

Dance, Day 'em



Ballin' the Jack

Working in a small group, use lively music, along with the instruments you created, and with this information as a guide; create a new dance that the early settlers in Buxton might have brought with them.

Through the years, these dances changed and developed until they have become those dances that are popular with young people today. During the 1910's and 1920's, a popular dance was called Ballin' the Jack. To do this dance:

First you put your two knees close up tight. Then you swing 'em to the left, and you swing 'em to the right. You walk in a circle kinda nice and tight. Then you twist around, twist around, with all of your might. Shake your lovin' arms way out in space. Then you bump, bump, bump with style and grace. Put your right foot out and slide it back. That's what we call ballin' the jack.

Perform your dance as it would have been performed when the settlers first arrived in Buxton. Change your dance so that it is in the style of the early 20th century. Change your dance again so that it is similar to the dances of today. Have Fun!