



SIFD NEWS

April 2022

front page: Chinese group in Tibetan costume

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Packaging, posting and electronic distribution by Dalila Heath.

Your intrepid reporter, fighting her way through the broken infrastructure of southern England, sends images from the recent Dance Around the World Festival (*see front, back and in between*). This all happened on Sunday, the second day of the event, a certain lady F. has promised a Saturday report, so look forward to more about it next month.....

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The last letter of the alphabet is **H** (see p. 6), so we need

Dances beginning with 'I (i)' ?

Accordingly, the music for **Ivanitsa** will be in the May issue - write in and share all the **i** dance stuff you can.

Ed.



In reply to Fiona's question, "Do any readers remember Shirley Rogers?" Yes, I am one reader who remembers her. Our paths did not cross very often but I remember her from Gaye Saunte's class and various SIFD functions and events and I believe she came to some of the SIFD summer schools (Swansea?). I am glad to hear she is still dancing as it is quite a wrench when you have to give up as age takes its toll. It has been so long since I was able to take part in any of the Society's activities that many of the names that appear in the SIFD NEWS are unknown to me so it is good to see the names of some of my contemporaries and to know that they are still enjoying dancing. I can only dance in my head (as Frank Dowling suggested to me).

Many congratulations and best wishes to Jean and Ian Willson on their Diamond Wedding anniversary. I hope you had a happy day and took the lead in dancing one of your favourite dances to celebrate.

Lily Avery

DATES FOR YOUR DIARY

- S.I Apr.29-May.2: **SIFD HALSWAY MANOR WEEKEND**
with Janet Woolbar. Robin, 01564 773482
robinnimbo@aol.com or Ian 07934 909968
icgreen@tiscali.co.uk
Apr.29-May.2: **MAY HEYDAYS** at Evesham. for up-to-date information see website (<http://mayheydays.org.uk>)
- S.I **May 14: BALKANPLUS** - details to be announced
- S.I **Jul. 10: BALKAN WITH BRIAN IN BOGNOR**, workshop at 2pm with Brian Dowsett £7. at the Willowhale Centre, Pryors Lane, Aldwick, Bognor Regis PO21 4JB. Janet : 01243 265010 email: *sifdnews@hotmail.co.uk*
- Aug. 19-22: SOUTH DOWNS MINI DANCE FESTIVAL**
- S.I **Oct. 8: BALKANPLUS** - details to be announced

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.



high energy Spanish dancers from Galicia



Jean and Ian wish to thank our dancing friends from as far afield as Kent, the South Coast and Scotland for their cards and good wishes on the occasion of our Diamond Wedding Anniversary. We hope to meet you all again before too long.



South Downs Mini Dance Festival

At Plumpton Agricultural College, East Sussex. 19 to 22 August 2022.

This dance weekend offers various types of dance such as Circle Dance, Eastern European Folk Dance and English Folk Dance. Workshops are run by participating teachers. Cost £205 full board.

Enquiries to Sue Kewley, suekewley@outlook.com.



Further extracts from the "Dictionary of the Dance" by W. G. Raffe.

Dance Alphabet

Hora (Rumania)

Popular dance, known all over Rumania. Deriving from the old Greek **Chorus**, it is a linked circle similar to the **Kolo** of Yugoslavia and the **Horo** of Bulgaria. Performed on special occasions, such as weddings (**Hora Miraset**) danced outside the bride's house before the ceremony, and afterwards by bride, groom and parents round the altar in church), it is also the popular form of relaxation. On Sundays and holidays, young and old alike join in the swinging Hora. For young people it has a social significance, since a youth joins the Hora circle when approaching manhood, and a girl when she has reached marriageable age. It also censures bad behaviour since if anyone joins the circle who has sinned against local moral standard, all the dancers stop until he or she has withdrawn.

The dance, in 6/8 time, is begun by the young men, who are soon joined by the girls, then by married couples, and later on by the old people. The Hora continues for hours, accompanied by gypsy musicians (Lautari) in the centre. The linked circle, dancers facing inwards, moves one step forward, one back, three to the left, five to the right so that the ring gradually turns anticlockwise. At times the circle rushes in towards the centre, shoulders almost touching, then opens out again. This large circle, which may contain several hundred people, is the **Hora Mare** or Great Hora. At the opposite extreme is a version for two couples only, in a small circle with hands crossed behind the back, called **Taraneasca**, which is danced with increasing speed. The form of the Hora varies slightly, according to district but remains a closed circle, unlike the Kolo and Horo, which open into a linked chain.

About 1600 Hora names or variations have been identified. In some parts of Transylvania it is called **Joc Romanesc**, Rumanian Dance. A Rumanian chain dance for men is the **Sarba**, with a leader at either end.

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* I have been unable to find any more extracts from the 'Dictionary of the Dance' (they just stopped) but I'd like to continue with a Dance Alphabet - with your help. So next we need dances beginning with **i** - and then **j** for June, **k** for July etc. *

Ed.



Flamenco dancer (she gave an inspiring workshop)

Cindruška

First of all, I have to admit that until I saw the word in the last month's News, I had never heard of Cindruška (read: tsindrooshka). So it spurred me to search the internet and discovering the following information:

Cindruška, sometimes known also as **cipovička** (tsipovichka), originates from Central Slovakia and today survives mostly in the Upper Liptov region at the foothills of the Tatra Mountains. Its characteristic movement is jumping in a squat position, not dissimilar to the male dance odzemok. Traditionally it was a favourite of young women who met for spinning sessions and after long sedentary periods wanted to exercise their bodies. The dance was usually performed either solo in couples (with alternatively one dancing and the other supporting) or in a cross position (four girls holding hands across started walking round and after a few steps changed into a squatting-jumping position). This can be seen in several YouTube demonstrations.

As Slovak is a sister language to my mother tongue Czech, I tried to find the meaning of the word cindruška apart from as a name of an old folk dance and a song to which it is danced, but it seems to me that (like in many other folk songs) it is a made-up word to rhyme with the second line of the text:

Oh, cindruška, cindruška,
I'm not going to marry Miško
I'm going to marry Palko
Who sells jingle bells.
Where have you been, Janko,
That you are so drenched through?
I was in the dale
Hiding in the swamp
The gendarmes were looking for me
And I was quite scared.

Evidently, the area was the stamping ground of Jánošík (the Slovak Robin Hood) and this is reflected in this and several other versions of the song Cindruška.

Dal Sudwell



Lyrics from Wilf Horrocks Manuscript

Cin, Cin, Cindruska malá;
Mak, Mak, Makovicka malá;
Makovicka na kosu
Něver chlap cu aku psu;
Cin, Cin, Cindrusika ka malá;
Makovicka na kosu
Něver chlap cu aku psu;
Cin, Cin, Cindrusika ka malá;
Makovicka na kosu
Mak, Mak, Makuroski,
Makurasa nahněva la,
zě s'pe trikom tancova la



joining in

Cindruška

Czechoslovakian

2 x

8 F C7 F C7 C7

16 F C7 F C7 F C7 F

23 C7 F C7 F G7 C

30 G

38 C D7 G # a little slower (2nd time only) D7 G

45 D7 G D7 G D7 G

52 D7 G A7 D much slower (first time only)

59 A7 D E7 A E7

65 A E7 A E7 A speed up to normal

70 E7 A E7 A

"Wilf Horrocks' Collection"





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C.I.O. number **1189141**

(back page: top: Bulgarian, bottom: Israeli)



WHAT'S ON IN APRIL

Saturday 9th DANCE WITH DALILA IN DERBYSHIRE in Calver Village Hall, Main Street, Calver, S32 3XR from 1030-1630. tel. Janet: 0162957065 or Gill: 01246 410020. Bring your own lunch but drinks will be supplied.

S.I **Saturday 23rd A DAY OF DANCE** in Dorridge, Solihull. Day: Int. F. D. with Karin Bellaart. Eve: English & Contra: Frances Richardson, music: Dampier's Round. Dorridge Village Hall, nr Birmingham & M42. <http://www.dorridgevillagehall.org/> www.greatalnelfolk.org.uk or Paul: 01216891802 or 07913615002.

S.I **Fri.29th-Mon.2nd SIFD HALSWAY MANOR WEEKEND**(see p.4)

Fri.29th- Mon.2nd MAY HEYDAYS (see p.4)

All material for the May issue of the SIFD NEWS must be received by the Editor IN WRITING by 18thApril.

