

MVFD CORE DANCES for 2010(finalized Sept 8, 09)

Orientation Class Motion:

"I move that the council appoint an ad hoc committee to devise a system for the beginners class whereby teaching is limited to a core group of dances representing all the ethnic regions that we presently dance to. The list should be limited to 144 dances. No country should have more than 5% of the dances (maximum of 7 dances). The list should further be comprised of 60% non-partner dances, and 40% partner dances. Also it should have a mixture of slow vs fast, easy vs hard, and low energy vs high energy. As the years go on, the list may be changed gradually as tastes change, but the percentages must remain as enumerated above. If one dance is added, another must be subtracted. This system must be approved by the members and put into practice by the end of the year 2009." (John Pappas)

KEY:

Difficulty levels are Easy (drag 'em off the street), Fairly Easy (can be learned in one session), Medium (will take more than one session to learn), and Intermediate (9 PM level). (Designation is extremely subjective.)

Speeds are Slow, Medium Slow, Medium, Medium Fast, and Fast.

Types are no partner (0), or partner (1)

Country/Region/ ethnicity	DANCE NAME	DIFFICULTY	SPEED	TYPE partner=1 No partner=0	# of Dance
Albania					
3	Valle Pogonishte	M	M	0	1
	Memede	M	M	0	2
	Valle Kosovare	M	M	0	3
Armenia					
4	Dar Gorani	M	S	0	4
	Garun	FE	M	0	5
	Girl With the Black Eyes (Sev Acherov Aghcheek)	M	M	0	6
	Sweet Girl	FE	M	0	7
Baltic (Latvia, Lithuania, Estonia)					
1	Raksi Jaak	FE	M	1	8
Bulgaria					
7	Bavno	M	M	0	9
	Takanata	M	MS	0	10
	Devetorka	FE	M	0	11
	Karamfil	M	S	0	12

Country/Region/ ethnicity	DANCE NAME	DIFFICULTY	SPEED	TYPE partner=1 No partner=0	# of Dance
	Kirčo na Čardak Sedeše	M	S	0	13
	Narodno	M	F	0	14
	Pajduško	M	M	0	15
Canada					
2	La Bastringue	E	M	1	16
	Les Saluts	E	M	1	17
Croatia					
6	Kolo Zita	FE	M	0	18
	Kriči Kriči Tiček	FE	F	0	19
	Pljeskavac	FE	M	0	20
	Seljančica	FE	M	0	21
	Slavonsko Kolo	FE	F	0	22
	Turopoljski Drmeš	FE	F	0	23
Czech R. / Slovakia					
2	Doudlebska Polka	E	M	1	24
	Horehronsky Čzardaš	I	M	0	25
England					
7	Black Nag	FE	M	1	26
	Dargason	M	M	1	27
	Duke of Kent's Waltz	FE	MS	1	28
	Fandango	M	F	1	29
	Irish Lamentation	M	MS	1	30
	Picking Up Sticks	M	MF	1	31
	Royal Empress Tango	M	M	1	32
Far Eastern					
2	Lian Hua	M+	M	0	33
	Tsatsal	I-	MS	0	34
France (& Breton & Basque)					
3	An Dro Retourné	FE	M	0	35
	Bal de Jugon	E	MS	1	36
	Bannielou Lambaol	E	M	0	37
Germany / Austria					
7	Atlantic Mixer	E	M	1	38
	Changier Quadrille	M+	F	1	39
	D'Hammerschmiedsgeselln	E	M	1	40
	Die Alte Kath (zwiefacher)	M	M	1	41
	Man in the Hay	M	MF	1	42

Country/Region/ ethnicity	DANCE NAME	DIFFICULTY	SPEED	TYPE partner=1 No partner=0	# of Dance
	Pinzgauer Boarischer	M+	M	1	43
	Spinnradl	E	MS	1	44
Greece					
7	Karagouna	FE	S	0	45
	Kleftes (original)			0	46
	Lerikos			0	47
	Sirtaki - Song of Joy	FE	M	0	48
	Misirlou	FE	S	0	49
	Syrtos/Kalamatianos (basic)	E	S	0	50
	Tsamiko (12 ct)	FE	S	0	51
Hungary					
5	Adjon az Isten	E	S	0	52
	For a Birthday	FE	MS	0	53
	Kiskanástánc	E	MS	0	54
	Somogyi Karikázó	M	M	0	55
	Ugros	E	M	0	56
Ireland					
1	Siemsa Berte	M	M	1	57
Israel					
7	Bapundak Katan	M	M	0	58
	Bapardes	M	M	0	59
	Erev Ba	FE	S	0	60
	Haleluyah	FE	MS	0	61
	Ma Navu	FE	S	0	62
	Rakefet	FE	MS	1	63
	Tzadik Katamar	E	M	0	64
Italy					
1	Italian Quadrille	I	F	1	65
Macedonia					
7	Arap (basic)	FE	M	0	66
	Tino Mori	FE	S	0	67
	Berovka	FE	M	0	68
	Indijsko Oro	E	S	0	69
	Ivanica	FE	MS	0	70
	Jovano, Jovanke (both parts!)	M	S	0	71
	Povrateno	FE+	M	0	72
Mexico/ S. America					
6	Chilili	E	M	1	73

Country/Region/ ethnicity	DANCE NAME	DIFFICULTY	SPEED	TYPE partner=1 No partner=0	# of Dance
	El Llanero	E	E	1	74
	Louie Louie	FE	MS	0	75
	Mazurka Mexicana (Dos Besitos)			1	76
	Polka Alegre	M	M	1	77
	Numero Cinco	M	MF	1	78
Netherlands					
1	Yswals (Ice Waltz)	E/M	M	1	79
Poland					
5	Ada's Kujawiak #1	E	M	1	80
	Cyt Cyt	FE	S	1	81
	Kujawiak Niebieski	M+	MS	0	82
	Sarna	FE	MF	0	83
	Tompany (Nie Zginaj Kaliny)	FE	M	1	84
Roma					
6	Ciganko	FE	MF	0	85
	Rumelai (Jeni Jol)	FE	MS	0	86
	Cocek	FE	M	0	87
	Sa from Bujanovac	FE	M	0	88
	Te Aven Baxtale	M++	M	0	89
	Romska Gaida	FE	M	0	90
Romania					
7	Alunelul (old)	E	F	0	91
	Ciuleandra	M	M	0	92
	Hora Fetelor	M	MS	0	93
	Hora Spoitorilor	M++	M	0	94
	Îni Vițuî Ni Featâ, Moi	E	M	0	95
	Hora Nuntasilor	M	M	0	96
	Țarina De La Abrud	FE	F	0	97
Russia / Ukraine					
7	U Rekee	FE	S	0	98
	Belilitsa Kruglolitsa	FE	M	0	99
	Horovod	M	S	0	100
	Karapyet	M	MF	1	101
	Korobushka	FE	MF	1	102
	Zimushka	FE	M	0	103
	Ya Da Kalinushka Lomala	FE	M	0	104
Scandinavia					
7	N Allemannsmarsj (= Gie Gordons)	E	M	1	105

Country/Region/ ethnicity	DANCE NAME	DIFFICULTY	SPEED	TYPE partner=1 No partner=0	# of Dance
S	Hurry Scurry (Fjaskern)	E	M	1	106
D	Little Man in a Fix	FE+	MF	1	107
S	Margot's Waltz	FE	M	1	108
S	Mona's Party Waltz	M	M	1	109
S	Totur	FE	M	1	110
G	Tuluttoq-Finsk Polka	M	S	1	111
Scotland					
6	Aird of Coigah	M	M	1	112
	Polka Dot	FE	M	0	113
	Postie's Jig	M-	MF	1	114
	Shifftin' Bobbins	M	MF	1	115
	St. John River	FE	S	1	116
	Trip to Bavaria	M-	M+	1	117
Serbia					
6	Čačak (Godečki or Five-Figure)	M	M	0	118
	Rumunjsko	M	F	0	119
	Ajde Jano	E	S	0	120
	Orijent (Crum styling!)	FE	M	0	121
	Šetnja	E	S	0	122
	Stara Vlajna			0	123
South Africa					
1	Tante Hessie	FE	MS	1	124
Spain /Catalonia					
1	Sardana	M	M	0	125
Switzerland					
2	Alewander	M-	M	1	126
	La Faira da Strada	M	M	1	127
Turkey					
5	Ali Paşa	FE	M	0	128
	İşte Hendek	FE	M	0	129
	Narino	FE	MS	0	130
	Tin Tin	E	M	0	131
	Yaylalar	E	M	0	132
(pan) U.K.					
2	Oslo Waltz	E	M	1	133
	Road to the Isles	FE	MS	1	134
U.S.A.					

Country/Region/ ethnicity	DANCE NAME	DIFFIC ULTY	SPEED	TYPE partner=1 No partner=0	# of Dance
7	Elizabeth	FE++	MS	1	135
	Grand Square	M+	MF	1	136
	Levi Jackson Rag	M	MF	1	137
	Amos Moses	E	MS	0	138
	Salty Dog Rag	I-	MF	1	139
	Steppin' Out	M	M	1	140
	Teton Mountain Stomp	E	M	1	141
Wales					
1	Welsh Square	M+	M	1	142
Yiddish					
2	Baroiges Tanz	M	MS	1	143
	Das Tsighele	M	S	0	144
Totals				58	144

(Committee members: Ed Anderson, Eddie Cordray, Joanne Dombrowski, Lee Moser, John Pappas, Ellen Rice)

Summary and Comments:

1. There are a total of 144 dances, 58 of which require a partner (40%).
2. Remember that this list applies only to the orientation class, other dances may be taught at a different time.