

## Kings and Queens Folk Dance

### \*Reimagined for Covid-19\*

By Sara Alswager [sealswager@mpsomaha.org](mailto:sealswager@mpsomaha.org)

Reimagining folk songs and folk dances to be Covid safe has been challenging. Sometimes I'll think I have it all figured out until I start teaching it...then I realize that I forgot an important logistic, forgot to modify something for Covid safety, the modifications I made were too easy for certain grade levels OR too difficult for others...The best remedy for this is to welcome students into the process! It was in this way that we discovered a Covid-19 modification for Kings and Queens from Alabama Gal by Peter and Mary Alice Amidon.

- Here is a link to where you can buy Alabama Gal by Peter and Mary Alice Amidon:  
<https://amidonmusic.com/product/alabama-gal/>
- Here is a link to the initial performance of this song that I showed my students before we worked together to create a Covid-safe version: <https://www.youtube.com/watch?v=jakXG0tBUkw>

### Before the dance steps, let's talk "Covid logistics"...

1. Mark off circle spots in your workspace that meet the social distancing dimensions set forth by your school district. If students are not singing, my district allows them to be 3 ft apart if they are wearing masks.
2. Choose two spots in the circle where the "partners" will originate, choose two spots on the other side of the circle where partners will walk towards after they sashay.
3. Start off by "cutting the cake" of your circle and dividing it in two halves. Each round of the dance, a set of partners meets/originates on the first two dots you chose in "step 2" before they sashay and then walk across to the other side of the circle to the other set of dots. At the end of each set of the dance, both halves of the circle move over one spot so that the next set of partners meet up on the two dots of origin before the circle does the dance and then the partners sashay and walk across.
4. Inevitably, if I have pre-marked dots there are empty dots. Before we begin dancing, all of my students advance on the dots toward where the partners meet until all empty dots are filled.. It's okay to have a large opening on the other side of the circle...Covid modifications are rarely "perfect".
5. The steps described below may not seem very "fast-paced"...that was a purposeful choice because my students do not like to get too out of breath with their masks on and I do not have room in my classroom for a "mask break" station. Feel free to modify if your situation is different...

### Steps for Kings and Queens \*Reimagined for Covid-19\*

1. Walk forward 1-2-3, bow or curtsy (on beat 4), walk back 1-2-3, bow or curtsy (on beat 4).
2. Individuals circle turn 1-2-3-4-5-6-7-8.
3. Walk forward 1-2-3, bow or curtsy (on beat 4), walk back 1-2-3, bow or curtsy (on beat 4).
4. Individuals right hand circle turn 1-2-3-4-5-6-7-8.
5. While the circle claps, partners on the two dots of origin sashay (without holding hands, 3-6 feet apart) forward 1-2-3-4-5-6-7-8, then back 1-2-3-4-5-6-7-8.
6. Then, partners walk and wave to the two dots on the other side of the circle (16 counts) while the rest of the circle waves and bows their heads forward in acknowledgement.
7. Each half of the circle moves over a dot so that the next set of partners meet up. I like to remind them by saying (on the last 8 counts) "Move on ov-er you have to make some room!"

For a video of my students performing this dance, [CLICK HERE](#). The tune we use is the same tune as the YouTube video up above, "On The Danforth/Thomas Shrug March" from the cd "Other Side of the Tracks" available here: <https://amidonmusic.com/product/other-side-of-the-tracks/>