

COUNTRY DANCES - COMING ROUND THE MOUNTAIN

YEARS 5 - 6



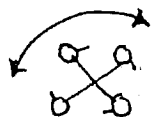
LESSON 3

Starting Activity

- (i) Travel about the room in time to a rhythm, played by a tambourine, listening out for changes from e.g. walking to running, to skipping to step-hopping.

Exploration and Development:

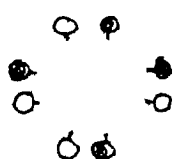
- (i) Facing a partner cross hands (*just one in each couple crosses hands while the other takes hold of their partner's hands without crossing their own hands*). Then turn to face the same direction, still holding hands and walk (*promenade*) round the room saying hello to other couples that you pass. (Track 27)



- (ii) Join with another couple and facing them put right hands in the middle to form a right-hand star. Walk round clockwise (for 8 beats) then change direction and hands (*for 8 beats*).
- (iii) Face your partner for a do-si-do (*back-to-back*) i.e. walking round your partner without turning round; two steps forwards then two to the side behind your partner's back then two steps backwards to your place and pause.
- (iv) Do (iii) again then cross hands and go into a swing clockwise (*remember only one in each couple crosses hands*). Then promenade around the room in any direction. (Track 27)

Dance Activity: Coming Round the Mountain (Track 28)

Formation: Square set for 4 couples standing next to your partner.



In a square set formation there are 4 couples; one couple stands side by side with their backs to the music/band (1's). One couple stands opposite and facing them (3's). Another couple stands to their right facing into the middle (2's) with the 4th couple opposite them (4's). All face into the middle.

- A.1. 1st couple promenade with a cross-hand hold behind couples 2, 3 & 4 and back to their place.
- A.2. 1st & 3rd couples (*opposites*) do a right hand star and then a left hand star.
- B.1. Everyone facing your partner do a do-si-do followed by a cross-hand swing.
- B.2. Everyone stay cross-hands and promenade anti-clockwise round and back to place.

(The dance begins again with the 2nd couple promenading behind couples 3, 4 & 1 and going into a right hand star with the 4th couple opposite etc. Then the 3rd couple promenades and then the 4th. Next the head couples promenade at the same time i.e. the 1st and 3rd couples, and finally the side couples i.e. the 2nd and 4th couples.)

Concluding Activity



- (i) Use 4 x 8 beats to create a stepping pattern using a combination of any of the following:- forward, backwards, sideways, circle right, circle left.

Teacher's notes: It is fun to sing this singing square. I am sure everyone will know the words:

*She'll be coming round the mountain when she comes (x 2);
She'll be coming round the mountain, coming round the mountain,
Coming round the mountain when she comes etc.*