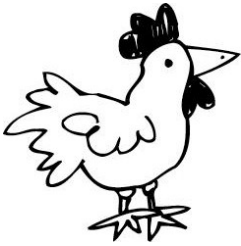


## Dance Like an Animal! Animal Related Folk dances for Paws, Claws, Scales and Tales

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### Chicken Dance

Music: **Kid's Dance Party** Genius Products, 2005; **Polka Favorites** BMG, 2001; **Dancin' Tunes** Walt Disney Records, 2001.

Origin: Switzerland, Germany and more.

Formation: Begin in a large circle with everybody facing in towards the center of the ring.

Notes: The "**Chicken Dance**" was composed by a Swiss accordion (Handharmonika) player Werner Thomas from Davos, Switzerland in the 1950s. The name of the original song was *Der Ententanz* (The Duck Dance), also known by other names including *The Duck Dance*, *Dance Little Bird*, *Vogel Tanz*, *La Danse des Canards* and *El Baile de los Pajaritos*. As you walk down the sidewalk of pretty much any town in the Basque Country, you can sometimes hear the chicken dance tune pouring out of slot machines in a bar. The chicken dance was popularized all over Spain as *el baile de los pajaritos* by Maria Jesús y su Acordeón (from Valencia) in the early 1980's. It has become popular in the USA as a German heritage song, and has been likewise adopted by people worldwide of many cultures since its creation. It has become a staple dance at weddings and at Oktoberfests. The University of Wisconsin Marching Band in Madison, Wisconsin performs it at all of its games and during its post-game performances.

Dance steps:

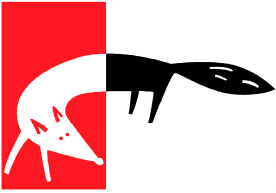
1. At the start of the music, shape a chicken beak with your hands. Open and close it four times, during the first four beats of the music.
2. Make chicken wings with your arms. Flap your wings four times, during the next four beats of the music.
3. Make a chicken's tail feathers with your arms and hands. Wiggle downwards during the next four beats of the music.
4. Clap four times during the next four beats of the music.

Repeat this process four times.

After the fourth time you grab your neighbors' hands and move round in a circle. Switch directions when the bandleader says so.

The dance repeats, progressively getting faster and faster, until the music stops.

(thanks to Mark Helpsmeet for the directions to this dance)



## Hashual (Fox)

Music: Available on **Rhythmically Moving: Cassette 6** by Phyllis S. Weikart or **Israel** by The Haifa Folk and Dance Orchestra

Origin: Israeli

Formation: Circle, progressing R/CCW, lower handhold through the first sequence, no hands for the second sequence.

### *First Step:*

Walking steadily R, starting on R. Start by singing “Hashual” while taking the first 2 steps (R, L), release hands and do 3 quick claps while taking the next 2 steps (R, L), then rejoin hands and continue walking until the end of the musical phrase. (This is actually a simplification of the real dance which becomes a grapevine during these steps). At this point, still facing R, put down the L foot and brush kick the R foot to the L, towards the center of the circle. This pattern is 7 sets of R-L ending with the brush of the R (with no wait). The last step on the L takes as much time as the previous R-L steps (i.e. it’s half-speed), as does the final brush. (If this seems too hard, just circle round as a grapevine or walking for this part)

Repeat this step – i.e., you do this step a total of twice before going on to the second step.

### *Second Step:*

Everyone drops hands and faces the center. Everyone moves towards the center with a “1-2-3-step”, starting first on the R. This means that first R is forward and the 1-2-3 is done by shifting wait to R-L-R in place (as opposed to progressing on the 1-2-3) then moving the L forward, toward the center (which is the “step” in the 1-2-3-step). Repeat with the L in front (1-2-3-step where this means in place L-R-L followed by R moving forward). Snap the fingers twice for each “1-2-3-step” sequence. There are four sequences (R in front, L in front, R in front, L in front), then clap both hands in front once followed by backing out to the circle with 8 steps (approximately).

Repeat this sequence a second time also.

The first step starts immediately after the second repetition of this second step.

(Thanks to Mark Helpsmeet for providing the instructions to this dance)



**Bingo**

You can dance a simple dance while you sing this old favorite

*Form a big circle*

There was a farmer had a dog

*Go towards center*

And Bingo was his name-o

*Move back out*

B-I-N-G-O, B-I-N-G-O, B-I-N-G-O and Bingo was his name-o

*Join hands and circle to the left*

*B Clap in front*

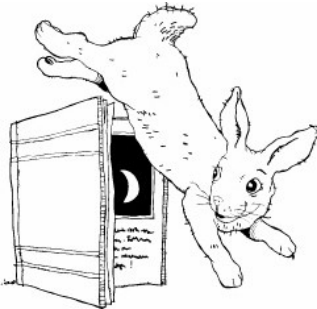
*I Clap in back*

*N Clap in front*

*G Clap in front*

*O Jump up and clap over your head*

Now do the song/dance again. Don't sing the first letter, but do the action. Keep going until you've sung the whole song.



## **Rabbit and Fox**

Music: Anything lively—I like “Killavil Jigs” on *Dervish: Live in Palma*, 2002.

Line up in two lines, facing each other.

One line is rabbits, the other line is foxes.

Start the music. When the dance leader says, “Rabbit go,” the first person in the rabbit line sashays (NO RUNNING!) down the middle of the two lines.

Within a few seconds (or less) the dance leader says, “Fox go,” the first person in the fox line sashays (NO RUNNING!) down, trying to tag the rabbit. If the fox tags the rabbit, the rabbit and fox both go join the fox line. If the fox doesn't catch the rabbit, they both join the rabbit line.

Continue until everyone is panting, or all the people are in one line.