

The Source

Music: "The Mummer's Dance" by Loreena McKennitt on CD "Book of Secrets"
"A musical painting of the traditional folk custom of mumming, which has its roots in the tree-worshipping of the peoples who inhabited great regions of a forested Europe now long gone. The chorus and last verse of this song are taken from an original mummers' song traditionally sung in Abingdon in Oxfordshire. [England] – LM

Dance: choreographed by Joka Veurboom of the Netherlands. ("Yo ka")
Circle; free hands

Start by making pairs of dancers, all facing center

Dancers on the left of the pair make up "A" circle, dancers on right make up "B" circle

Both circles will do the same movements, alternating.

All steps are for one count in the music. Each part below is for 4 counts. Begins with singing.

- 1) A. circle walks in towards center 4 steps. B. circle pauses (only 1st time)
- 2) A. circle takes 4 counts to bend and scoop up 'water'.
B. circle still pauses. (only 1st time)
- 3) A. circle walks back 4 steps, holding cupped hands in front of heart.
B. when A. circle reaches 4th step back, B. places hands on the backs of the two A. dancers on either side of B; hands on upper backs, near heart.
- 4) all sway together 4 times, R, L, R, L . A. has hands cupped, B has hands on backs of A.
- 5) A. circle goes back 4 steps, hands still cupped. B. circle walks in 4 steps as in part 1.
- 6) A. circle releases hands in air while turning to the R, sprinkling "water" outwards, arms stay open after turn, 4 counts- while
B. circle bends and scoops up 'water' as in part 2, 4 counts.
- 7) A. circle takes 4 steps in with arms open, to meet B. circle, at 4th step places hands on backs of B. as in part 3. B. circle takes 4 steps back as in part 3.
- 8) All sway 4 together, R, L, R, L as in part 4.

A. and B. circles continue with all movements, one is always scooping while the other is releasing. Dancers do not progress but rather pass through the same 2 dancers in the circle throughout. At the end, whichever circle remains with hands cupped sprinkles 'water' gently on heads of dancers on either side. Thank you water! We love you!