

MOUNTAIN SPRING SONG

Source: The mountain people are fond of singing and dancing. When they are happy they begin spontaneously to move their hands and tap their feet. It may therefore be said that their dances have no pre-determined steps or music: when they are joyful they will dance to any music.

The first part of this dance shows the young men and girls walking slowly hand-in-hand over the open country in the beautiful spring sunshine; the second part shows them swinging their arms and stamping their feet as they break into a dance of joy; in the 3rd part, they are wandering happily to and fro in the mountains reluctant to go home.

Formation: Single circle, M and W mixed at random or circle of alternate M and W, or lines of 6-8 dancers side-by-side. The dancer on the extreme R leading the line in whatever direction is chosen. Begin in front basket hold, L arms above, R below. Begin facing diagonally to the R.

Rhythm: 4/4 *Introduction:* 32 beats. Stamp the L foot 16 times, 1 stamp to 2 beats.

Counts

A

- 1-4 Step FWD toward R on L foot, bending L knee a little and leaning body slightly FWD (1)
Point R toe behind L heel (2)
Step back on to R foot, bending R knee a little and leaning body slightly BKWD (3)
Point L toe beside R foot (4)
- 5-30 REPEAT counts 1-4 three and a half times, moving gradually FWD to the R.
Finally release joined hands.

B

- 1-10 Folded arms held out horizontally in front of chest. Each dancer turns a circle CW in place, ending side-by-side facing center. Step: 5 steps and close (stamp R foot down, close up L foot lightly). Folded arms swing down to L and up to R in time with the steps.

C

- 11-14 Step SDWD to R onto the R foot, stamp L foot beside (1)
Keeping weight on R foot, stamp L beside it, raising both arms out at R side, hands fluttering w/palms down (rock hands from wrists) (2)
Step SDWD to L onto the L foot, swinging arms from R side to over top of head (3)
Keeping weight on L foot, stamp R foot beside it, lowering arms to L side (4)
- 15-30 REPEAT 11-14 three times.

D (Interlude)

- 1-6 Stamp feet 6 times, ending w/weight on R foot. During this interlude, the dancers move closer together, to join hands as before (front basket).
- 7-10 Hands joined as at beginning. Beginning w/L foot, walk 2 steps FWD to R. On 3rd beat, L foot step across behind R foot, turning body toward L. On beat 4, close R foot beside L.
- 11-14 Beginning w/L foot, walk 3 steps FWD to L, on 3rd, step turn 1/2 circle to R, w/L foot as pivot. 4th beat. Close R foot beside L foot.
- 15-30 REPEAT 7-14 twice

REPEAT dance from the beginning.

