

Metis Dancing: Pattern and Contasts:

Lesson 1

1. Watch video clip on internet.

<https://canadianaboriginalresources.wikispaces.com/>

2. Answer the five questions after watching.

1. When does the music change?
2. Does the dance step change at the same time?
3. Do you see a pattern in the music and the dancing?
4. Which performer taught you the steps clearly?
5. What was your preferred dancer to win this competition?

Metisfest 2001-Broom Dance

<http://www.metismuseum.ca/resource.php/02316>

Make sure you watch until several young girls have performed. They show the dance slowly and more precisely.

2. Practise the main step that goes between all fancy steps. Use your hands on the desk with a light tapping. If this is too noisy have the students remain seated and tap with hand on their thighs, rather than on desk.

Dance Pattern A :

R L R brush, L R L brush (keep repeating).

The word “brush” simulates the kick, which is a heel forward brushing movement.

3.First Fancy Step: Broom Dance: Pattern B

Practise the motion of the broom dance using scarves or plastic bags.

Students stand by their desk. (Some students may have to move as there needs to be room to kick the leg forward.) Hold a scarf or plastic bag in Rand. Raise one leg. Pass the scarf under the raised leg from the outside of the body in and under the leg. Then take the scarf in the L hand, passing the L hand over the thigh and under that same (L) leg. Put the scarf in the R hand. Go over and out around the thigh and repeat. See the Metisfest video for visual representation. The scarf passes around the leg in a figure 8 motion.

Lesson 2

1. Watch the step dancing DVD from “Steps in Time”. Focus on the jigging step. Students may remain seated and do the steps while in a sitting position at their desks.

2. Practise the scarf movement of the figure 8 from Lesson one #3 while in the classroom, each student standing by the desk. Attention need to be taken to move students so that they have enough room to kick forward. This step down not travel. It is done basically in one spot and

uses a defined space at this level.

4. Practise the Broom dance with the scarf. When proficient with passing the scarf (or plastic bag) quickly, student will be ready to move to switch to a broom or use a floor hockey stick in the gym. Safety tip: keep the broom or the hockey stick blade continually on the floor as an anchor. It does not raise off the floor in this dance.

3. Practise the basic step with the video:

-first using hands on the desk top (see #2 above)

-next using feet, but student are seated either in the seat of the desk using the floor for feet, or on the top of the desk using the seat of the chair for feet.

-use counting to total 4 beat, either

1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ or

R L R kick/ L R L kick/ R L R kick/ L R L kick/

Tip: the kick is rather a heel swish forward as seen on the video.

4. Plan your steps for the gym:

☐ Listen to the jiggling music. Raise your hand when the music changes, indicating a new step will be introduced. Raise your hand again when the music changes. This indicates that the basic step will return.

☐ Discuss the pattern of the music ABABABA if students are doing only the basic jiggling step and the broom dance step. Have students stand when they hear the music change. Then sit down at the next change of the music. This will take practise using either hand raising or alternate standing and sitting.

☐ Pattern: the music is organized into sections
- usually the music changes noticeably every 16 or 32 bars.
- This is a good time to do a different step.

☐ Look at different steps and then alternated the new step with the basic steps.

☐ Other steps include the broom step, slalom jumps, Russian kicks, side to side like a pendulum, moonwalks, or any other step that can be fitted into 4 beats.

Possible Pattern:

A. Basic pattern

1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ or

R L R kick/ L R L kick/ R L R kick/ L R L kick (same thing written two different ways)

B. Broom step

☐ all kicks as you move your hands in a figure 8 holding a broom handle.

this is very energetic and needs to be followed by a slower step

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1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ or

R L R kick/ L R L kick/ R L R kick/ L R L kick

C. Pendulum- step, kick to the side, step, kick to the side/

A. Basic pattern

1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ or

R L R kick/ L R L kick/R L R kick/ L R L kick

D. Your choice of:

pattern B or

pattern C again or

find a line on the floor or use a broom stick and counting 1, 2, 3, 4, use Pattern A (1, 2, 3, kick/) in order to travel around the broom

or zig-zag step over the broom stick, back and forth any way you like, keeping the beat 1, 2, 3, 4

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1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ or

R L R kick/ L R L kick/ R L R kick/ L R L kick

B. Broom step

all kicks as you move your hands in a figure 8 holding a broom handle.

A. Basic pattern 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/ 1, 2, 3, kick/

Lesson 3 in the gym

1. Watch DVD of Metis Jigging “Steps in Time”-last cut on the DVD.

2. You will need to lead the student or find a student leader or a dancer from your community at this point.

3. It is possible to purchase a wooden dancing man (6" tall) who is held by a stick, and a board that your place between your legs and sit on. The man dances when I tap on the board and place the man on Use the wooden man to dance to the music for fun.

Lesson 4 in the gym

1. Demonstration from invited dancer. Students sit in a circle.
2. Try new steps.
3. Try a pattern A B A B A C A D A B A .