



Bonjour, mes amis (Hello, My Friends)

Cajun Folk Song

English Words by Pat Barnett

Movement Instructions by Sanna Longden

Patterned Movement

INTERACTIVE LEARNING AND PRESENTATION OPTIONS

- Movement Activity Instructions (Animated): Bonjour, mes amis
- Movement Activity Instructions (Animated): Hello, My Friends
- Song Notation (Interactive Performance): Bonjour, mes amis
- Song Notation (Interactive Performance): Hello, My Friends
- Song Notation (Interactive Practice): Bonjour, mes amis
- Song Notation (Interactive Practice): Hello, My Friends

AUDIO OPTIONS

- Song Vocal Track: Bonjour, mes amis
- Song Vocal Track: Hello, My Friends
- Song Accompaniment Track:
Bonjour, mes amis

RECORDING ROUTINE

Intro (6 m.); Verse 1 (10 m.); Interlude (1 m.); Verse 2 (10 m.) Interlude (1 m.);
Verse 3 (10 m.); Interlude (1 m.); Verse 4 (10 m.); Coda (6 m.)

INTERACTIVE OPTIONS GUIDELINES

There are two versions of the Movement Activity Instructions (Animated), French and English. These animated instructions may be used to visually teach this dance to the children. Play the animated presentation more than once for the children to become familiar with the movement sequence.

There are two versions of the Song Notation (Interactive Practice), and Song Notation (Interactive Performance), French and English. These options may be used to adjust the tempo to facilitate teaching and learning this dance.

- Experiment with different tempos as the children practice the movements.
- Select a tempo at which the children can be successful at performing the dance.
- Gradually increase the tempo until the children can successfully perform the dance with the Song Vocal Track, Song Accompaniment Track, or Song Notation (Interactive Performance).

PREPARE

BACKGROUND

The Cajun people of Louisiana are descendants of French-speaking Acadians who first settled in the 1600s in the northeastern region of Maine and the Maritime Provinces of Canada. Cajuns have a rich tradition of music and dance. Today Cajun dancing is popular far beyond Cajun communities.

The dance pattern below is adapted for the classroom to introduce basic French as well as to reinforce rights and lefts.



Bonjour, mes amis (Hello, My Friends) Patterned Movement continued

Use Song Teacher Notes: Bonjour, mes amis along with Song Notation (Projectable): Bonjour, mes amis and one of the interactive or audio options to teach the song in French and/or English.

To help the children learn and understand the French song text, use Enrichment Activity (Interactive): Bonjour, mes amis. You may also wish to use the Song Pronunciation Practice Track: Bonjour, mes amis to help the children learn to sing the French lyrics.

WARM UP

Have the children sit and listen to Song Vocal Track: Bonjour, mes amis. Discuss the French words and what they mean in English.

Help the children identify their right and left hands.

SAY Show me your right hand. Now show me your left hand. (Observe the children for accuracy.)

ASK Do you have special ways of knowing right and left?
Encourage the children to share how they know right and left. You may wish to have the children point up with their index fingers and extend their thumbs. Ask them to observe which hand forms the letter "L". This will help them remember which is their left hand.

Before teaching the dance, you may wish to have the children watch Movement Activity Instructions (Animated): Bonjour, mes amis or Movement Activity Instructions (Animated): Hello, My Friends.

TAKE ACTION

FORMATION

Partners face each other in a double circle.

MOVEMENT SEQUENCE

You may wish to play the English version of the song, Song Vocal Track: Hello, My Friends, while the children learn the dance steps.

Verses

- *Bonjour, mes amis, bonjour (Hello, my friends, hello)* (4 counts): Shake right hands 4 times with partner and do not let go.
- *Bonjour, mes amis, bonjour (Hello, my friends, hello)* (4 counts): Shake left hands 4 times with partner and do not let go.
- *Bonjour, mes amis, bonjour, mes amis, bonjour, mes amis, bonjour (Hello, my friends, hello, my friends, hello, my friends, hello)* (8 counts): Holding crossed hands, partners take 8 walking steps while turning in a full circle, ending in their original positions.
- *Bonjour, mes amis. (Hello, my good friends.)* (4 counts): Drop hands and bow to partner.

Interludes (1 measure – 2 counts)

Both partners move to the person on their right.



Bonjour, mes amis (Hello, My Friends) **Patterned Movement continued**

SAY Point your right hand to your own right side. Now turn a bit to face that direction. Look at the person who is looking at you—that is your new partner.

Repeat the dance for the next three verses. (Dance movements are the same for all verses.)

Coda (12 counts)

Everyone wave at everyone else and continue waving until the music ends, while moving into a single circle.

Teacher Tip: You may wish to have the children stay with the same partner until they have learned the pattern of the movements and the words.