

from
**50 FOLK DANCES choreographed by Jim Gold:
A Step by Step Guide**

“I’ve traveled to many countries, seen many kinds of dances. All are true.”
Anonymous Folk Dance Traveler

On The Nature of Folk Dance Choreography

Choreographies are created in the imagination and dreams of choreographers. If steps do not exist, or have yet to be created, the choreographer begins to move. Soon a dance appears.

A folk dance choreographer is steeped in the lore, folk dance music, culture, history, art, steps, and national style. The steps he or she creates are faithful to the dancing style of the native country.

But no matter what the choreographer creates, choreographies are really suggested steps. All dances are open to interpretation, and subject to future improvisations depending on the imagination, ingenuity, and creativity of the teacher or leader presenting them. And this, whether created in a village, native country, or in the new world.

The relatively new art form of International Folk Dancing is developing and growing in the United States and throughout the world. Along with more traditional approaches, new bands have also formed. The new music they create is often based on a fusion of folk traditions and modern styles. With so many beautiful songs, striking harmonies, and awesome vibrations presently nourishing your mind, what else can you do but dance?

Join the creative stream! Become part of this flow!

I will consider this book a success, if it inspires other folk dance teachers, leaders, and dancers to follow their inner muse, and create exciting new dance steps, as I have done, in the folk tradition.

FOLK DANCE ABBREVIATIONS

bkwd: Backward.

ct: Count, in the musical measure of a dance.

ctr: Center

CW: Clockwise

CCW: Counter clockwise

diag: diagonal

dir: direction

ft: Foot

fwd: Fwd

LOD: Line of Direction.

Refers to the direction of the dance, usually right or left

L: Left

opp: opposite

R: Right

x: times
