

**BIRDSONG
COMMUNICATIONS**

FILM/VIDEO SCRIPT

TITLE: Metis Dance Video
CLIENT: Gabriel Dumont Institute
LENGTH: 20 minutes
DATE: June 12, 1989

VISUAL

AUDIO

Metis Heritage Days Montage

The Metis are descendants of the North American Indians and those of European background either French or Scottish. Most of the Metis were children of the Canadian Fur trade. Historically, the Metis people possessed a strong sense of community together. People would travel for miles to get to a dance. Still, today Metis come from across provinces and states to join in the celebrations at Batoche.

Dancers under the tent.

We hope this program will give students an opportunity to learn some Metis dances and jig steps thus allowing students to become aware of the important role of dance in the Metis culture.

XWS Dancers

The first steps we will introduce are the 1st, 2nd and 3rd step.

GRAPHICS: Duck Dance

These steps may be used while dancing the Duck Dance, La Dance du Crochet and the Quadrille_ first, second and third change.

WS C1 going to backwards to BE and then forward to SL

WS C1 going through arch
CU of lead couple

We hope this program gives you an opportunity to appreciate and respect these dances which have been passed down for generations.

MCU Head and shoulders lead couple

GRAPHICS: First Step

Start with feet close together.
Begin with the right foot raising the

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Dancers walk through steps.

heels slightly, slide the ball of the right foot forward, approximately half a foot length. Shift weight onto right foot. Repeat leading with the left foot. Slide right, slide left, slide right, slide left.

MCU Waist and foot- for call break and Swing.

Let's try it with the music.
(count beat) 1, 2, 1, 2.

MS for call Grand Chain
PULL TO

The dancers will now use the first step while dancing the Quadrille _ first change.

XWS for call balance there.

INSERT CALLERS SECTION

OVERHEAD SHOT for calls First and Opposite to right and left through.

MCU waist and feet for call Don't forget your Do-Si-Do.

GRAPHICS: Second Step

Start with feet close together. Begin with the right foot raising the heel slightly, slide the ball of the right foot forward, approximately half a foot length. Snap the right heel down in time to the music. Repeat with the left foot, then with the right. Slide right snap right slide left snap left.

XCU Side view as dancers walk through.

XCU Dancer

Let's try it again now with the music. Slide right snap right slide left snap left.
(count beat) and 1, and 2, and 1, and 2.

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OVER HEAD Allemande left the lady to the left through balance there.

WS First and opposite couples forward and back

MCU Lady round Lady through gents round gents

XWS Ladies round the gents, gents don't go over through the next.

MCU Lady round lady through gents round gents.

OVERHEAD Ladies round the gents through over to the next.

XWS Places all through don't forget your right hand round.

CU Partners all and you promenade eight.

WS Second and opposite couples forward and back through
PULL TO

XWS over to the next.

MCU Lady round Lady_ gents round gents.

The dancers will now use the second step while dancing the Quadrille_ Second Change.

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Overhead Shot

WS Lady round gents through
gents don't go through
Circle four and

XWS over to the next.

GRAPHICS: Third Step

CU Ladies dancing

CU gents dancing

The third step contains a scuff which is one of the characteristics which distinguishes Metis dancing from square dancing.

The ladies generally scuff the ball of the foot while the gentlemen generally scuff the the heel and dance more vigorously. Once students have mastered the third step, they may add a scuff with the sole, the ball, the heel or the whole foot of the lead foot on the floor just as the first step is taken. This step may be done in a variety of directions and goes by the following names:

ISO CU Third step

This step is known as the third step when dancing forward and backwards.

ISO CU Circle Step

This step is known as the circle step when dancing in a circle.

ISO CU Double Step

This step is known as the double step when executing the step in one spot from side to side.

ISO CU no music side view
dancers walk through steps

Now let's walk through the third step without the music. Start with feet together. While counting: and, 1 scuff the sole, ball

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ISO XCU no music third step
(4 times)

ISO XCU dancers

Batoche jiggers and fiddlers

or heel of the right foot on the floor and step onto it. Count: 2 Briefly step onto the ball of the left foot. Count 3 Quickly return weight to the right foot.

Let's try it again. (count) and, 1, 2, 3, and 1, 2, 3. Scuff right step right scuff left step left. Scuff right step right scuff left step left.

Let's try it with music. and, 1, 2, 3, and 1, 2, 3.
This step may be done flat-footed at first, then once the pattern is learned it can be done with heels slightly raised. Students can do this step on the spot: then they can practice moving forward and backward.

The Metis were widely scattered throughout Canada, although the Red River settlements became the most famous Metis settlement. The Red River Jig is one of the artist trademarks of the Metis and today Metis still dance it with pride. We will introduce six basic jig steps. Jiggers compete for fun to see who can perform the fanciest steps and to test their endurance. The Circle step is executed between each fancy jig step. Remember the circle step is the third step executed while moving in a circle. While the music is at a higher pitch the jiggers do the circle step. When the music shifts to the lower pitch the jiggers

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GRAPHICS: Fancy Jig Steps:
Jumping Jacks

ISO XCU no music side view.

ISO XCU dancers as music
changes

GRAPHICS: Bunny Step

ISO CU no music center side view

Dancers walk through

ISO XCU Dancers start jigging as
music changes

GRAPHICS: Heel Step

start their fancy steps.

Start with the feet together. Jump onto the right foot, extending the left foot sideways touching the ball of the left foot on the floor with the heel raised.

Bring the left foot back to the original position and jump onto the left foot, extending the right foot sideways and touching the ball of the right foot with the heel raised. Let's try it now. Jump right, point left, jump left, point right. (count) and 1, and 2, and 1, and 2.

Let's try it now with music. Remember we will start dancing the third step and when the music changes start jigging. Dance the circle step_ scuff, step. step, step, Start jigging and 1, and 2.

Begin with feet together. Slide both feet forward, at the same time in a slight jumping motion. Then slide both feet backwards at the same time in a slight jumping motion. Slide, slide. slide, slide. 1, 2, 1, 2,

Let's try it now with music. Remember we will start dancing the circle step and when the music changes start the bunny step. Start with the circle step 1, 2, 1, 2,

Begin with feet together. Leading with the right foot, place the right

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ISO XCU no music center side
view

Dancers walk through

heel by the big toe of the left foot, putting weight onto the right heel. Step back onto the right foot. Bring the right foot back beside the left foot and step into it while raising the left foot slightly.

And heel. step, step and 1, 2, 3. Remember to accent the the first beat. and 1, 2, 3.

Let's try it now with the music. Start the circle step and listen to the change in music: then execute the heel step.

ISO XCU dancers as music changes
to jig

GRAPHICS: Double Jig Step

ISO XCU no music centre step

Dancers walk through steps

Circle step Heel step.

Begin with the feet together. Scuff the sole of the right foot on the floor and step on it. Briefly, step on the ball of the left foot. Then quickly return weight to the right foot.

Note this step is the same as the third step and circle step only it is executed from side to side. Scuff, step, step, step and 1, 2, 3,

ISO XCU dancers as music changes
to jig

Let's try it now with the music. Listen for the change in the music.

Did you hear the change in the music?

GRAPHICS: Chi Galop

Begin with feet together. Place the right foot directly in front of the

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ISO XCU no music centre side
view

left foot. Do three quick steps in this position, remaining in one spot. Alternate feet: right left right, putting emphasis on the third of the three steps. Then step back onto the left foot, keeping the right foot slightly raised in front of the left. Then, repeat the three quick steps. Do the counts twice, then bring the right foot back to starting position beside left foot and shift weight onto it. Step, step, step, and step, step, step and change.

ISO XCU dancers as the music
changes to a jig

1, 2, 3, 4, 1, 2, 3, 4,

Let's try it now with music. Start with the circle step.

GRAPHICS: Cross Step

Begin with feet together. Cross the right foot over the left foot with both heels raised slightly. Shift weight to the ball of the right foot. With a slight bounce pull the ball of the right foot back along the floor. At the same time lift the left foot and bring it around in front of the right foot ready to cross over the right foot.

ISO XCU no music center side
view

Repeat leading with the left foot. Cross right, pull right, cross left, pull left, 1, 2, 1, 2,

dancers walk through steps.

Let's try it with music now. Remember to start with the circle step.

ISO XCU dancers as music changes.

Start jiggling.

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(dancers in a circle facing into the center of the circle to do their Fancy Jig Steps)

XWS Dancers jiggling Pull to

MS as dancers go into circle dance.

GRAPHICS: Side Gallop

ISO XCU no music centre shot

ISO XCU Dancers as they gallop

XWS Dancers do the rabbit dance no music

MCU head-waist of c1 PULL TO

XWS as c1 gallop to sl

Watch some of these fancy jig steps.

(Some clapping and whistling while jigger is dancing.)

The last step we will introduce is the side gallop. This step is used while dancing the rabbit dance. Begin with feet together. Step to the side with the right foot. Jump shifting weight onto the left foot, landing in the spot where the right foot had been while extending the right foot to the side at the same time. Repeat in series galloping sideways.

Let's try it with music now. Step, jump. Step, jump. 1, and 2, and.

Now you are ready to dance the rabbit dance. Have students form two lines facing each other, one side girls, one side boys.

The lead couple hold hands with wrists in crossed position. The lead couple use the side gallop step down the centre and back up to the starting line.

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WS Couple elbow swing

The lead couple elbow swing and the boy releases the girl. Now the fun begins. The boy tries to tag the girl while dancing in a figure eight formation. Tag is made when the figure eight is completed. The second couple now becomes the first couple and dance.

XWS Rabbit dance

Now try the rabbit dance with music.

WS c1 up and down center and elbow swing PULL TO

XWS for figure eight formation

WS c2 up and down center and elbow swing

MC waist and feet c3 PULL TO

XWS Dancers

ROLL CREDITS