

Alabama Gal

(American Folk Dance)

Music: Alabama Gal, recording or sung.

Formation: Longways Set

Song:

Come through in a hurry

Come through in a hurry

Come through in a hurry

Alabama Gal

I don't know how, how

I don't know how, how

I don't know how, how

Alabama Gal

I'll show you how, how

I'll show you how, how

I'll show you how, how

Alabama Gal

Ain't I rock candy

Ain't I rock candy

Ain't I rock candy

Alabama Gal

Dance:

Top partners sashay to the bottom of set and back again

Right hand turn (8)

Left hand turn (8)

*This portion of the dance is easily modified. Substitute anything else that works with your situation

Top partners cast off behind their line. Line follows. Top partners make a two hand arch at the bottom of the set. (Peel the banana)

Dancers meet their partner below the arch and go through the arch together. The lines form again with everyone moving up one spot. Repeat with new leaders.

Sashay the Donut
(New England Dancing Masters)

Music: Any jig or reel

*For an energetic dance, I have used David's Jig by Natalie McMaster and limited dancers to 7 partners.

Formation: Concentric Circles with one partner in the outside circle facing the partner in the inside circle.

A Section

Do Si Do (8)

Right Hand Turn (8)

Left Hand Turn (8)

Two Hand Turn (8)

B Section

First partners sashay around the "donut" in a counter-clockwise direction in the alley between the inner circle and the outer circle.

Each time they pass a set of partners, those partners join hands and sashay behind them. Once the partners arrive back where they started, they quickly let go of hands and back into their starting places. Every set of partners will sashay in every B section.

Change leaders each time the B section comes around. Here are two options:

1. Whoever was last in the sashay formation goes first the next time.
2. For an alternative, number partners 1, 2, 3, 4... so that they have to think ahead to when their turn will be

Zemer Atik

(Israeli Folk Dance)

Music: Many variations available online. Listen to some to find one that will work best for your situation.

Formation: Circle facing counter-clockwise.

A Section 4x: R L R L
 R clap L clap
 clap

B Section 4x: Everyone faces middle of circle. Step in toward middle then back out to original circle. Snaps are done with arms over head.

 right snap left snap
 Back back back back

To join circle during A section. Left hand palm up on your own shoulder. Right hand reaches forward and is placed palm down on left hand of person in front of you.

Folk Dance

Steven Robbins

2022 AES National Conference