbox"/> 16 Song 3: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Tea Rye Riley</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 17 Song 3: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Tea Rye Riley</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 18 Song 4: Song Lyrics</p> <hr/> <p>📖 STUDY: Learn song and dance. Book of Song Dances "Double Circle (partners)" p.47 "Come Let Us Be" p.54-55</p> <p>📺 VIEW: Watch demo and learn dance.</p> <p>★ Video: Come Let Us Be</p> <p>➔ LISTEN & PRACTICE: Play song several times. Repeat a line at a time to memorize.</p> <p>★ Audio: Come Let Us Be</p>
<p><input type="checkbox"/> 19 Song 4: Dance Steps</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Come Let Us Be</p> <p>➔ PRACTICE: Learn the steps to the dance, one part at a time. Say or sing the motions to the rhythm of the song to memorize.</p>	<p><input type="checkbox"/> 20 Song 4: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Come Let Us Be</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 21 Song 4: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Come Let Us Be</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>
<p><input type="checkbox"/> 22 Song 4: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Come Let Us Be</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 23 Song 3 and 4: Practice</p> <hr/> <p>➔ PRACTICE: Both Songs and Dances</p> <p>★ Audio: Tea Rye Riley</p> <p>★ Audio: Come Let Us Be</p>	<p><input type="checkbox"/> 24 Exam Week</p> <hr/> <p>➔ Answer question(s) related to course.</p> <p>Questions will come from: Book of Song Dances</p>



TERM 3

<p><input type="checkbox"/> 25 Song 5: Song Lyrics</p> <hr/> <p>📖 STUDY: Learn song and dance. Book of Song Dances "Longways" p.69 "Bow Belinda" p.73</p> <p>📺 VIEW: Watch demo and learn dance.</p> <p>★ Video: Bow Belinda</p> <p>➔ LISTEN & PRACTICE: Play song several times. Repeat a line at a time to memorize.</p> <p>★ Audio: Bow Belinda</p>	<p><input type="checkbox"/> 26 Song 5: Dance Steps</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Bow Belinda</p> <p>➔ PRACTICE: Learn the steps to the dance, one part at a time. Say or sing the motions to the rhythm of the song to memorize.</p>	<p><input type="checkbox"/> 27 Song 5: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Bow Belinda</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>
<p><input type="checkbox"/> 28 Song 5: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Bow Belinda</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 29 Song 5: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Bow Belinda</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 30 Song 6: Song Lyrics</p> <hr/> <p>📖 STUDY: Learn song and dance. Book of Song Dances "Longways" p.69 "Noble Duke of York" p.90</p> <p>📺 VIEW: Watch demo and learn dance.</p> <p>★ Video: Noble Duke of York</p> <p>➔ LISTEN & PRACTICE: Play song several times. Repeat a line at a time to memorize.</p> <p>★ Audio: Noble Duke of York</p>
<p><input type="checkbox"/> 31 Song 6: Dance Steps</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Noble Duke of York</p> <p>➔ PRACTICE: Learn the steps to the dance, one part at a time. Say or sing the motions to the rhythm of the song to memorize.</p>	<p><input type="checkbox"/> 32 Song 6: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Noble Duke of York</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 33 Song 6: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Noble Duke of York</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>
<p><input type="checkbox"/> 34 Song 6: Dance Steps with Song</p> <hr/> <p>➔ RECAP: Listen to the song once and sing along. Then sing the song without the music.</p> <p>★ Audio: Noble Duke of York</p> <p>➔ LISTEN & PRACTICE: Practice the dance while listening to the song.</p>	<p><input type="checkbox"/> 35 Song 5 and 6: Practice</p> <hr/> <p>➔ PRACTICE: Both Songs and Dances</p> <p>★ Audio: Bow Belinda</p> <p>★ Audio: Noble Duke of York</p>	<p><input type="checkbox"/> 36 Exam Week</p> <hr/> <p>➔ Answer question(s) related to course.</p> <p>Questions will come from: Book of Song Dances</p>

Traditional Folk Dancing

ALERT: Preview Links. The final responsibility for previewing any and all links rests with the teacher. All links were checked at the time of publication; however, websites change frequently and may contain objectionable content. Please report broken links by using the "contact us" link on the website.

01	TERM 1	Week 1	I Want to Be... (Video)	I Want to Be... (Vocals)	I Want to Be... (Piano)
02	TERM 1	Week 2	I Want to Be... (Video)	I Want to Be... (Vocals)	I Want to Be... (Piano)
03	TERM 1	Week 3	I Want to Be... (Video)	I Want to Be... (Vocals)	I Want to Be... (Piano)
04	TERM 1	Week 4	I Want to Be... (Video)	I Want to Be... (Vocals)	I Want to Be... (Piano)
05	TERM 1	Week 5	I Want to Be... (Video)	I Want to Be... (Vocals)	I Want to Be... (Piano)
06	TERM 1	Week 6	Betty Larkin (Video)	Betty Larkin (Vocals)	Betty Larkin (Piano)
07	TERM 1	Week 7	Betty Larkin (Video)	Betty Larkin (Vocals)	Betty Larkin (Piano)
08	TERM 1	Week 8	Betty Larkin (Video)	Betty Larkin (Vocals)	Betty Larkin (Piano)
09	TERM 1	Week 9	Betty Larkin (Video)	Betty Larkin (Vocals)	Betty Larkin (Piano)
10	TERM 1	Week 10	Betty Larkin (Video)	Betty Larkin (Vocals)	Betty Larkin (Piano)
11	TERM 1	Week 11	I Want to Be... (Piano)	Betty Larkin (Vocals)	
12	TERM 1	Week 12			
13	TERM 2	Week 1	Tea Rye Riley (Video)	Tea Rye Riley (Vocals)	Tea Rye Riley (Piano)
14	TERM 2	Week 2	Tea Rye Riley (Video)	Tea Rye Riley (Vocals)	Tea Rye Riley (Piano)
15	TERM 2	Week 3	Tea Rye Riley (Video)	Tea Rye Riley (Vocals)	Tea Rye Riley (Piano)
16	TERM 2	Week 4	Tea Rye Riley (Video)	Tea Rye Riley (Vocals)	Tea Rye Riley (Piano)
17	TERM 2	Week 5	Tea Rye Riley (Video)	Tea Rye Riley (Vocals)	Tea Rye Riley (Piano)
18	TERM 2	Week 6	Come Let Us Be (Video)	Come Let Us Be (Vocals)	Come Let Us Be (Piano)
19	TERM 2	Week 7	Come Let Us Be (Video)	Come Let Us Be (Vocals)	Come Let Us Be (Piano)
20	TERM 2	Week 8	Come Let Us Be (Video)	Come Let Us Be (Vocals)	Come Let Us Be (Piano)
21	TERM 2	Week 9	Come Let Us Be (Video)	Come Let Us Be (Vocals)	Come Let Us Be (Piano)
22	TERM 2	Week 10	Come Let Us Be (Video)	Come Let Us Be (Vocals)	Come Let Us Be (Piano)
23	TERM 2	Week 11	Tea Rye Riley (Piano)	Come Let Us Be (Piano)	
24	TERM 2	Week 12			
25	TERM 3	Week 1	Bow Belinda (Video)	Bow Belinda (Vocals)	Bow Belinda (Piano)
26	TERM 3	Week 2	Bow Belinda (Video)	Bow Belinda (Vocals)	Bow Belinda (Piano)
27	TERM 3	Week 3	Bow Belinda (Video)	Bow Belinda (Vocals)	Bow Belinda (Piano)
28	TERM 3	Week 4	Bow Belinda (Video)	Bow Belinda (Vocals)	Bow Belinda (Piano)
29	TERM 3	Week 5	Bow Belinda (Video)	Bow Belinda (Vocals)	Bow Belinda (Piano)
30	TERM 3	Week 6	Noble Duke (Video)	Noble Duke (Vocals)	Noble Duke (Piano)
31	TERM 3	Week 7	Noble Duke (Video)	Noble Duke (Vocals)	Noble Duke (Piano)
32	TERM 3	Week 8	Noble Duke (Video)	Noble Duke (Vocals)	Noble Duke (Piano)
33	TERM 3	Week 9	Noble Duke (Video)	Noble Duke (Vocals)	Noble Duke (Piano)
34	TERM 3	Week 10	Noble Duke (Video)	Noble Duke (Vocals)	Noble Duke (Piano)
35	TERM 3	Week 11	Bow Belinda (Piano)	Noble Duke (Piano)	
36	TERM 3	Week 12			

Traditional Folk Dancing

1 2 3 4 5 6

◆ TERM 1

- GRADE 1** • Perform the song and dance for I Want to Be a Farmer OR Betty Larkin.
- GRADES 2-3** • Perform the song and dance for I Want to Be a Farmer OR Betty Larkin.
- GRADE 4** • Perform the song and dance for I Want to Be a Farmer OR Betty Larkin.
- GRADES 5-6** • Perform the song and dance for I Want to Be a Farmer OR Betty Larkin.

◆ TERM 2

- GRADE 1** • Perform the song and dance for Tea Rye Riley OR Come Let Us Be.
- GRADES 2-3** • Perform the song and dance for Tea Rye Riley OR Come Let Us Be.
- GRADE 4** • Perform the song and dance for Tea Rye Riley OR Come Let Us Be.
- GRADES 5-6** • Perform the song and dance for Tea Rye Riley OR Come Let Us Be.

◆ TERM 3

- GRADE 1** • Perform the song and dance for Bow Belinda OR Noble Duke of York.
- GRADES 2-3** • Perform the song and dance for Bow Belinda OR Noble Duke of York.
- GRADE 4** • Perform the song and dance for Bow Belinda OR Noble Duke of York.
- GRADES 5-6** • Perform the song and dance for Bow Belinda OR Noble Duke of York.

Traditional Folk Dancing

For students with a high level of interest.

PROJECTS & ACTIVITIES

◆ **TERM 1**

Gather friends and family and teach them the term's dances.

◆ **TERM 2**

Gather friends and family and teach them the term's dances.

◆ **TERM 3**

Gather friends and family and teach them the term's dances.