

## Metis Dances for Instruction collected by Marilyn Richardson Oct. 2, 2011

For all your instruction go to my wiki:  
<https://canadianaboriginalresources.wikispaces.com/>  
then,  
Click on: **Dance-Metis Jigging**

Other videos on youtube:

1. Basic Step-illustrated here

Jigging Champ at John Arcand Fiddlefest

[http://www.youtube.com/watch?v=L47Qk1\\_U6TI&feature=related](http://www.youtube.com/watch?v=L47Qk1_U6TI&feature=related)

2. Metis Child Family Jiggers from the Edmonton Area. They came to North Battleford to perform this year on Feb. 10. They start jigging classes in Grade 4 and can continue until Grade 12. Last fall they danced in Hawaii.

<http://youtu.be/1tgXvvRr5FA>

3. Arnold Asham jigging in Grand Forks

<http://youtu.be/5LOIDVCIKKE>

This sample of Metis Jigging shows how athletic the dance can be.

4. Maple Sugar Dancer: These women show a variety of fancy steps with the basic step used as a travelling step in between dances. This is on my wiki.

<http://youtu.be/v5DtBNUEIFY>

5. The Asham Stompers feature Mike Harris

This clip of this young man was taken one year ago. None of my students could finish with him.

<http://youtu.be/nL67U99BknI>

6. Metis Broom Dance

<http://www.youtube.com/watch?v=40i9wJkGE9M>

Very fast and athletic. It will show you how this is done.

7. Alternate Broom Dance done in a French Canadian variation using Celtic steps and tap shoes. Be sure to start at about the 1 min. 50 sec. mark to see comparable steps to western Metis broom dance. This is not a traditional dance. The choreography was designed to use Metis steps to tell an amusing story.

<http://www.youtube.com/watch?v=bumG9X1P7r4>

8. Sash Dance

<http://www.youtube.com/watch?v=6yQSBkwjR8A>

Choose the Yvonne Chartrand version. The actual dance starts at about the 2 minute mark.

9. Duck Dance

<http://www.youtube.com/watch?v=wdr-bEvv4gM>

Yvonne Chartrand is instructing. Notice that the dancers use the basic step all the way through the formations.

10. Metis Duck Bay Square Dancer-Children's Group

<http://www.youtube.com/watch?v=urD-z5y60us>

11. Mike "Slick" Harris at the Canad Inss

<http://www.youtube.com/watch?v=UBkVwGP-EWI&feature=related>

Try to keep up with the steps this young man performs! This is the same young man as you have seen in #5, taken at a younger age.

12. Gerry Jigging in Grand Forks

This clip clearly illustrates the basic step and some fancy steps in clear traditional style.

<http://www.youtube.com/watch?v=1TPLxXX1jDE&feature=related>

13. Red River Jig by a 9 year old girl. This illustrated that people of all ages can enjoy jigging.

This is of course the traditional music used for all competitions. Listen for the changes in the music which indicate the change from the basic step to a fancy step.

<http://www.youtube.com/watch?v=-sQa6uGnxKQ&feature=related>