



TEACHER'S GUIDE

EXPERIENCE FOLK DANCE

A SENSORY FRIENDLY
PERFORMANCE

November 15, 2023
10:00 AM and 6:30 PM



Welcome to Staley Class Acts at the University of Illinois Springfield! We hope this guide will help you expand on concepts found in this performance and incorporate them into your classroom teaching, both before and after the performance. We want students to think of the arts as an integral part of their lives – not just a one-time event.

Before arriving, you can prepare your students by helping them understand the story or by sharing basic information about the art form they are going to see. We also ask you to review the theater etiquette information with your students (found on pages 2-3 of this guide) to help prepare them for attending a live performance.

After the performance you can talk to your students about their experience. Did they enjoy the performance? What did they learn? How was the performance different than what they expected? We hope the information and activities included in this guide will help your students gain a deeper understanding of the performance.

We look forward to seeing you! If you have any questions about these materials or about the performance, please contact me at (217) 206-8289 or jmose4@uis.edu.

A handwritten signature in black ink, appearing to read "J Moser".

Justine Moser
Education Connections Program Coordinator
UIS Performing Arts Center



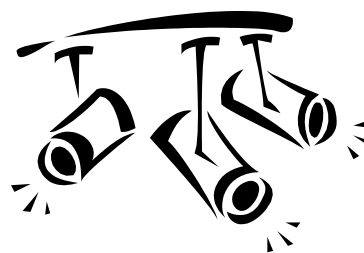
Youth programming in the Staley Class Acts series is supported in part by the Elizabeth and Robert Staley Class Acts Endowment, the Helen Hamilton Performing Arts Endowment for Youth, and a grant from the Illinois Arts Council Agency.



Theater Etiquette

Going to a live theatrical performance is different than watching a movie or TV show – the members of the audience are very important, and the way they behave will affect the performance. Therefore, theaters have their own special rules about behavior.

- **Ask the ushers if you need help with anything** – The people who wear red coats are volunteer ushers, and they want to make sure everyone can enjoy the performance. They will guide you to your seat, and they can help you find a restroom. In any emergency, the ushers will help guide your class to safety. There may be as many as 1700 people coming to see the performance! Please always follow the instructions of the ushers.
- **Turn off and put away cell phones and anything else that can light up or make noise** – These can be very distracting to the performers and your fellow audience members.
- **Do not eat, drink, or chew gum in the auditorium** – Even the quietest chewers and slurpers can be distracting to the performers and to the other people around you. Also, even if you are very careful, food and drinks can sometimes make a mess in the auditorium. We try to keep the auditorium as clean as possible so that it will be just as nice for the next audience.
- **Never throw anything in the auditorium** – This is distracting and dangerous for the performers and people in the audience.
- **Do not put your feet on the back of the seat in front of you**
- **Please do not wear a hat inside the auditorium** – It is difficult for the people behind you to see the stage if you're wearing a hat.
- **Use the restroom before the performance begins** – As soon as your class arrives and is seated in the auditorium, the teacher can arrange visits to the restroom before the performance begins. The ushers will help you find the closest restroom. Of course, if you *must* use the restroom during the performance, please be as quiet as possible about leaving your seat. Once you get to the aisle, an usher will help you find the way.
- **When the lights begin to dim, the performance is beginning** – This tells the audience to stop conversations, get settled in their seats, and focus their attention on the stage. A person will come out and make an announcement before the performance begins. Pay close attention to the announcement because it might include special instructions that you will need to remember.



- **The overture (music at the beginning of the show) is part of the performance** – If the performance has music in it, there might be an opening piece of music called an overture before any actors appear on stage. Give this piece of music the same respect you give the performers by being quiet and attentive while the overture is played.
- **Do not take pictures or recordings during the performance** – The flashes can be distracting to performers, and it is against the law to take pictures or recordings of many performances.
- **Refrain from talking, whispering, and making noise during the performance** – Remember that live performers can see and hear you from the stage. It is very distracting to the performers and the other audience members if you talk during the performance. After all, the audience came to hear the professionals perform!
- **It's ok to react to the performance** – Spontaneous laughter, applause, and gasps of surprise are welcome as part of the special connection between the performers and the audience during a live show. However, shouts, loud comments, and other inappropriate noises are distracting to the actors and your fellow audience members.
- **Clap at the appropriate times** – If you are enjoying the performance, you can let the performers know by clapping for them. During a play or musical, you can clap between scenes (during a blackout) or after songs. During a music concert or dance performance, you can clap after each piece is performed. In a jazz music concert, it is ok to clap in the middle of a song when a musician has finished a solo. If a music ensemble plays a piece with several sections, called movements, the audience will usually only clap at the very end of all the movements.
- **The performers will bow when the performance ends** – This is called a curtain call. You should applaud to thank the performers for their hard work, but you should not begin to leave the auditorium until the curtain call is over and the lights become brighter. If you really enjoyed the performance, you are welcome to give a standing ovation while you applaud. This is reserved for performances you feel are *truly outstanding!*
- **Respect the hard work of the performers** – You may not enjoy every performance you see, but I hope you will recognize that each performance requires a tremendous amount of dedication on the part of the performers and those who work backstage. It is polite to keep any negative comments to yourself until you have left the building.





Staley Class Acts and Learning Standards

Attendance at any Staley Class Acts event can help teachers meet **Common Core Standards**. The clearest example can be found in the Standard for Speaking and Listening, #2:

Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

Additionally, in the Common Core Standards for Reading, the definition of the word "text" can be expanded to include non-printed works such as dance, music, theater, and visual arts. This makes the arts an important part of all standards in the Reading category, at every grade level.

Staley Class Acts attendance can also help your students meet elements of the new **Illinois Arts Learning Standards**, which went into effect starting with the 2018-2019 school year. These standards reflect best practices and identify what is important for students to know and be able to do in dance, media arts, music, theatre, and visual arts. You can learn more at www.illinoisartslearning.org.



Write to Us!

We would love to hear from you and your students! If your students write about the performance they saw or create artwork related to it, you are welcome to send it to us via email to eobri4@uis.edu or through the mail to:

Justine Moser
UIS Performing Arts Center
One University Plaza, MS PAC 397
Springfield, IL 62703

We love sharing student work with our donors and Staley Class Acts sponsors, so they can see the impact of their donations.

About the Performers



Who are the Springfield International Folk Dancers?

The SIFD is a nonprofit organization that promotes appreciation of world cultures through learning and performing folk dances from around the world. They are known for their authentic costumes and attention to historical accuracy with their dancing.

The group's mission is to increase understanding of cultural traditions through folk dancing. The SIFD serves Sangamon County and surrounding areas, including community festivals, the State Fair, museums, school and church events, and nursing homes.

SIFD has been an active part of Springfield's artistic community since the group was founded in 1975. SIFD continues to expand its dance repertoire from a variety of areas, including, but not limited to, German, Israeli, Scottish, English Regency, Baltic, and of course the Civil War era.



About the Performance

Dances from Germany and Eastern Europe

- Gerakina- Macedonia region, Greece
- Sirba de la Falticeni- Moldova region of Romania
- Makedonske Devoice- Macedonia
- Horehronsky Czardas- Hron River region of Slovakia
- Schwabische Mazurka- Schwabia region of Germany
- Man in the Hay- Bueckeburger region of Germany
- Hanaks Konter- Berlin, Germany
- Lange Reihe-Hamburg, Germany
- Arcanul- Moldovan region of Romania
- Cintec- Muntenia region of Romania
- Sborenka Horo- Bulgaria
- Jiana de la Avrig-Transylvania, Romania
- Miserlou-Balkan area*
- Geestlander Quadrille-Geestland, Germany
- Lauterbacher- Germany
- Ziller Toller Landler-Germany
- D’Hammerschmid G’zelln-Germany
- Hans Bleib Da-Germany

***Balkan Countries: Macedonia, Albania, Croatia, Serbia, Bosnia, Greece, Bulgaria, Montenegro, Kosovo, Romania, Slovenia, and Turkey**



Put a star or dot next to all the countries listed above.

About the artform

What is Folk Dance?

Based on cultural heritage and passed down from generation to generation has these qualities:

- Dances are shared widely and known widely, are done in moments of celebration and are easy to learn
- A form of artistic expression
- While easy to learn, dances still have formal choreography
- Costumes of the specific region or culture are an important part
- Recognizable music accompanies each dance
- Distinctive styles of the same dance can exist in the same culture-depending on the region

Why is folk dance important?

- Creates a sense of community
- These dances are way to maintain cultural identity
- They preserve a country/community heritage
- Pass down value and traditions of society
- Instill a sense of inclusion and belonging
- It is social in nature and does not require training



What are the elements of a typical folk-dance routine?

- Rhythm keeping done through steps, percussive movements, and hand clapping
- Line Dancing and Partner dancing
- Easily repeated sections or chorus of the dance
- Can be learned by anyone-you do not have to be a trained dancer.

Teacher Guided Activities

Folk Dance in our lives!

We have modern “folk dance” all around us! Modern folk dance is also called **social dance** and exists in the most popular form of **line dance**. **Line dances** are most often done at social events like parties, weddings, and other gatherings. **Line dances** are one of the most popular influential kinds of **social dance**.



Activity #1

Discover social dance: line dances.

What **social dances** exist that are **line dance**?

Think about when you go to a community or family gathering or wedding, **line dance** is usually a big part of these events. **Line dances** are connected to specific songs that are easy to learn and do. Pick some of the **line dances** from this list and watch them as a class. What do you notice is similar about each dance?

- The Macarena
- The Chicken Dance
- The Electric Slide
- The Cha-cha slide
- The Wobble
- The Cupid shuffle
- The Hokey Pokey
- YMCA
- The Thriller

List 4 more **line dances** that are not on the list above

1. _____
2. _____
3. _____
4. _____

Activity #2

Explore together!

Create a classroom **line dance** together that has a clear pattern, is easy to learn. What music would you perform this dance to?

Song: _____

Write down the steps below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For an extra challenge, you can film your dance and send it to the Ed. Programs Coordinator, Justine Moser at jmose4@uis.edu