

## Joel Plys - Seattle Historic Dance Weekend Class Notes

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### EARLY 20th C RAGTIME DANCE

#### Cakewalk - step list:

\* **Prance**

- lifting of the knees

\* **Small Strut**

- present heel forward with small alternating leaps

\* **Big Strut**

- large presentation of heel with pronounced alternating jumps --- these are the signature 'cakewalk kicks'

\* **Cakewalk Kicks**

- forward or back - can be lead or on your own

\* **Kick Cross**

- leading partner to kick cross step-back step-under (must be on same kicking leg to start)

\* **Cane/Knee Kick**

- both holding cane, pull cane in with knees high, push cane out with high kick

\* **Shoe the Mare**

- lead kneels down as follower presents foot, leader wipes off the foot and scoots back while follower flourishes hopping forward

\*\*\* props can be top hat, cane, and parasol

#### One Step - step list:

\* **Marcel Wave**

- movement where leader is crossing front while follower is crossing behind and alternating this while progressing twisting in Yale position

\* **Grapevine**

- open promenade crossing inside feet together then alternating to outside leg

\* **Zig Zag**

- back the lady 3 steps in left-hip Yale, twist to right-hip Yale with a touch. Repeat opposite feet

\* **Serpentine Hop**

- hop step rhythm with leader crossing front and follower behind

\* **Snake Dip**

- open to promenade with the following pattern - step, dip, pass, step, dip, pass, pivot pivot. Can return to basic or repeat Snake Dip

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### EARLY POPULAR JAZZ

**Shim Sham** - 1932 choreography by Leonard Reed & Willy Bryant

\* **Drag Step**

- reach foot out and drag back RLR&R - repeat starting L - repeat starting R ---  
Break Step

\* **Push & Crossover**

- starting R push x3, kick cross step step - repeat starting L - repeat starting R ---  
repeat push kick cross step x2

\* **Tacky Annie**

- jump out RL touch back R step R, touch back L step L, touch back R step R,  
step L - repeat this 3xs --- Break Step

\* **Half-Break**

- RL kick ball change x2 - Break Step - repeat this twice

\* **Break Step**

- step touch, step touch, step LRLR

=== repeat everything above freezing on the break step = "freeze chorus"

\* **Boogie Back / Boogie Forward x2**

\* **Boogie Back / Shorty George x2**

### **Tranky Doo**

- performer at the Cotton Club performed the start of this routine, then others  
added on their favorite steps

\* **Fall Off the Log**

- kick behind side cross - hopping on the kick acting as if falling off a log

\* **Shuffle Around**

- bringing hips and arms around in half circle with quick footwork

\* **Low Down**

- step and reach other leg out getting low

\* **Shoe Shine**

- jump and reach other foot forward to shine the shoe, jump to other side

\* **Boogie Forward**

- moving hips as if sneaking around a corner progressing forward

\* **Apple Jack**

- kick ball change into knee twists in front of the other moving backwards

\* **Rocks**

- reach up high forward then bring hands/arms down low behind

\* **Funky Boogie Forward**

- boogie forward with more pronounced hip & arm movement

\* **Shorty George**

- kick ball change bringing feet close together and knees dropping in the direction  
of the foot forward - continue small steps forward dropping knees to either side

\* **Boogie Back**

- kick ball change getting low and moving backwards clapping during the kick

\* **Break Step**

- step step kick rock step cross turn

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### APACHE

- Due to the difficulty of the throws and physicality of dropping/rolling to the floor we shared many clips and worked on some figures inspired by the clips.

This is a must read for anyone interested in Apache:

<https://socialdance.stanford.edu/Syllabi/Apache1.htm>

#### \* **Basic Apache Waltz Walk**

- we used basic closed dance position vs grabbing the neck or hair - simply moving in waltz rhythm around the floor

#### \* **Cross Hand Rollout & In**

- send follower out clockwise on leaders RLR waltz step  
- reach for followers right hand & return to closed dropping followers right hand during the turn in so she wraps it behind her back

- use forearm to send back out with no grabbing of the hands

- followers wrist rolls in the leaders right hand held in an open hook shape

- release hand on roll in to get back to basic closed position

#### \* **Follower Left Hand Rollout & In** - created a neck wrap position

- send follower out clockwise on leaders RLR waltz step

- reach for followers left hand & return to closed raising followers right hand during the turn in so she wraps it around the front of her neck

- leader uses left hand to absorb the roll in and to send back out

- release hand on roll in to get back to basic closed position

#### \* **Lunge Back & Forth**

- leader establish solid base and rotate to L & R causing follower to step and lunge the other leg behind. This can be a step, small leap, or jump depending on the intensity of the lead/rotation

#### \* **Release Lunge**

- when sending follower to the left, release the connection on the back completely sending follower away to do a deeper lunge

#### \* **"Apache Postcard Pose"**

- follower raises arms up in protection, while leader does "tough guy/boxing" pose

#### \* **2 Hand Pull in to hug**

- get both hands/wrists and pull the follower back into closed full hug position

All of the figures could be done keeping a foot grounded for stability OR with more emphasis and lead energy taking both feet off of the floor

A few clips shown as inspiration spanning the full time of Apache showcased in various forms:

1915 - <https://www.youtube.com/watch?v=MpqsrYmCC4E>

1930 - <https://www.youtube.com/watch?v=xrKr6o-60Vs&t=2s>

1955 - <https://www.youtube.com/watch?v=IB-2ub1YvB8&t=56s>