

Music Teachers Dance Party
Presented by Laura Dean
WSMTA Convention 2023

Dance adds a rich artistic dimension and enhances our musical practice, performance, and teaching. This experiential workshop introduces three dances: the schottische, the Cuban salsa, and the Italian tarantella. You will leave the workshop with the knowledge and skills necessary to teach these dances in your private studio, group classes, or summer music camps. This session is for everyone - even if you don't consider yourself a dancer. Let's kick up our heels!

My background- I'm a pianist, singer, and teaching artist. I love dancing and have studied dance here and there along my musical journey. I've taught these dances in my work as a teaching artist in K-12 schools. I learned the schottische in 3rd grade in Choteau, Montana where dance played an integral role in music classes. In my book, *Music in the Westward Expansion: Songs of Heart and Place on the American Frontier* (McFarland 2022), I explain that the schottische was a popular dance of the 19th century, the dance was brought out west by pioneers who traveled along the Oregon Trail and settled into frontier communities. I learned the salsa in Cuba when on a music/dance educational trip, and I learned the tarantella when I traveled in Italy with the musical group "Up with People" many years ago.

Excellent source for a variety of dance information: including descriptions of dances along with dance steps and videos. Library of Dance: <https://www.libraryofdance.org/dances/>

Examples of dance-inspired piano repertoire (all available on IMSLP):

- Schottische: Dave Braham [The Tea Schottische](#)
- Cuban Dances: Ignazio Cervantes [6 danzas cubanos](#)
- Tarantella: Albert Pieczonka [Tarantella](#)

Schottische

Schottische: The schottische is a partnered country dance that is a kind of slower polka, with continental-European origin. (*Oxford Companion of Music*) There are many variations including the sweetheart schottische, German Schottische, and Scandinavian Schottische.

Schottische links:

Easy version of Texas Schottische: <https://www.youtube.com/watch?v=4hKISle3YPM>

With pair: <https://www.youtube.com/watch?v=eC10ywsSI5E>

With a group of 4: <https://www.youtube.com/watch?v=-FZFTR-1heM>

Let's Dance the Schottische

Music: "Sweetheart Schottische" by Al Dean and the All Stars

Positions:

- Solo position: with hands on hips or hands at the side
- Partner: open front cross arm position
- The group may move around in a circle as they dance the steps as a solo dancer, or with a partner.

Schottische Steps:

- (1) Lead with right foot with sidestep, cross in back with left foot, step on right, hop on right foot (1x)
- (2) Lead with the left foot sidestep, with sidestep-cross in back with right foot, step on left foot, hop on left foot (1x)
- (3) Hop right, hop left, hop right, hop left (2)
- (4) Begin again with step (1)

Texas Schottische Variations:

Replace the last hop steps in (3) with kicks.

Salsa

Salsa Dancing: Became popular in New York City in the late 1960s and early 1970s, influenced by Puerto Ricans and Cubans living in New York City. The style contains elements of Cuban dances including the *mambo*, *pachanga*, and the *rumba*. Different styles of salsa include Cuban, Colombian, Puerto Rican, and New York.

Salsa Links:

Cuban salsa and Cuban images: <https://www.youtube.com/watch?v=RlrNPBfOowg>

Basic Steps: <https://www.youtube.com/watch?v=jplJMKjxkQ0&t=897s>

Let's Dance the Salsa

Music: "Amor Verdado" by Afro-Cuban All Stars

Position: Solo dance, dancers positioned behind the teacher

1. Basic salsa step: step behind, touch, step together first on right(RLR), then on left (LRL) each foot (2x)
2. basic salsa step: forward and back (forward RLR, back LRL) (2x)
3. salsa step: to the side RLR, LRL (2x)
4. cross step in front with extra cha-cha step (RLRLR, LRLRL). You may leave out the cha-cha step, then the pattern would be (RLR) and (LRL).
5. Variation: Dance the first basic salsa steps (1) facing forward and make a quarter turn to the right on the last step of the right foot. You'll end up dancing the steps in all 4 directions ending the sequence by dancing the steps one more time facing the front (with the turns, you end up dancing the step 5x).

Tarantella

Tarantella as defined by the Italian American Museum of Los Angeles:

The tarantella, which dates to the fifteenth century or earlier, is one of the most famous folk dances of Italy. It began as a cure for a condition called tarantism, which was believed to be caused by the bite of a spider widely thought to be poisonous. The spider's victim, who was typically a woman, engaged in a frenetic dance, accompanied by musicians playing fast-tempo music, to "expel" the venom from her system. This type of dance mania spread across southern Italy, with an untold number of people participating. Since the spider's bite was not poisonous, it is likely that other factors influenced this phenomenon. Over the centuries, the tarantella evolved into a dance performed by couples.

Tarantella links:

Tarantella danced at an outdoor festival: <https://www.youtube.com/watch?v=9POXYWLcvYI>

Tarantella (everything you've ever wanted to know from the Italian American Museum of Los Angeles)

https://iamla.org/docs/IAMLA_TarantellaLesson.pdf

Let's Dance the Tarantella

Music: "Tarantella Napoletana" by Orchestra Italiana Napoletana

Dance Steps:

1. pony/po-go to a count of 4 (2x)
2. grapevine-to a count of 4 (2x on each side)
3. turn in a circle (alternately- stay in one place and clap) to a count of 4 (2x)
4. Forward 4 steps with clap on each step to a count of 4
5. Back 4 steps with a clap on each step.

(Repeat the forward and back sequence 2x)

Thank You!

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