

# dance around the world

## pillars of wellness:



social



intellectual



physical



## programs:

**The Longest Riverdance Line:** [40]minutes 

Dance along with the Longest Riverdance line in history with 1693 dancers dancing for 5 continuous minutes.

**Exotic African Dance Lessons** [40]minutes 

Rujeko teaches using a clock to practice exotic African dance steps. See the majestic Victoria Falls and learn about Zimbabwe.

**Do the Samba with Cowboys from Brazil!** [40]minutes 

Meet the gauchos of Brazil. See sensuous Samba demonstrations. Learn to do some Samba steps!

**Polish Oberek Ballet** [35]minutes 

Experience the wonder of the Polish Oberek Ballet, choreographed by Igor Moiseyev and then grab a partner to practice the Oberek steps yourself.

## overview:

Across the globe, unique cultures are reflected in food, lifestyle choices and dance. Dance changes over time and distance. Just as the most popular dance in one decade in America is distinct from the next ten years, so are popular or folk dances distinctive in other countries.

What makes a country's musical and dance style so different from the next? How does that reflect the culture of the country? Our world is full of various forms of dance.

International Dance Day, on April 29th, is a global celebration of dance for Jean-Georges Noverre's birthday (1727–1810). He was the creator of modern ballet. International Dance Day encourages education and participation in dance with festivals and events all over the world.

This Eversound themed program touches on different dances in four countries and examines some about the culture in each. Residents experience close up some similarities, and some differences, while getting some exercise trying out the new dance steps. These dance steps are specially selected to be possible to complete while seated for those with mobility or endurance issues.

Watch cultural education videos, dance demonstrations and dance lessons in this series. Perhaps you have a resident or staff member with dance experience who can lead the group. If not, just follow along. If you find the moves are too fast, simply reset the video to play a .75 or even .50 speed.

So, have fun as you examine these four cultures from around the world and learn these new and exciting dances!

## pillars of wellness



**social**



**intellectual**

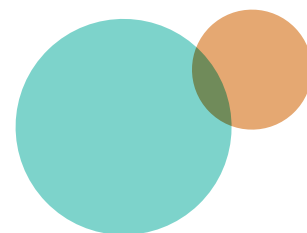


**physical**

Connecting with residents so completely is proven to generate positive outcomes, like increased overall engagement with life, reduced confusion, and a focus on the person's abilities. Multifaceted approaches to interactions like this can help to slow the progression of some signs and symptoms of dementia.

## how to use your theme

These activities are designed to be completed as a set in the order they are presented. But is entirely up to you if you do them all or follow the suggested order. Mix and match, or break them into smaller activities, to suit your programming schedule. Each activity comes with its own downloadable PDF that includes instructions and resources for that individual activity or download the entire series below.



# the longest riverdance line



social



intellectual



physical



40 mins

## introduction:

The Irish Jig likely originated from an Irish Clan marching tune in the late 1600s. Queen Elizabeth I very publicly advocated for the Irish Jig. This solo Irish dance is one of the most well-known forms of Irish dance. The Irish stepdance, popularized in 1994 by dance shows like Riverdance, is practiced competitively across Ireland and beyond. You can recognize stepdance by the rigid upper body and intricate footwork of the performers.

### Riverdance – The Gathering of 2013

The stars of Riverdance, including the ‘First Lady’ of Riverdance, Jean Butler, attempted to break the world record for the Longest Riverdance Line in 2013. They invited Irish dancers from around the world, and locals who had never danced before.

They started with the Gathering’s pop-up dance classes in Dublin. For two hours, the 115 Riverdance dancers took to the streets to teach anyone who came by some easy Irish dance steps. Each participant was equipped to take part in a once in a lifetime opportunity to attempt to break the world’s record for the longest Riverdance line.

An audience of thousands watched as 1693 dancers from 44 countries, danced for 5 minutes in an unbroken line over 1km (0.6 miles) long on the bank of the River Liffey.

In this Eversound program, celebrate this record-breaking event, and take the same lessons the Riverdance dancers were teaching that day in Dublin, Ireland.

## eversound tips:

Eversound works wonderfully with music and can be coupled with physical movement. For headphones to fit more comfortably during the dance moves, gently form the band to fit the resident.



## supplies:

- Chairs for those who prefer to complete the dance moves while seated, or for stability while standing.
- Video #1 Riverdance Performance  
<https://www.youtube.com/watch?v=FoHlrQScWl0>
- Video #2 Riverdance World Record 21 July 2013 Dublin: The line goes on and on...  
<https://www.youtube.com/watch?v=8WzsNsVpRu4>
- Video #3 Irish dance tutorial for Riverdance – The Gathering  
<https://www.youtube.com/watch?v=FWigb3loOWc>

## instructions:

### Step 1: Watch & Learn About Riverdance

- ◇ Ask participants if anyone has been to Ireland, has an Irish heritage or knows about Irish dancing. See discussion topics in Appendix A about Ireland and Irish dance.
- ◇ Watch the Riverdance stage performance video #1.
- ◇ Discuss the Longest Riverdance Line event, as outlined in the Introduction.
- ◇ Play video #2 that emphasizes the length of the line, the energy and excitement of the participants.
- ◇ Talk about the World Record attempt.

### Step 2: Time for dancing!

- ◇ Make sure participants have sufficient room to practice their dance steps and a chair to sit in or to use for balance.
- ◇ Play the lesson video #3 all the way through. Then play it again, stopping as necessary to practice each part.
- ◇ On the final run through the lesson video #3, have everyone keep up best they can.
- ◇ Play video #2 (the line goes on and on...) again as residents hold hands and make their own line!



## discussion topics about ireland and irish dancing

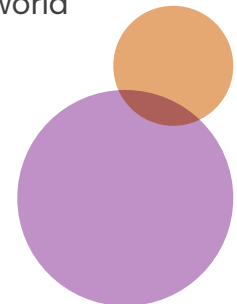
- Irish dancing is part of the culture and heritage of Ireland. The Irish language, unique sports like Hurling and Gaelic Football, and traditional Irish music all make Ireland special. Over the last decades, Irish dancing has become more popular throughout the world because of the international success of Riverdance. Irish dancing is typically an extracurricular activity for Irish children of both genders, and you'll always find dancing features prominently at every Irish-themed event, like St. Patrick's Day.
- **History** – The Irish dancing roots come from the druid and the Celts who roamed throughout the island before Christianity and other outside influences. The religious rituals of druids often involve dancing, usually in circles around sacred trees. The Celts had similar formations. This was common around Europe, and remnants of these early forms and patterns still show up in Irish dances.

When the Normans invaded Ireland in the 12th century, they brought their native dance but wasn't until the 18th century when Irish dancing became more like the style we see today. This was when the Dancing Master emerged. The teacher travelled between towns holding dancing lessons for peasants. Group dances became normal since it was easy to have all the students in the class be in one dance. The best dancers became 'soloists' to show off their talent in the spotlight. There was a vicious rivalry between dancing masters, which is why there are modern dance competitions even today.

- **Riverdance** – Riverdance made its debut at the 1994 Eurovision Song Contest. It began as a 7-minute long interval act that featured the Irish dancing champions Jean Butler and Michael Flatley, the choreographers of much of the show.

The short interval act was so well received that, later that year, BBC commissioned another performance for the Royal Variety Show. The audio recording from that performance was #1 on the Irish singles music chart for 18 consecutive weeks. So, naturally, they created a full-length stage show which debuted in Dublin in November 1994, just 6 months later. They sold over 120,000 tickets, so they immediately started traveling throughout Europe and to New York.

The original Riverdance show played across the globe for 15 years, before the 2011 final farewell tour. Several smaller productions still tour around the world, which ensures Irish dancing has a place front and center on the world stage for a long time to come.





# exotic african dance lessons



**social**



**intellectual**



**physical**



**40 mins**

Rujeko Dumbutshena from Zimbabwe is here to rock you around the clock! She comes from the area near Victoria Falls, one of the seven wonders of the world. Zimbabwe translates as “great houses of stone” in the Shona language, one of the official languages there.

Poverty and unemployment are rampant in Zimbabwe. The economy is shrinking, and hyperinflation is astounding. In 2007, poverty rates were nearly 80%, and unemployment rates by 2009 were the worst in the world at 95%. Yes, only 5 in 100 people there even have a job.

So, why do they dance? Zimbabwean dances are largely communal and performed mainly in rural areas, where three-quarters of the population lives. The purposes of the traditional dances have changed; the dancers preserve the meanings and significance.

Zimbabweans dance for three primary purposes; social, religious, and ceremonial. The dances teach social values, encourage, recite history, aid in funerals, celebrate, praise or criticize community members and help communities connect with their ancestors. Most schools across the country teach traditional dance.

In this Eversound program, delight as you follow Rujeko as she uses the clock to teach a traditional African dance. In the beginning, it may not look very exotic, but after just a few minutes, you’ll get the beat!

Residents may prefer to remain seated to perform the dance steps or use a chair for balance. Either way, fun is on its way!

## eversound tips:

Eversound works wonderfully with music and can be coupled with physical movement. For headphones to fit more comfortably during the dance moves, gently form the band to fit the resident.

## supplies:

- Chairs for those who prefer to complete the dance moves while seated, or for stability while standing.
- Video #1 Victoria Falls, Zambia & Zimbabwe  
<https://www.youtube.com/watch?v=iywqpda7d8k>
- Video #2 Traditional Dance. Muzokomba Primary School, Zimbabwe  
<https://www.youtube.com/watch?v=ALeR9ossP0>
- Video #3 Five(ish) Minute Dance Lesson – African Dance: Lesson 3: Dancing on the Clock <https://www.youtube.com/watch?v=Ewqq-3xJFdI>

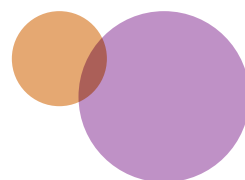
## instructions:

### Step 1: Discussion about Zimbabwe, Africa and African Dancing

- ◇ Ask participants if anyone has been to Zimbabwe or Africa, has an African heritage or knows about African dancing. See discussion topics in Appendix A about Africa and African dance.

### Step 2: Watch and Learn

- ◇ Watch Video #1 – Victoria Falls, Zambia & Zimbabwe and Video #2 Traditional Dance. Muzokomba Primary School, Zimbabwe, from Appendix A.
- ◇ Discuss how the scenery, wildlife and natural surroundings are different from your area.
- ◇ Consider the reactions of residents to the Tribal Dance video #2. There are likely many differences between your area and this area of Africa. See more discussion topics in Appendix B and the introduction to this section.



### Step 3: Start Dancing!

- ◇ Watch Video #3 the Five(ish) Minute Dance Lesson – African Dance: Lesson 3: Dancing on the Clock.. Try to follow along. Play the video again to follow along easier. Consider slowing the video to 0.75 speed to make it easier to follow.
- ◇ Encourage residents to compliment others on how well they did during the African dance lessons.
- ◇ Consider rewatching Video #2 Traditional Dance. Muzokomba Primary School, Zimbabwe, now that residents have learned some of the steps. Watch for the steps in the routines as the students dance.





# A victoria falls, zimbabwe and the zimbabwe tribal dance discussion topics

- Victoria Falls, in Zimbabwe, is one of the most awe-inspiring waterfalls on earth. Located on the border between Zimbabwe and Zambia, on the Zambezi River, the falls are known as Mosi-oa-Tunya, or The Smoke That Thunders. The waterfall mist floats far enough away; it can be seen for miles and it sustains the nearby rainforest.
- Victoria Falls is considered the largest waterfall in the world. It is regarded as the biggest even though it is not the highest nor the widest. It is the combined width (1,708 m/5,604 ft) and height (108 m/354 ft) that grants it the largest waterfall status.
- Victoria Falls is now a UNESCO World Heritage Site.
- Victoria Falls is the world's largest sheet of falling water, almost twice as high as Niagara Falls and a third of a mile wider. Niagara Falls is one of the world's most famous falls, but Victoria Falls are much larger.
- The traditional dances in Zimbabwe seldom have a real audience as they usually invite any spectators to become part of the performance. Except for a few spiritual and initiation dances, traditionally, there are no barriers between the dancers and the audience. Ritual dances even have a section when the spectators take part. Usually, dances take place over many hours, up to 12 hours or sometimes over several days. This is especially common for religious dances.
- Rhythm is an especially important aspect of all traditional Zimbabwean dances. Like most every African dance, the Zimbabwean dances use polyrhythm, most often complemented by the body's articulation.
- Musical instruments most commonly used for dancing are the mbira, hosho (rattle), magavhu (leg rattle), ngoma (drum), and human voices. Mbira is the most widely used instrument for traditional Zimbabwean music. Plucked with fingers, the mbira produces the melody and is used frequently by spirit mediums for religious rituals to communicate with their ancestral spirits.

## Mbira

- Traditional Zimbabwe dancers wear clothing mostly made from readily available natural materials like grass or animal skins.



# do the samba with cowboys from brazil!



**social**



**intellectual**



**physical**



**40 mins**

The dance of Brazil shows deep complexity and a wide range of styles. The music and song in this South American country reflect the centuries of external influence combined with entrenched cultural traditions of local Amerindian tribes.

Cultures old and new use dances to convey messages, express themselves and tell stories in unique and individual ways. Brazil is no different.

A “gaucho” refers to traditional cowboys throughout South America. They live in Argentina, Uruguay and Brazil, most commonly in the state of Rio Grande do Sul. Even today, the gauchos live and work in traditional clothing while they earn a living running their ranches and working with their horses, cattle and sheep.

These gauchos in Brazil have a culture of their own, with their own cuisine, group dances, and a deep love of the land.

This Eversound program explores the culture of the gauchos, glimpsing into their family lives. Since their family dances are not public, there is but a peek to see the dance steps and costumes. Fortunately, the basic steps appear to be the same as in the Samba! Learn the basic Samba steps and get moving!

## eversound tips:

Eversound works wonderfully with music and can be coupled with physical movement. For headphones to fit more comfortably during the dance moves, gently form the band to fit the resident.

## supplies:

- Chairs for those who prefer to complete the dance moves while seated, or for stability while standing.
- Video #1 The Gaucho Way | Fogo de Chão + Expedition Brazil (3:44) [https://www.youtube.com/watch?v=XVSNIR4cPgY&feature=emb\\_logo](https://www.youtube.com/watch?v=XVSNIR4cPgY&feature=emb_logo)
- Video #2 Brazilian Samba Dancing Performance (4:33) <https://www.youtube.com/watch?v=KSScp7AONwI>
- Video #3 How to Do Basic Samba Footwork | Samba Lessons (2:20) [https://www.youtube.com/watch?v=rMsRzvei\\_AI](https://www.youtube.com/watch?v=rMsRzvei_AI)

## instructions:

### Step 1: Setting Up – Discussion about Brazil, Gauchos and Samba Dancing

- ◇ Ask participants if anyone has been to Brazil or South America, has a South American heritage or knows about Samba dancing. See discussion topics in Appendix A about Brazil and Samba dance.
- ◇ Discuss cowboys and their impact on American history. Draw the connection to the cowboys (gauchos) in South America.

### Step 2: Watch & Learn

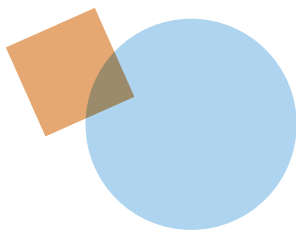
- ◇ Watch Video #1 The Gaucho Way | Fogo de Chão + Expedition Brazil (3:44)
- ◇ Discuss how the lifestyle and natural surroundings are different from your area. Draw connections between the gauchos and American cowboys/ranchers.



- ◇ Watch Video #2 Brazilian Samba Dancing Performance (4:33)
- ◇ Consider the reactions of residents to the Samba Dance video. It is very lively! Many people really enjoy watching, while others can seem quite uncomfortable. Ask for reactions.
- ◇ See more discussion topics in Appendix A and B and in the introduction to this section.

### Step 3: Start Dancing!

- ◇ Watch Video #3 How to Do Basic Samba Footwork | Samba Lessons. Try to follow along. Play the video again to follow along easier. Consider slowing the video to 0.75 speed to make it easier to follow.
- ◇ How did everyone do? Encourage residents to compliment others on how well they did during the Samba Dance lessons.
- ◇ Consider watching Video #2 Brazilian Samba Dancing Performance again now that residents have learned the basic step. Watch for this step in the routines during the performance, and dance along to the music!







## Brazil and Brazilian dance discussion points

- Several dances in Brazil, not just the samba, have been formalized and perfected because they are so popular among local and international dancers and spectators.
- **Samba** – European colonizers settled in Brazil the 16th and 19th centuries, bringing their African slaves. The Africans brought their own customs, tradition and culture, including music and dance.

Samba dances grew from ancient African beats. The upper-class Brazilians once viewed the Samba as lewd and obscene, forcing performances of the dance into private settings in an underground culture. Slavery was outlawed in the late 1880s, and Samba dancing was brought into the open and became more acceptable. It wasn't until the 1920s that the Samba surged in popularity, mimicking many of the flapper styles of the time.

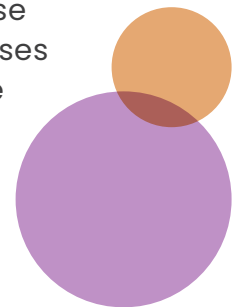
- **Capoeira** – Perhaps a form of martial arts accompanied by music, the Capoeira also has roots in the Brazilian African slave culture. Focusing on careful choreography, the dancers display incredible discipline and skill, demonstrating movements similar to strikes and kicks in martial arts.
- **Lundu** – Most popular during the 1600s and 1700s, the Lundu remains a beloved cultural artform. The music is played on the guitar, drums and piano with castanets to accompany the dancers.
- **Forro** – Particularly popular in the Northeastern part of Brazil, the Forro is a synchronized partner dance. The music plays on the triangle and accordion, which has a rather sophisticated style.
- Even though these dances have evolved enormously over time and have their roots in the meeting of several very different cultures, they have now become an integral part of the fascinating culture that is so uniquely Brazil's.



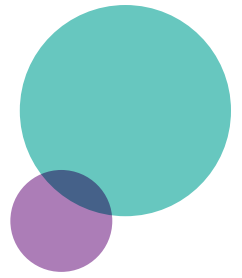


# **B** the gauchos of brazil – discussion points and trivia

- Gauchos are the traditional cowboys in South America. They live in the rural areas of Argentina, Uruguay and Brazil.
- Originally European settlers, they arrived in Brazil in the middle of the 15th century.
- When they arrived, they discovered the lush, fertile land and incredible sprawling landscapes unoccupied. They intended to colonize the area and achieve political ownership, to increase their global power and colonial occupation. Many of the original settlers ended up falling in love with the land they cultivated.
- Therefore, they did not follow their development plans. Instead, they focused on farming and taking care of their livestock.
- The isolation in these rural areas meant the gauchos did not associate with other colonialists over the centuries. So, they formed a unique culture that remains distinct to this day.
- The cuisine comprises plenty of barbecued meat. Gaucho steakhouse restaurants in the US offer delicious meat dishes in keeping with their tradition. The barbecued meat is called churrasco.
- The gaucho meat menu includes poultry, pork mutton, and beef.
- Holly Tree leaves are powdered and brewed to make Maté, a bitter tea that can be enjoyed at any time, even in the hot summer sun.
- Gaucho attire is distinctive with wide pantaloon trousers, flat hats with chin straps, ponchos draped over their shoulders, wide belts, a neckerchief and comfortable boots. This outfit provides ideal protection from the elements.
- Entertainment influences come from European cultures, but because the original gauchos traveled alone across the plains with their horses and cattle, they created songs telling personal tales. Some of these profoundly moving songs have been carried down through the generations.
- Gauchos love their land so much they have a saying, “When God created the earth in six days, he spent five days on Rio Grande do Sul.”
- The traditional life of Brazilian gauchos is currently threatened by poverty and prejudice. Many must pursue jobs and homes in the cities, leaving the pastoral lands and lives of their forefathers behind.



# polish oberek ballet



social



intellectual



physical



35 mins

Oberek means to *spin*. This lively folk dance originated in Poland, but there is a social form of the dance called the Polish American Oberek enjoyed in the US. Polish Americans have adopted the Oberek with its original folk characteristics.

Popular throughout Poland, the Oberek's turns and twirls even includes the lifting of both women and the men! The tamer, slower dance version means young and old can still dance the Oberek. Everyone enjoys the Oberek, which is why it is a National Dance of Poland, and a favorite in American Polish communities.

This Eversound program begins with a vibrant performance of the Polish Oberek Ballet choreographed by the famous Russian choreographer, Igor Moiseyev. Everything about the performance exudes Polish culture, a specialty of Moiseyev, who revolutionized ballet with the addition of folk dances.

Disappointed that he lost out on the head choreographer's position in Russia, Moiseyev developed an interest in folk dances from different nations around the world. His contacts in high places in Moscow allowed for the birth of a new dance troupe, the Moiseyev Dance Company, in 1937. Even now, more than a decade after his death, the Moiseyev Ensemble tours around the world regularly, breaking attendance records everywhere.

Join in to experience the Polish Oberek Ballet choreographed by Igor Moiseyev, and then learn some dance steps of the Oberek.

## eversound tips:

Eversound works wonderfully with music and can be coupled with physical movement. For headphones to fit more comfortably during the dance moves, gently form the band to fit the resident.

## supplies:

- Chairs for those who prefer to complete the dance moves while seated, or for stability while standing.
- Video #1 Польский танец "Оберек". Балет Игоря Моисеева Polish "Oberek" Ballet with Igor Moiseyev (6:21) <https://www.youtube.com/watch?v=dz8QBOfnxc0>
- Video #2 Polish Oberek Dance Steps: Oberek Dancing Footwork (1:01) <https://www.youtube.com/watch?v=qvhaleniP94>



## instructions:

### Step 1: Setting Up – Discussion about Poland, Oberek Dance Steps and Ballet.

- ◇ Ask participants if anyone has been to Poland, has a Polish heritage or knows about Oberek dancing.
- ◇ Check to see if anyone has heard of the Russian choreographer Igor Moiseyev.
- ◇ See discussion topics in Appendix A about Oberek and Appendix B about Igor Moiseyev and how he revolutionized dance in the 1930s and beyond.

### Step 2: Watch and Learn

- ◇ Watch Video #1 [Polish "Oberek" Ballet with Igor Moiseyev](https://www.youtube.com/watch?v=dz8QBOfnxc0) (6:21)
- ◇ Discuss how the dance style is different from traditional ballet.
- ◇ Consider the reactions of residents to the costumes and the music. Ask for reactions.
- ◇ See more discussion topics in Appendix A and B and the introduction to this section.

### Step 3: Take dance lessons!

- ◇ Watch Video #2 Polish Oberek Dance Steps: Oberek Dancing Footwork (1:01). Try to follow along. Play the video again to follow along easier. Consider slowing the video to 0.75 speed to make it easier to follow.
- ◇ How did everyone do? Encourage residents to compliment others on how well they did during the Oberek Dance lessons.
- ◇ Consider watching all or part of Video #1 Polish “Oberek” Ballet with Igor Moiseyev (6:21) again now that residents have learned the basic step. Watch for this step in the routines during the performance, and dance along to the music!

## A oberek

### History of Oberek

- The cultural history in Poland holds that Oberek originated from the villages in Mazowsze, in central Poland. Oberek belongs to a group of dances to the distinctive *mazurka rhythm*.
- Oberek is considered a Polish national dance because all strata of Polish society perform the dance.

### Costumes

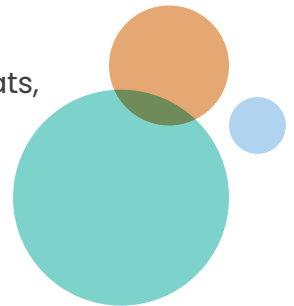
- Women and girls wear wool skirts with white lacey, ruffled petticoats, embroidered white shirts and flowered vests, and bright handkerchiefs. They wear their hair braided with ribbons.
- Men and boys wear long dark-colored vests, striped pants, white shirts, and black high heeled boots.

### Music

- The music is played by a violin, an accordion and a large drum with singing.

### Technique

- Performers couple up, arranged in a circle to spin and twirl in a counterclockwise direction. Performers change their axis of rotation during the dance.
- Schools are mostly only available in Poland since it is not popular enough elsewhere.



## **B** the moiseyev dance company

In the history of Russia, 1937 had the worst mass repression during the Soviet period. However, on Feb. 10, 1937, in Moscow, a dance company was founded that would soon be regarded as a symbol of openness and artistic professionalism in the USSR. The world calls it the Moiseyev Dance Company, but in Moscow, they are simply the Moiseyev dancers.

When Igor Moiseyev was 31 years old, he was already a prominent figure in the Bolshoi Theater. His goal was to become the Bolshoi's chief choreographer. However, Rostislav Zakharov was appointed to the position. So, Moiseyev abandoned his plans for multi-act ballets and focused on his interest in folk dances from around the world. Revolutionary at the time, Moiseyev added the folk choreography into classical ballets.

The work on performances did not begin with rehearsals. First, they went on tours to search for folklore material. His talent manifested in the ability to highlight culture and folklore, based on paintings, photographs, musicians' stories, and music. He identified the key movements in national dances and used his imagination to frame them into dance routines effectively.

They continued touring during World War II. Even now, more than a decade after Moiseyev's death, the troupe tours around and breaks attendance records everywhere.

