



# Dance Festival

MARCH 23, 2023  
2:00-3:10 pm  
Patriot Arena



## A History of The Dances

**The Maypole Dance** - A maypole is a tall wooden pole erected as part of Germanic European May Day folk festivals. In some places, village young men decorate the pole with symbols depicting various trades of the region. The May Day celebration usually includes a procession, where the tree or poll is carried through the town followed by a brass band, intended to beat back the winter and welcome the coming of spring. The festivals are fun and usually conclude with a Maypole dance.

**The Greatest Show** - The name Cha Cha comes from the sound of shaking maracas which were made using seed pods from a plant found in the West Indies. The Cha Cha is the most popular dance among the Latin dances. The Latin dances are known for their expressions of the heart, happiness, joy, and love.

**The Little Bird Dance** - BYU Folk Dancers discovered that The Little Bird Dance, or the Chicken Dance, as we know it in America, was known by children throughout the Western World. The music you hear today reflects the countries where children enjoy doing this dance.

**Cotton Eyed Joe** - The origins of this song are unclear, although it pre-dates the American Civil War. Some claim to have learned the song from plantation slaves. Both the dance and the song had as many variants as the old folk song that it is. American Heritage 4th graders have created their own choreography and variation to this lively song.

**Come Fly With Me** – There have been many styles of "trots" throughout the years, but the one that is the most famous is by Harry Fox in 1913, the Foxtrot. As a Vaudeville performer, he did a trotting step while dancing to ragtime music. Fred Astaire and Ginger Rogers helped popularize this dance with their creativity and expressive movements in their amazing singing and dancing films. The Foxtrot was the most significant development in all of ballroom dancing.

**Virginia Reel** - The Virginia Reel is a folk dance that dates from the 17th century and is considered to be an English country dance. It was most popular in America from 1830–1890. The origins of this dance come from the Scottish country dance, the Highland reel, and perhaps an even earlier influence from Irish dance.

(Histories continued on the back side of program)

# 2023 DANCE FESTIVAL

Welcome: Chase Hale

Opening Prayer: David Melecio

MC: Yahosh Bonner

Third Grade. . . . .	Maypole
Ballroom (Elementary). . . . .	The Greatest Show
Kindergarten. . . . .	The Little Bird Dance
Fourth Grade. . . . .	Cotton Eyed Joe
Ballroom (Grade 7-8). . . . .	Come Fly With Me
Second Grade. . . . .	Virginia Reel
Seventh and Eighth Grade Girls . . . . .	Lollipop (Tinikling)
Fifth Grade. . . . .	La Bastringue
Sixth Grade. . . . .	Hine Ma Tov
Ballroom (Grade 7-8. . . . .	Rock Around The Clock
First Grade. . . . .	Mexican Hat Dance
Seventh and Eighth Grade Boys . . . . .	Haka

## THANKS TO OUR WONDERFUL DANCE TEACHERS!

Juanita Anderson: Kindergarten – Fourth  
Grade

Savanah Laycock: Fifth Grade - Eighth Grade

Paora Winitana: Seventh and Eighth Grade  
Boys

Nani Metler: Elementary Ballroom

Raeli Bond: Seventh and Eighth Grade  
Ballroom

## A History of The Dances (Continued)

**Lollipop** - Tinikling is a traditional Philippine folk dance. The dance involves two people beating, tapping, and sliding bamboo poles on the ground and against each other in coordination with one or more dancers who step over and in between the poles in a dance. It is traditionally danced to rondalla music played by an ensemble of stringed instruments which originated in Spain during the Middle Ages.

**La Bastringue** - The French-Canadian dance tradition is a good example of a culture with both survival and revival forms. In Québec, folk dances are those based on square and longways formations, on sung-circle dances, and on the percussive, rhythmic pattering of the feet called step dancing or gigue. Many of these dances have an elite and noble history, such as the complex quadrille of Ile d'Orleans.

**Hine Ma Tov** - Based on the 1st verse of Psalm 133, "How good and how pleasant it is that brothers dwell together," Hine Ma Tov is a Jewish hymn traditionally sung at Shabbat feasts. Due to the song's popularity, it has been recorded several times by diverse artists around the world and in 1999 this traditional Hebrew song was the soundtrack to a flash mob dancing craze around the world. To this day it continues to be a popular hymn for several Israel folk dances and is a common song sung by school children and Jewish and Israeli scouting groups.

**Rock Around The Clock** - The Swing dates back to the 1920's. We began to see the Savoy swing, the West Coast Swing, the Country Two Step, and the Triple Swing. In the late 1950's, television revolutionized dance and music. People around the country watched and learned these fun dance steps and moves from TV and integrated them into their communities and lives.

**The Mexican Hat Dance** - The earliest evidence of the dance comes from the late 18th century. It has become a symbol of national unity and the "national dance" of Mexico and is taught today in nearly every grade school in Mexico.

**Haka** - Haka is a traditional ancestral dance or challenge from the Maori people of New Zealand. It is a posture dance performed by a group, with vigorous movements and stamping of the feet with rhythmically shouted accompaniment. Like Captain Moroni and his Title of Liberty, the Maori people used the Haka as a call to action. A call to preserve their lives, their families, and their country.