

WESTERN HEMISPHERE



DANCE



Dance is believed to be the oldest of the arts. Long before recorded history or the first instruments were made, human beings expressed themselves through dance. **You must complete a minimum of one dance challenge.**

Indigenous people throughout the Western Hemisphere Region danced and continue to dance for many reasons: to celebrate birth, cure sickness and to bring rain. Dance can be a way to express emotions.

1. Make up your own story and tell it with a dance. Use your body expressively, move your hands and keep the rhythm of the drums with your feet. Mimic everyday activities in your dance.
2. Drums provide the beat and sometimes rhythm for dance. Drums dictate the speed and style of movement. A dance continues as long as the drummer drums. Make a drum and create your own dance movements to go with the beat and rhythm.
3. Choose a dance from this list to try:
Native American Dances - Jiggle dance,
Circle Friendship Dance
Square Dancing Calypso
Labada Salsa
Reggae Mamba
Samba Bossanova
Macarena Limbo
Hula
4. Pick an appropriate dance that someone is familiar with and is willing to share and teach others.



Other Music/Dances

From Globalchild:

1. Dancing Masks (Argentina), pg. 92
2. Ra-Ra Dancing (Haiti), pg. 209
3. Rain Dancing (Central America), pg. 211

Children's Folk Dances by Georgiana Stewart,
KIMBO Educational CD#9141

Available at Scholar's Choice online at
www.scholarschoice.ca

Includes:

- Polly Wolly Doodle (USA)
- Jump Jim Jo (USA)
- Everyone Likes Calypso (Caribbean)
- Ulili E (Hawaii)
- Cielito Lindo (Mexico)

Putumayo World Music CDs with great music, songs with lyrics and music with ideas for dancing. Available at Scholar's Choice or 10,000 Villages, and online at www.putumayo.com/catalog

Suggested titles include:

- World Instrumental Collection
- A Native American Odyssey - Inuit to Inca
- Summer Party Sampler
- Caribe! Caribe!
- Mambo Yo Yo
- Reggae Around the World
- Music from the Coffee Lands
- Caribbean Party
- Latino! Latino!
- One World