

ACTIVITY CARD

The Appalachian Big Circle

American Folk Dance

Music: [iTunes](#)

Modified steps are used with permission from [Dr. Theresa Cone](#).

| Call | Movement Description |
|--|---|
| In a Large Group (Whole Class Together) | |
| March in Place | Everyone marches in place |
| Circle to the Right | Circle sideways to the R using slides or grapevine steps (or select a locomotor skill to call) |
| Circle to the Left | Circle sideways to the L using slides or grapevine steps (or select a locomotor skill to call) |
| Single File | Dancers turn their bodies in the line of direction and move counterclockwise in a circle using locomotor skill of choice |
| Forward and Back | Walk 4 steps forward into the circle and 4 steps back out of the circle |
| Grand Right and Left | Dancers face their designated partner, grab their partner's R hand, walk past each other and let go of hands. They will now be facing a new partner. They grab this person's L hand and walk past and let go, then another new partner appears and the R hand is grabbed. This pattern continues until the original partners meet. |
| Weave the Ring | Similar to the Grand Right and Left; however, hands are not grabbed. Dancers simply pass by each other using the same right-left pattern. |
| Promenade | Partners stand together and face counterclockwise side by side, then walk (or use locomotor movement of choice) around the circle |
| Promenade Tunnel | During the promenade, one set of partners faces each other grasps hands and makes an arch. The next set of dancers moves under the arch and makes an arch of their own. This pattern follows with all dancers in the circle until all partners have made an arch. Then the 1st pair dismantles their arch and walks under all other arches in a single file. As they pass under each arch, that partner dismantles and follows as well. This pattern continues until everyone is moving in a single-file formation back to their original spot in the circle. |

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| In Partners | |
|----------------------------------|--|
| Greet Partner and Corner Partner | Partners face each other and nod their head to say hello. Repeat with the partner on the other side (their corner partner) |
| Do-Si-Do | Partners face each other. Walk forward and pass R shoulders, take 1 side step to the R, then move backward and pass L shoulders |
| See Saw | Like Do-Si-Do, but on the other side. Partners face each other. Walk forward and pass L shoulders, take one side step to the L, then move backward and pass R shoulders. |
| Elbow Swing | Partners face each other. Hook R elbows and walk or skip forward in a circle, then repeat with L elbows hooked |
| High Five | Partners face each other. Raise your R hand and high-5 your partner, then walk around in a circle; repeat with the L hand |
| Wrist Turn | Partners face each other. Grab R wrists with your partner, then walk around in a circle; repeat holding L wrists |
| Small Group Dance | |
| Circle to the Right | Circle sideways to the R using slides or grapevine steps (or select a locomotor skill to call) |
| Circle to the Left | Circle sideways to the L using slides or grapevine steps (or select a locomotor skill to call) |
| Single File | Dancers turn their bodies in the line of direction and move counterclockwise in a circle using locomotor skill of choice |
| Forward and Back | Walk 4 steps forward into the circle and 4 steps back out of the circle |
| Pointed Star | Dancers form a circle with their R side facing the center; they raise their R hand toward the middle and walk once around; repeat with the L hand |
| Basket Star | Similar to the pointed star except dancers grab R wrists with the person across the circle from them |

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Sample Script for Caller

The dancers begin in a large circle and the caller will call out different movements in a sequence that he or she has created.

Everyone circle 8 to the right, let's slide
Now circle left
Do-Si-Do your partner
See Saw your corner partner
Do-Si-Do your partner
See Saw your corner partner

Everyone forward and back
And forward and back again
Right Elbow Swing your partner
Left Elbow Swing your corner partner
Right Elbow Swing your partner
Left Elbow Swing your corner partner

Everyone Grand Right and Left
Wrist turn your partner
Wrist turn your corner
Wrist turn your partner
Wrist turn your corner

Everyone forward and back
And forward and back again
Repeat the dance again from the beginning