

SIFD NEWS



*News
Events
Articles
Information*

***JANUARY
2015***

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Here's wishing you all a

New Year full of Folk Dance

The front cover was designed by Judith Payling, incorporating Anna Huston's illustration of Polish dancers (see back page and below).

Ed.



Honorary Members 2015

Mrs L Avery

Miss D F Bates

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Mrs A Eistrat

Mr S G Guest

Mr M Holdup

Mrs J Korth

Mrs J C Payling

Mrs D Sloan

Mrs C Steeley

Mrs D Wells

Mrs J D Woolbar



DATES FOR YOUR DIARY

- S.I **Feb. 1 SIFD SUNDAY DANCE** see page 6
- S.I **Feb. 1 SIFD DAY COURSE** see page 6
- S.I **Feb. 4–9 RIVIERADANCE! 2015** Residential Balkan folk dance holiday with Yves Moreau (Bulgarian and Balkan), Cristian Florescu & Sonia Dion (Romanian). Plus: International. with France Bourque-Moreau. 5 nights full board, award winning chef, Torquay. £465 (full-days) or £395 (half-days) residential dance course; £305 for non-dancing friends & family. Details and booking form: Cathy Meunier email cathy_meunier@hotmail.com website: send s.a.e to 23, Church Street, Keswick Cumbria CA12 4DX or www.balkanfolkdance.org
- S.I **Feb. 7 BALKAN INSTUMENTAL DAY COURSE** with musician Maya Buckley. 10am - 5pm & 8:30pm – 10:30pm Livermead House Hotel, Torquay. £30 (no charge for residents on the Rivieradance! 2015 holiday). All instruments welcome. Instrumentalists are invited to play for part of the social dance on Saturday evening. Resources for the course will be provided in advance. Pre-booking is essential. For details see above.
- S.I **Feb. 14 BALKANPLUS** MC will be Emily Nisbet
- S.I **Mar. 7–8 ERIK BENDIX** teaches dances from Greece, Macedonia, Albania and Bulgaria in Sheffield. Weekend dance course £35. For details and a booking form please send s.a.e. to Cathy Meunier, 23, Church Street, Keswick, Cumbria CA12 4DX or email your request to cathy_meunier@hotmail.com. Website www.balkanfolkdance.org.
- S.I **Mar. 21 RUSSIAN DANCE WORKSHOP** with Maggie O'Regan at St. Ninian's Church Hall, Chorlton, Manchester. From 11.a.m. - 5.p.m followed by a 'Bring and share' supper and a social dance from 6.30 - 9.00 p.m. £12 (£10 for SIFD members) Contact Mary O'Mahony 0161 881 0955 maryomahony3@yahoo.co.uk
- S.I **Apr.24-27 GREAT ALNE LONG WEEKEND** (Friday evening to Monday afternoon), near Alcester, Warwickshire. International Folk Dancing and other varied dancing, music, handbells, singing, walking and cycling. For further information see website at www.greatalnefolk.org.uk or phone Paul Lindley 0121 689 1802 or André Hobro 0121 777 3722.

May 1-4 EASTBOURNE INTERNATIONAL FOLK FESTIVAL

Please contact Maureen on 01823 401271. or www.eiff.org.uk

S.I **Jul.25-Aug.1 SIFD SUMMER SCHOOL** in Swansea, Danish, Romanian & General Int. phone 07905 603655 for details or website: www.sifdsummerschool



Events covered by SIFD insurance are marked S.I.

*Please remember that the onus is on **you** to mark each event when sending in the notice if your event is covered by our insurance.*



Monthly SIFD dance at Cecil Sharp House

Sunday 11th January 2015

Come and celebrate the start of a new dancing year with a dance led by the committee and with live music from the SIFD band.

In February Helen Ezra will lead the dancing on Sunday 1st February.

Anne Maddocks



Where were you?

All those who didn't come to Jill Bransby's Sunday Dance on 7th December missed a treat. Jill had prepared a really varied programme of dances and came armed with bags of "accessories" for certain dances. The wonderful Martin Butler enhanced the Band with his lively inspiring playing and joined in the dancing for CD items. There was a high percentage of dancers in the interval too, despite the rival attractions of Helen's tea urn.

However, only sixteen people plus band turned out for this occasion. There were many missing regulars. Can we go on holding these dances at such a loss?

I end by saying that members of my class and I had a great evening so thank you Jill very much.

Fiona Howarth

SIFD Day Course:

2pm to 6pm Sunday 1st February at Cecil Sharp House

Pontic Dance with Jackie Charbit-Middleton and Mike Machin (Pontic Lyra). Mike and Jackie attended Kyriakos Moisisdis' Pontos Project in Thessaloniki July 2014. They experienced a broad range of Pontic music and dance which they would like to share.

Pontos refers to the area of Northern Turkey on the Black Sea from which hundreds of thousands of orthodox Christians moved to Greece during the exchange of populations following the Treaty of Lausanne in 1923. The music and dance from this region is highly distinctive with many characteristics not found in other Greek forms. The principal musical accompaniment in the Eastern part of Pontos was the lyra or kemenche, a small three-stringed instrument played with a bow. Pontic lyra music is instantly recognisable from the raw, earthy sound of its short strings, the Turkish sounding scale system, and the driving insistent rhythms. The dances range from the very simple to the energetic and there are many which have a mesmeric, lyrical quality arising from particular rhythmic patterns. The combination of lyra, voice and dance adds up to much more than the sum of its parts and embraces an egalitarian community spirit.

Mike is an experienced musician who took up the Pontic Lyra, an instrument rarely heard live outside Greece and Turkey, in 2013. He attended the Pontos Project with financial assistance from the SIFD Frank Flanagan Fund and the Lisa Ullmann Foundation. While there he was introduced to the renowned lyra player and teacher Giorgos Poulantzaklis. His continuing studies with Giorgos are focussed on playing songs to accompany traditional Pontic dance.

For 35 years Jackie has been passionate about Balkan dance, attending courses in Romania, Bulgaria and Greece. She teaches regularly, and believes in dancing from the heart, being moved by the music. The experience of the Pontic people resonates deeply, inspiring her to teach and dance their dances.

Mike and Jackie are developing a repertoire of Pontic dances which range from followable to those which are more complex and require more attention to steps.

Halsway Manor weekend

A new year is upon us all, I know it seems only the other day when we were all ten years younger. More important is the new diary and resolutions to book events now, get out more and be active.

May Day will be here in five months time and the Halsway Manor SIFD weekend needs to be written in your diary. This weekend has been publicised in the Halsway EFDSS brochure so we hope to see brand new faces and friends. One and all with families have been invited. So, it's best not to hold back when Gordon opens the booking.

Besides dancing there will be walks in the Quantocks, a croquet competition on the lawn - let's hope the grass is mowed, convivial company, a bar and good food. What more could you really want for a weekend away where you can forget your troubles and tribulations?

John Boyd



Rainmakers 38th Anniversary Dance - see article in December issue

Irene Goodwin

1916 - 2014

Irene was a member of Merton Park Folk Dance Group and of Balkanplus both of which she attended for many years. She also joined in weekends away at Halsway Manor and Dunford. Even when her dancing became limited she still came along to enjoy the music and have a chat.

She was a resourceful, determined, practical and talented person. She attended St. Mary's Church in Merton Park and supported the Parish Players for whom she sourced and made the props for their many plays and pantos.

She was a volunteer at the Asylum Seekers office in Wimbledon and read and recorded newspapers for the blind.

I once mentioned that I had been to see the exhibition of the Chinese terracotta warriors. She said very quietly that she had seen them for real three times when she visited China to study brush painting. Her own paintings were absolutely beautiful, the work of a highly talented artist. She also had travellers' tales to tell of visits to Peru and Sri Lanka where she fell and broke her arm but had no intention of cutting short her holiday because of it.

She was reluctant to leave her home in Merton Park when her health began to decline, but then said it was much nicer going shopping in her new home because everyone in the street said hello and her new Methodist Church made her so welcome.

She will be sadly missed by all who knew her and by all her family of whom she was so immensely proud. She was a truly remarkable person. Who else do you know who "looped the loop" at age 80 ?

Frances Horrocks



Irene Goodwin

Some of you will remember Irene Goodwin who has died at the age of 98 on 18th November. Despite a number of health problems her indomitable spirit kept her interests alive, coming to weekends away with the SIFD, to Halsway Manor and to Dunford. In fact it is only in recent years that she decided not to come because of difficulties she was having with getting about.

I remember when I first knew Irene when she stayed at Dunford and I shared a room with her. That must be around 30 years ago. She used to tell of her walk along the lane to the House with her torch, hoping that someone with a car would come along and I think that usually happened. Nothing defeated her. As well as folk dancing she attended classes for Chinese brush painting and was a regular attendee at her local Church where she was a contributor to all their activities, including help with asylum seekers.

She will be remembered with affection for her cheerfulness and spirit, and for her keen interest in all things new.

Margaret Manley



Balkanplus

The January Balkanplus will be held on the 10th January at Cecil Sharp House, Camden NW1 7AY, starting at 7.00pm.

MCs will be Brian with the Barnet Group. Admission £5.

Maureen Felton



A Note from the Committee

The AGM minutes are enclosed and the 2015 AGM will be held during the Summer School in Swansea – full details to be sent in due course.



A picture of Polish dancers (this photo was taken in Billingham by Judith Payling in the 80s) to complement the drawings in this issue of similar costumes.



Swansea Summer School, 2015

You will discover a couple of business cards in the News advertising the SIFD Summer School. This will act as a reminder to you that this wonderful event is taking place this year after a three year gap. Please help us to advertise it by taking the cards to places where you dance (any sort of dancing). As this is likely to be the very last Summer School, let's make it a good one with lots of dancers.

Jill Bransby



Celebrate the New Year at a Balkan Dance Party

on Sunday 4th January 2015 at Calver Village Hall, Calver, Derbyshire S32 3XR from 12.00 to 16.30. Bring and share lunch. Minimal cost.

Contact details: Greg Boyd on 07810 181273 or gregboyd99@aol.com

Greg Boyd



7 step - Siebenschritt.

Yes P.I.F.D. still occasionally dance it. I taught it to the Newport group as well and I have always introduced it to schools. The instructions for this dance can be found, together with the music, in "A selection of European Folk Dances volume 2 page 14". The instructions are very clear.

A very happy New Year to you all.

Sue Clark



SIEBENSCHRITT (STEIERMARK)

AUSTRIA

Couple dance in l.o.d.

Inside hands joined, couples stand close together facing in l.o.d.

Bars 1-2 Starting outside feet, 7 small running steps, pausing on the 8th beat.

Bars 3-4 Repeat backwards starting inside foot.

Bars 5-6 Both 1 schottische step diagonally forward and away from one another and 1 schottische step diagonally forward and back towards one another, thus forming a diamond pattern on the floor. There is no hop in the schottische step.

Bars 7-8 Man goes slightly in front of partner and takes ballroom hold. 2 turns clockwise with 2 two-steps. (see note)

Bars 9-12 Repeat Bars 5-8.

The dance may be repeated as often as desired, using music A & B alternately.

NOTE There is a similar German dance with peasant hold where step-hops are used in the turns. The Austrian flavour of this dance is however emphasized by the characteristic two-step pivot; rising on the ball of the foot in the turn. A complete turn is made in 2 walking steps. The girl's feet must be kept between the man's feet. The steps are small and springy.



Siebenschritt was taught by Heinz and Ilse.

I loved it, so easy to teach to 3 - 5 year-olds saying the movements while dancing. They did not do it 'perfectly' but enjoyed it, and had fun. Best wishes,

Ruth Coton

Re **Siebenschritt** (also known to us as "Seven Steps"):

I enclose a copy of the dance steps and music as given in the SIFD publication "A selection of European Folk Dances, Book II".

This dance was regularly included in the evening's programmes at various groups' dances and at SIFD functions, but, as seems to be the way of many of the simple European couple dances, it is no longer popular.

As I haven't been active on the folkdance scene for some time now I may be wrong in thinking that these dances are seldom done, or taught at day courses now. I hope the teaching of Danish dances at the next Summer School will perhaps revive an interest in West and Central European couple and set dances. Regards,

Lily Avery



Dear Janet

Actually **Siebenschritt** appears on SIFD CDNo2. Not surprisingly it also appears in Book 2.

I remember it being taught along with several other Austrian dances (also on CD2) at a Cecil Sharp House Sunday dance sometime in the early 1950's. The teacher was Anton Novak, who was accompanied by his friend and accordionist "Sepperl". Anton did not speak much English so the teaching was entirely in German with Mourie Pfeffer translating where necessary. Being fairly simple the dance was fairly popular for a time before being submerged like so many West European dances by the flood of Balkan. It has, however, been known to turn up at an EFDSS ceilidh as "Seven Steps".

Regards,

Roy "Oscar" Haycock



Hello Janet,

That is very familiar music. I do not know if it came to SIFD from Mourie Pfeffer or Hans and Ilse ?

I found two videos of the dance on You Tube. I am not very good at copying the site but if you go into **Siebenschritt** they come up right away. Same dance with different hand holds

Dorothy Sloan

Siebenschritt

Austria

9 G D G G D G G C D G C D G
17 G C D G C D E D A D A D
D G A D G A D G A D G A D

"Wilf Horrocks' Collection"



Siebenschritt

I dance it, in a wheelchair, and it has converted very well indeed. I have taught it to several other groups and everyone loves it. The only change is to make the diamond into a triangle, we angle out for 3 turn to face on 4 then take 3 to meet right shoulders for the spin.

I seem to have known it “forever”! There is a German version with a hop and the Austrian version without. Mind I have been dancing with the SIFD since I was 19 right up to, and a bit beyond the summer of 1995 when I set off down the path to paraplegia due to Progressive MS. Now 77, I am not looking forward to progression to quadraplegia, but hopefully it will be a while before I get there, if I do.

I have also – very recently – converted Fyr Tur but in a circle as I failed to make the small square formation work.

The next task is to dig out all the books and see what else I can “convert”.

Wheelchair dance covers many dances although the basic “competition” dances are versions of waltz, quickstep and samba the range is wide. Not everyone (and/or their chairs) are able to do everything but it’s really good to be dancing once more.

Marjorie Corner, nee Bracey

PS I am a certificated wheelchair dance instructor.



Dear Janet,

Another lovely Newsletter. Many Christmas Thanks”.

Now - **Siebenschritt** - I still smile when I think of a class of 11-12 yrs (1st yr. Grammar) in the lovely hall with balcony (where Betty Harvey did a Polish day for Selpar)

Start each phase with outside foot. Pairs, facing c-c simple handhold.

A Eins, Zwei, Drei, Vier, Fünf, Secho, Sieben.

7 runs forward and small hop (8 beats)

7 runs backward - same ‘words’ (8 beats)

B Away from partners side-close-side outside foot leading

Eins, Zwei, Drei and clap hands to side

Back to partner - no clap, take shoulder waist hold

Eins, Zwei, Drei

Turning c-w on place - step

Eins und Zwei, Drei und Drei und Vier or scramble the words to get the full 7 words in!

Repeat all of B. Then start again. It is possible to include a moving on with change of partner.

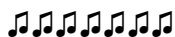
I’m writing this in a very strange atmosphere - Engineer (quite noisy) dismantling the stair lift (chair lift in homage to years of skiing!!) TV on to amuse the cat - she loves snooker! So it’s all a bit of a shambles.

Re; the above - Head of German (now deceased of course) leaning over the balcony outside his classroom called out:

“Thank you for anticipating their first lesson - it’s a good job you didn’t do a full translation - it’s very rude!!

I’m still laughing! Happy Christmas to all.

Sybil Chapman



Obviously **Siebenschritt** is a dance that people remember well - and still dance. As there is a slight difference in the notes both versions are published; spelling differences too. I hope the next dance triggers a reaction as good as this - it is:

Ca la Usa Cortului

(sounds Romanian to me - the country of origin is not given on the manuscript).

Ed.



WHAT'S ON IN JANUARY

Friday 2nd LEARNING & TEACHING CYPRIOT DANCES

Georgina Kyrris 10:30am – 3:30pm at Cypriot Community Centre, Earlham Grove, London, N22 5HJ Enquiries: g.kyrris@gmail.com

Saturday 3rd LEARNING & TEACHING CYPRIOT DANCES

Georgina Kyrris 10:30am – 3:30pm at Nottingham Church Hall, 184 Derby Road, Nottingham NG7 1N. Enquiries: g.kyrris@gmail.com

Sunday 4th NEW YEAR BALKAN DANCE PARTY see page 5

S.I **Saturday 10th BALKANPLUS** see page 9

S.I **Sunday 11th SIFD DANCE** at Cecil Sharp House.

S.I **Saturday 24th OXFORD BALKANSKO ORO PARTY**, 7 - 10:30.

St. Margaret's Institute, Polstead Road, (off Woodstock Road),

Oxford, OX2 6TN. Food and drink provided. Music: CDs & Dunav.

Tickets at the door: Adults: £10; children under 14: £3.00; children

under 4: free. sally.humphrey@onetel.net or charlotte@haenlein.co.uk



All material for the February issue of the SIFD NEWS must be received by the Editor IN WRITING by 17th January.