

Bury Rangers Knowledge Organiser Sparrowhawks: Country Dancing

Key facts

English country dancing goes as far back as 600 years.

It was particularly popular with Queen Elizabeth 1st.

Country dancing is social dancing where lots of people dance together.

Key Words

Definition

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| bar | A set number of beats before the beats are repeated. |
| dance | To move your body rhythmically to music. |
| pulse | The number and speed of the beats in music. |
| swing | To hold your partners hand and spin each other around. |

Tier 2 Words

| Word | Definition |
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| instruct | Explaining exactly how to do something. |
| sequence | To put something in the correct order |
| tradition | a set of beliefs passed from generation to generation |

Key Dances: The Windmill

A1 – In groups of 2 couples, right hand star and left hand star
(Representing the sails of the mill and the turning of the mill stones)

A2 – Couple 3 dance up the middle followed by couple 4. Reserve this back to place.
(representing horse and cart going to the mill)

B1 – Top couple dance anti clockwise round the set one behind the other
(representing a horse pulling a plough)

Other couples take 4 steps forward and four steps back in lines x2, while clapping their hands together.
(representing the miller dusting the flour off his hands)

B2 – With partners, right arm turn and left hand turn
(representing the machinery in the mill)

Caerphilly March

Form: Couple dance

Music: 32-bar jigs or marches. Three jigs are provided here *The Queen's Delight*, *Cock O' the North* and *Kingsbury Jig*.

A1 Hold nearest hand with partner, dance three steps forward, let go hands and turn individually, then four steps backwards, then repeat to original place.

A2 Right-hand turn (4 bars); left-hand turn (4 bars)

B1 Clap: together, right, together, left, together, under right leg, together, under left leg; then repeat.

B2 Swing partner.