

Society for International Folk Dancing

# SIFD NEWS



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# OCTOBER 2016

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Packaging, posting and electronic distribution is done by Dalila Heath.

The Society may be only 70 years old, but folk dancing happened in Roman times too (front cover), note the musician's bellow type squeeze box.

As promised, much of the programme from the 40th Anniversary 'boat trip' is shown on page 9, after the continuing Past Pages.

**Ed.**



## **SIFD Monthly Dance**

SIFD Monthly Dance at Primrose Hill Community Centre  
29 Hopkinsons Place, Fitzroy Road London NW1 8TN

Sunday 2nd October 7pm -9.45pm

Brenda and Philip Steventon will be leading the dance in October and as usual we will enjoy dancing to live music from the SIFD band.

**Anne Maddocks**



## **Dance Around the World Early Warm-Up Sessions**

The early warm-up sessions at DATW run from 10 to 11 am. The idea is to welcome everybody, and to provide accessible dances for all to join in. I have started compiling my list of user-friendly dances, most known to SIFD people, from a wide range of countries – Romania, Albania, Israel, England, Greece, Macedonia, Wales, Hungary, Serbia, Russia, Bulgaria and France so far. There won't be any "fresh off the Press" or "27 variations" so come and bring your friends – dancers and not-yet-but-could-be dancers. See you there.

**Fiona Howarth**

visit [www.datw.org.uk](http://www.datw.org.uk) or call 07749 007 040



## DATES FOR YOUR DIARY

S.I **Nov. 4-6: TURGAY ONATLI** teaches dances from Turkey in Calver, Derbyshire. For details and a booking form please send s.a.e. to Cathy Meunier, 23, Church Street, Keswick, Cumbria CA12 4DX or email to [cathy\\_meunier@hotmail.com](mailto:cathy_meunier@hotmail.com) Website [www.balkanfolkdance.org](http://www.balkanfolkdance.org).

S.I **Nov. 6: SIFD SUNDAY DANCE** - MC: Jill Bransby, Primrose Hill Community Centre 7pm -9.45pm

S.I **Nov.12-13: SERBIAN DANCE WORKSHOPS** with Sasha Smrekić (accordion) & Vladica Tanasijević. Sat.w/shop: £30 10.30-4.30 at Primrose Hill C.Centre, 29 Hopkinsons Place (off Fitzroy Rd) London NW1 8TN. Sat. Party: £10 7-10.30pm, Cecil Sharp House, 2 Regent's Park Road, NW1 7AY Sun. w/shop: £25 10.30-4.30 at Mazenod Comm. Centre Mazenod Ave. Kilburn, Ldn NW6 4LS W/end package: £60 £50 for SIFD members. Chq to Balkanplus & sae to M. Felton, 28 Henslow Road, Ipswich IP4 5EG or: Brian 01992 58271 [bvdowsett@aol.com](mailto:bvdowsett@aol.com)

**Nov. 26-27: DANCES OF THE SILK ROUTE** (Dances from Iran, Daghestani, Uzbekistan, and Afganistan) with Helene Eriksen (from USA) in Mapperley, Nottinghamshire. Cost £75. Contact [Chrisandra@tesco.net](mailto:Chrisandra@tesco.net) or 0115 9554962.

**Nov. 26: A DAY OF (MOSTLY) RUSSIAN DANCES** at Stone Cross Memorial Hall near Eastbourne BN24 5EH with Rowena Martin. 10.30 for 11.00 - 4.30. £10. Shared lunch. Please book. 01323 503991 or [rowenahmartin@hotmail.com](mailto:rowenahmartin@hotmail.com).

S.I **Dec. 4: SIFD SUNDAY DANCE** - MC tba

S.I **Dec. 10: BALKANPLUS** - MC will be Zivko Firfov with Dunav

S.I **Dec.29: TWIXMAS DANCE PARTY** at Stone Cross Memorial Hall, nr Eastbourne BN24 5EH. 10.30 - 4.30. £8 (half day £5). Shared lunch, drinks provided. Bring own CDs or just dance. Rowena Martin 01323 503991. [rowenahmartin@hotmail.com](mailto:rowenahmartin@hotmail.com)

- S.I **Feb. 8 - 13: RIVIERADANCE! 2017** Res. Folk dance holiday with Yves Moreau (Bulgarian and Balkan), Cristian Florescu and Sonia Dion (Romanian). Int. folk dances with France Bourque-Moreau, singing, music-making, drumming, walking and sight-seeing. 5 nights full board Torquay. £470 (full-days) or £400 (half-days) res. Dance course; £310 for non-dancing friends & family. Contact Cathy Meunier email [cathy\\_meunier@hotmail.com](mailto:cathy_meunier@hotmail.com) website: [www.balkanfolkdance.org](http://www.balkanfolkdance.org) or send s.a.e to 23, Church Street, Keswick Cumbria CA12 4DX
- S.I **Feb. 10 - 11: BALKAN INSTRUMENTAL DAY COURSE** with Maya Buckley. Fri. pm & Sat. 10am-5pm & 8:30pm-10:30pm. £30 (no charge for hotel residents on the Rivieradance! 2017 holiday). All instruments welcome. Resources for the course will be provided in advance. Pre-booking is essential. Please contact Cathy Meunier (see above)
- S.I **Apr. 28 - May 1: SIFD WEEKEND** at Halsway Manor, N. Somerset. A weekend of Folk Dancing led by Janet Woolbar and Music led by Stella Wentworth. With guided walks and freedom to discover the local area. For Info. Contact Robin and Judy Morris – 01564773482 - 07966785172 or [robinnimbo@aol.com](mailto:robinnimbo@aol.com)

**Apr. 28 - May 1: EASTBOURNE INT. FOLK FESTIVAL** see page 16



*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.*



## Past Pages

### Erudition

My overall impression of the SIFD News during the 80s is that it was a truly educational publication. The News was a constant source of information about dances, their regional style, and their place within traditions from around the world; costumes, history and evolving folk dances (hotly debated) of other countries were examined. Authenticity arguments continued - definition of folk etc. the importance of the region (cultural home) of a dance - not just the country (political home).

I have reproduced just one of the many 'informative' articles of that decade; it may be of interest to all who enjoy 'Russianplus' dances and anyone going to the upcoming Georgian day or Silk Route weekend:

***“The Dances of the U.S.S.R. Six Basic Forward Steps***  
*(Russian, Ukrainian, Moldavian, Tartar, Georgian, Uzbek)*

*Have you ever stopped to think how many ways there are of putting one foot in front of the other?*

*Walking, running, hopping, skipping, jumping high, throwing feet out, putting feet exactly one in front of the other, walking with feet wide apart, on flat feet, on balls of feet, rolling off from heels or from toes; on toes, holding knees straight or bent, taking the movement from the hips or from the knees; light, heavy or stamping steps; or even doing one thing with one foot and, another with the other; there seems to be no end of variations. I should like to describe Basic Forward Steps from just six regions of the U.S.S.R., and they could not be more dissimilar from each other.*

*First, **Russian**. The Russian Basic Walking Step is Right, Left, Right, Left etc. just as you walk on the street but with boys putting heel first, and girls toe first. Only the rhythm is different: 1 - quick (right), 2 - quick (left), 3 - quick (right), and S-1-o-w (left). On and the left foot is slowly brought to the right foot, ready to step forward on 1 again. For some odd reason this seems to be very difficult to Western people.*

*I am happy to say that the London SIFD does it correctly now, but time and again I teach it correctly, only to find, on my return, that on 3 they happily bend their supporting legs and throw the working legs forward, as if playing football. I entreat you: don't do that PLEASE!*

*I have been told this is a Hungarian step. I don't know; I only know that in my fifteen years of studying the dances of the U.S.S.R. I have never come across anything like this in any style I know. The body is held freely, but not stiffly.*

*Secondly, **Ukrainian.** Here the Basic Forward Step is a quick running one. Imagine you are running for the bus, slightly bending forward to get the speed, as short-distance runners do, and take your weight with you, as you do in normal running. DON'T throw your working leg forward, as ballet dancers do! The rhythm is: ONE, two, three, ONE, two, three. 1, a long shallow leap (say, on the right foot), and 2 and 3 small quick running steps, left, right etc. You will notice that the music (and therefore the dance) has the emphasis on ONE, as opposed to the Russian emphasis on THREE. The step is the same for girls and boys.*

***Moldavian.** For anyone who cannot immediately on demand draw a correct map of the U.S.S.R. with all the different Republics - the Republic of Moldavia is on the border of Romania, between the Carpathian Mountains and the Black Sea. The dance style is of course very much Balkan-influenced, and the Basic Step is: 1-hop, 2-hop, 3-hop, 4-hop etc. Step forward on right foot and hop on it, bringing the upper part of the left leg horizontally up, foot held freely near right knee. Repeat, starting with left knee. Body is held freely upright.*

***Tartar.** Many centuries ago the Tartars were spread out from the Crimea into Inner Asia. Today the Autonomous Tartar Republic is on the shores of the Volga, in Central Russia. The Basic Step is counted: AND 1, 2, 3 etc. Start with feet together. On AND 1, quickly and sharply throw your right foot forward and bring it back to the left foot. 2 and 3 are small steps forward, left, right, on balls of feet. The step is the same for girls and boys. Body is held freely upright.*

***Georgian.** You have probably all seen the Georgian State Dance Company at some time or other, either live or on television, where the girls glide around "as if on rollers". This impression is created by them doing the Georgian Basic Step. The feet are hidden by their long skirts as they do: right, left, right, left etc. on the balls of their feet. The trick (not so very easy) is to do it absolutely evenly, no wobbling, no swaying.*

*continued overleaf >*

*The men's step is the same, only there you see the feet and legs, so the movement is not so surprising. Both must keep their bodies absolutely ramrod-straight and unmoving, even if the steps are quick and tricky.*

**Uzbek.** *(Uzbekistan is one of the U.S.S.R. Republics in Inner Asia). This is a girls' step only; boys have only fairly lately started to dance and, as far as I know, no generally recognized Basic Step has emerged yet. Start with feet together, toes pointing forward. Knees are slightly bent, and kept that way throughout. Here again the rhythm is ONE, two, three, but the step is as unlike as possible to the Ukrainian Running Step. On ONE, right foot is put forward on whole sole, on two and three it is followed by two little running steps on balls of feet. The trick is that the steps must be VERY small, the knees "as if bound together" - and that is not as easy as it sounds. The steps are light, and the movement is in the ankles only - there is NO "up and down". The body is held freely upright, but not stiffly.*

*These are just a few Basic Steps from the U.S.S.R. Perhaps other members could give us examples of Basic Steps from other countries?*

***Jenia Graman***”

What else distinguished the eighties? Judith Holloway (Payling) was treasurer - **and still is** ! Julie Korth inaugurated the ‘International’ at the Eastbourne Folk Festival. There were dance courses around the country, not just in London. The Safaris continued, as did Weekends Away; Roy Clarke was a tireless organiser of weekend events. There was the SIFD 40th Anniversary Long Boat Dance (the page opposite shows the programme).

However, a new ‘schism’ threatened; between the couple/set dancers and the balkan/circle dancers. There was tension and argument related to authenticity, especially in regard to the new circle dances. Roy Clarke wrote urging people to become ‘internationalists’ by learning dances from the ‘other side’.

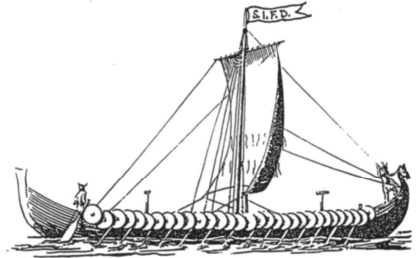
The Society continued to develop, balancing “fun” against “academia”, but finding volunteers to do jobs was an increasing problem.

**Janet Douglas**



SIFD  
40th  
ANNIVERSARY

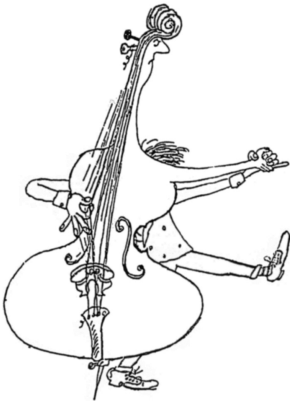
# Long Boat Dance



bon voyage!

Boat trip and dance on  
the Royal Princess, River Thames  
Sunday 11th May 1986 2-5pm

Your  
musicians  
are Tina  
Meech  
and  
members  
of Dunav



Your MC for  
the afternoon  
is **FIONA  
HOWARTH**



Alunelul, Bavno, Bourédroit du Pays Fort, Cačak, Chedvat Neurim, Cumberland Square 8, Danish Schottische, Dargason, Debka Kafrit, Dorset 4 hand Reel, Duke of Kent's Waltz, Eiswaltzer, Erev Ba, Fjaskern, Gastouriakos, Göta, Hokkai Bonuta, Hora Chadera, Hora Femeilor, Hora Zemer, Jooksu Polka, Kalamatianos, Karamfil, La Bastringue, Little Man in a Fix, Mačka Yollari, Makedonsko, Neapolitan Tarantella, Od lo ahavti di, Šetnja, Ssimchu Na, Steiregger, Tarina de l'Abrud, Teen, Trata, Vrapčeto, Ya'aboud, Zemer Nuge, Zeeuwse rei, Zikino.

# **Hambo, Polska, Fika, After-parties, Mygge and Knott** in Hälsingland



Norrandia is a “dance camp” in northern Sweden that has run at mostly three year intervals since 1991, and sells out. We stay in small wooden cabins on a flower filled hillside, with tiny bedrooms and a comfortable living room. Every morning, a tuneful cow horn called us to breakfast; a generous hot and cold buffet with strong coffee.

The dance hall is by a lake that is sometimes just warm enough for swimming. Dance workshops totalled 5 hours per day, with a long break at midday for lunch followed by optional cow horn and singing classes or time to swim or sleep, then fika (cake and coffee) and more dancing. After dinner there was time for more dancing with the main band and then volunteers until the last dancer was worn out. One night we travelled to a village nearly an hour away, to join in a public dance. The dance workshops were led by three pairs of teachers, including Tommy and Ewa Englund, who taught in York in 1992 and Magnus and Camilla, the current Hälsinge Hambon winners.

Dancing in an award-winning dance hall at Hovra. We learnt and polished 17 dances. They were mostly variations of the 3-beat couple dances, Hambo and Polska with some Schottis and Polka. Many of the polskor are social couple dances that originated in the 17th or 18th century, long before the figure dances choreographed in the late 19th century for performance. Schottis and Hambo are more recent.

The dances are not easy and newcomers can feel overwhelmed but gain confidence after the first few days.

We enjoyed dancing with many very highly skilled partners, from Sweden, Norway, Australia, and the USA. Most of the dances have at most two figures, and each couple changes from one figure to another when it suits them, so we concentrate on the music and people instead of on memorising sequences. Only dances with the name Hambo or Hambopolska have a fixed length for each figure.

The dancing stopped by around 11pm, but it was not dark enough to feel like bedtime, so some people gathered for snacks, drinks, conversation and song in the largest cabin, late into the night. (Mygge and Knott are mosquitoes and gnats - the disadvantage of a dance hall by a lake; two of us from England appear to taste utterly delicious).

The organisation is superbly efficient, and much care goes in to creating a warm welcome; attractive painted wooden name labels, no set places for meals, many people who make sure anyone on their own is included in conversations and activities, constantly changing partners in dance workshops. We are all given well produced booklets of notes and background information and lists of participants and teachers with contact details. There is no official video, but times were set aside for review and filming by anyone who wanted to. Shared cabins and rooms help newcomers integrate quickly. We were all there to learn the same dances, classes were very well attended and very few people sat out during the evening dances. It was lovely to know that anyone I asked to dance would accept.

We have all been several times, and always enjoy the week. Richard is one of only two people who has been to every Norrlandia Camp since it started.

If you would like to know more, please ask for a copy of an article by Liz and Richard published in the News in 1991, or contact Caspar to find out when and where the Scandia group will be meeting this autumn.

**Jeanette Hull**

(others from the UK were Richard Mellish, Caspar Cronk and Anne Leach)



## When did you start dancing?



It's a question I get asked often and usually struggle to remember.

Rummaging through some old pictures, I came across the picture opposite which answers the question as "at least since I was five" - seen here doing the Kazacok - a hit Russian song of the 60s in Cyprus. Anyone remember another hit, Kalinka? This of course brought back memories of wonderful picnic trips to the Troodos mountains or as in this case the Armenian Monastery. Families would travel in convoy, pick a bench/corner then settle down to some lively singing and dancing accompanied by live music. "Uncle" Harry seen here with his accordion; a mechanic by trade, could not read music but could play "by ear" anything. A hearty BBQ would be followed by a siesta by the adult males, while the ladies gossiped and the children explored the mountains free of over-the-top health and safety regulations.

I also found an article my mother must have kept from the English language Cyprus Mail. It seems it all started with the twist.



Ahhh, those were the days!!! It saddens me that my children did not have that sort of carefree childhood but then that's life.

**Dalila Heath**



## **A Very Special Date(s) For Your Diary 22/23rd October**

Put it in your diary NOW. Dance Around the World is back again - it's no longer Anne's baby, but a healthy teenager and still growing.

Saturday is already bursting at the seams, with some new faces among the old favourites. As always, there will be more than fifty groups performing over the two days. On the Saturday night, a Cajun dance will be competing with the Latin-American evening. And, of course, there will be, as usual, so many workshops that the most onerous part of the weekend will be choosing:- a) between watching a group perform and participating in a workshop or b) deciding which workshop sounds the most interesting. If you haven't been before, this is the time to go. I look forward to seeing you (old faithfuls and newcomers alike).

**Maggie O'Regan**

Full details in "What's on in October"

Dear Janet,

I also recognised Fiona's beautiful costumed back on the August cover of the News and enjoyed 'de Calypso'. I can tell you that they did 'try dis lark again' on 16th June, 1991, to celebrate the 45th Anniversary of the SIFD. I was the MC and Wilf Horrocks played the music on the 'Royal Princess'. Several amusing things happened on this Thames trip.

The first involved a late arrival who just caught the boat. It transpired that this person thought this was a normal tourist boat trip and so was trapped with these mad dancers for hours and she was not amused!



*Pam Long is shown in her Kaloska costume (right).  
Her death was reported recently in the News but without a picture.*

According to Kay Kedge's account there were close on 100 people on board. It was pouring with rain for most of the trip and we headed up stream but, after about 40 minutes the Captain announced that we had run out of water and so would be turning downstream – of course he was referring to the tidal water!

The third thing I can remember was that there was an upper covered deck that we were dancing on and a lower deck where we could eat and drink. When we danced the Horlepief on the upper deck the folks underneath came rushing up to find out what the deafening noise was! I think I might have put my Dutch clogs on to hammer out the step! Kaye also wrote about a Concorde flying alongside us but reckoned 'its engine noise was drowned by Wilf's accordion at full blast!' I don't remember the Concorde so maybe she was right!

**Jill Bransby**



## **Rainmakers**



*photo taken at their recent very successful 40th Anniversary Dance*

## **Eastbourne International Folk Festival:**

Friday 28th April - Monday 1st May 2017

Marius and Maria Ursu will be coming to the festival for the first time to present a programme of Romanian dances. They have taught in London, and more recently, at the 2015 Swansea Summer School.

We also welcome back to the festival, Esther Willems, who will be offering a mixture of Bulgarian and general international dances.

Zwiefachers with Scott Higgs and Notorious, Danish with Reel of Three, Swedish with Bowjolie and Bollywood and Bhangra dance sessions add to the wide range of genres available to sample.

The festival depends on having stewards available to ensure the smooth running and safety of the festival. If you are able to assist with this in return for a free or reduced-price ticket, please contact the Festival Director, Maureen, on 01823 401271.

"Early Bird" tickets at £85 (saving £15) will be available from the 1st November until the 12th January 2017, so early booking is recommended.

Please see the EIFF website at [eiff.org.uk](http://eiff.org.uk) for the latest information.

**Ron & Jean Wilks**



### **Balkanplus**

The October Balkanplus will be held on the 8th October at Cecil Sharp House, Camden NW1 7AY, starting at 7.00pm.

MC will be Meryl Abraham.

Admission £6.

**Maureen Felton**





...Moshiko's dance **Ga'aguim**, these are the directions from a workshop he taught in Toronto many years ago.

**Dale Hyde**



couples in circle, girl on man's right, all join hands

**Part One**

- 1-3: Yem R
- 4: L bwd
- 5: Lift R in front of L, flex foot
- 6: R to right side
- 7: L crosses in front of R
- 8: Hold
- 9-32 Repeat 1-8 three times more

**Part Two**

- 1-2: Face CCW. R fwd
- 3-4: LR fwd
- 5-6: L fwd
- 7-8: R touches over L in front, ball of R touches floor.
- 9-12: Half turn on both feet to left side. On last count bend both knees. Face CW
- 13-16 Reverse 9-12 end facing centre

**Part Three**

- 1-3: Yem L bwd
- 4: Yem L bwd
- 5: R brushes next to L
- 6: R to right side (girl big step bwd on R, end up behind partner)
- 7: Close L to R
- 8: Hold
- 9-16 Repeat 1-8. on count 14 raise hands. Girl big step on R bwd, she ends up behind partner, both face centre.

**Part Four**

: Repeat Part One

**Part Five**

Partners face CW, join inside hands. Repeat 1-8 Part Two  
Release hands and Repeat 9-16 Part Two  
End up behind each other. Face Centre

**Part Six**

Repeat Part Three. on count 14 Girl big step on R fwd on left side of her partner. All join hands. For repeat of dance she has a new partner

**Ga'Agum** Israeli

*Allegro mod*

"Wilf Horrocks' Collection"



**Ga'agum**, Longing, is a Moshiko dance from years ago. Music and dance are both by Moshiko, some time in the 60s. It was originally a couple dance in a circle. The girl moves on by moving left and backwards to dance directly behind her partner. They repeat the motif in this position, then the girl moves forwards and left to rejoin the circle next to a new partner.

Nowadays, if this dance is ever done, it is usually just as a circle dance I believe.

**Fiona Howarth**



Next month the sheet music for **Ball del Ram**, a Catalan dance from Spain; please send me any information you may have about it.

**Ed.**



For any collectors of the SIFD News - available old copies:  
February 1970. March, June, July.1972.

Just write to me:

**Robert Harrold** 4 Breakspeare, 94 College Road, London, SE21 7NB



## **SIFD Committee**

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- Holly Payling 4 Hobart Walk, St Albans, AL3 6LS 07784 117599  
*hollycp@hotmail.co.uk*
- Naomi Ryder 13 Maun House, 1 Dunn Street, Dalston, London E8 2DG  
*naomiryder@hotmail.co.uk* 07920 424575

## WHAT'S ON IN OCTOBER

**Saturday 1st JIMMY HUTCHINSON** traditional Scottish songs,  
8.15pm. Cellar Upstairs, London: tel: 020 7281 7700

S.I **Sunday 2nd SIFD SUNDAY DANCE** - see page 3

**Fri 7-Mon.10: 3 NIGHT INT. FOLK DANCING WITH WALKING**  
led by Phil & Brenda Steventon. Dancing in the morning & evening.  
4- 5 mile afternoon walks led by an HF walking leader at HF Holidays,  
Bourton on the Water, Oxfordshire GL54 2BY. For details ring HF on  
0345 470 8558 or Phil & Brenda on 020 8397 9649

S.I **Saturday 8th: BALKANPLUS** - see page 16

**Sat. 8th-Sun.9th INTENSIVE RUSSIAN DANCE WEEKEND** with  
Hennie Konings, contact Raymond or Judith 01392 438148 for details

S.I **Saturday 15th SIFD GEORGIAN DANCE DAY COURSE** -  
Trefusis, Cecil Sharp House - 10.00-16.00

S.I **Sat. 22nd-Sun.23rd: DANCE AROUND THE WORLD** 10am-11pm  
2 days of performances & workshops by over 50 dance groups,  
representing more than 30 countries. Sat. eve. Latin American night &  
Cajun Dance, Sun. night Int. Dance. Cecil Sharp House, 2 Regents Park  
Road, London NW1 7AY. £17 each day (including eve.), £10 eve. only,  
£30 whole weekend, £2 reduction for concessions. Further information  
see the website [datw.org.uk](http://datw.org.uk) or phone 07749 007 040 or 07738 293 157

S.I **Saturday 22nd:ARMENIAN- SHAKEH MAJOR-TCHILINGIRIAN**  
Dance Day hosted by Jelenka Balkan Dance group. 11am - 4.30pm at  
Hempton Memorial Hall, near Fakenham, North Norfolk NR21 7LG.  
£15. details from Dawn 01328 856582 [dawnwakefield7@gmail.com](mailto:dawnwakefield7@gmail.com)

S.I **Sunday 30th ANNE LEACH - THE GRAND TOUR** workshop at  
Pulborough Village Hall, W. Sussex. RH20 2BP. £7 10:30am -3:30pm.  
DIY Tea & Coffee available all day. Janet Douglas 01243 265010



*All material for the November issue of the SIFD NEWS must be received by  
the Editor IN WRITING by 17thOctober.*