

## Unit 4: The Hazelnut Dance (Balkan countries)

**LEARNING  
OUTCOMES****The student will:**

- accomplish the rhythmic pattern of basic steps
- become familiar with a circle dance
- be made aware of the country of origin.

**RESOURCES**

Tape/CD player; tape music for Hazelnut Dance.

**CLASS ORGANISATION**

Circle dance.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		<p>Jog on your own x 8. Meet a partner and jog with partner x 8. Couple meet another couple and jog x 8. Separate &amp; repeat.</p>	
Development		<p><b>Task 1:</b> students facing teacher they learn the steps.</p> <p><b>Step 1:</b> to the right  R      L      R      L      R      L      L  Step close step, close step stamp stamp.  R = right foot    L = left foot</p> <p>Repeat same pattern starting on left foot.</p> <p>Repeat all of step 1.</p> <p><b>Step 2:</b>  step right, stamp left - Step left, stamp right.  Step right, stamp, stamp (left).  Repeat step 2 once more.</p> <p><b>Task 2:</b> formation: full circle.  Hands resting on neighbours shoulders.  Steps are repeated continuously and get progressively faster in response to the music.</p> <p><b>Task 3:</b> in 2's explore possible, relationship variations,  e.g. dance side-side, back-to-back, forwards/backwards.  Observe: partner work &amp; select one suitable as class activity.</p>	<p>Knees must be kept softened and not jarred on the stamp.</p> <p>Be aware and sensitive to partner relationship.</p>
Conclusion		Repeat whole dance and include selected partner sequence.	
Cool down		In group of 4 rise and sink slowly.	