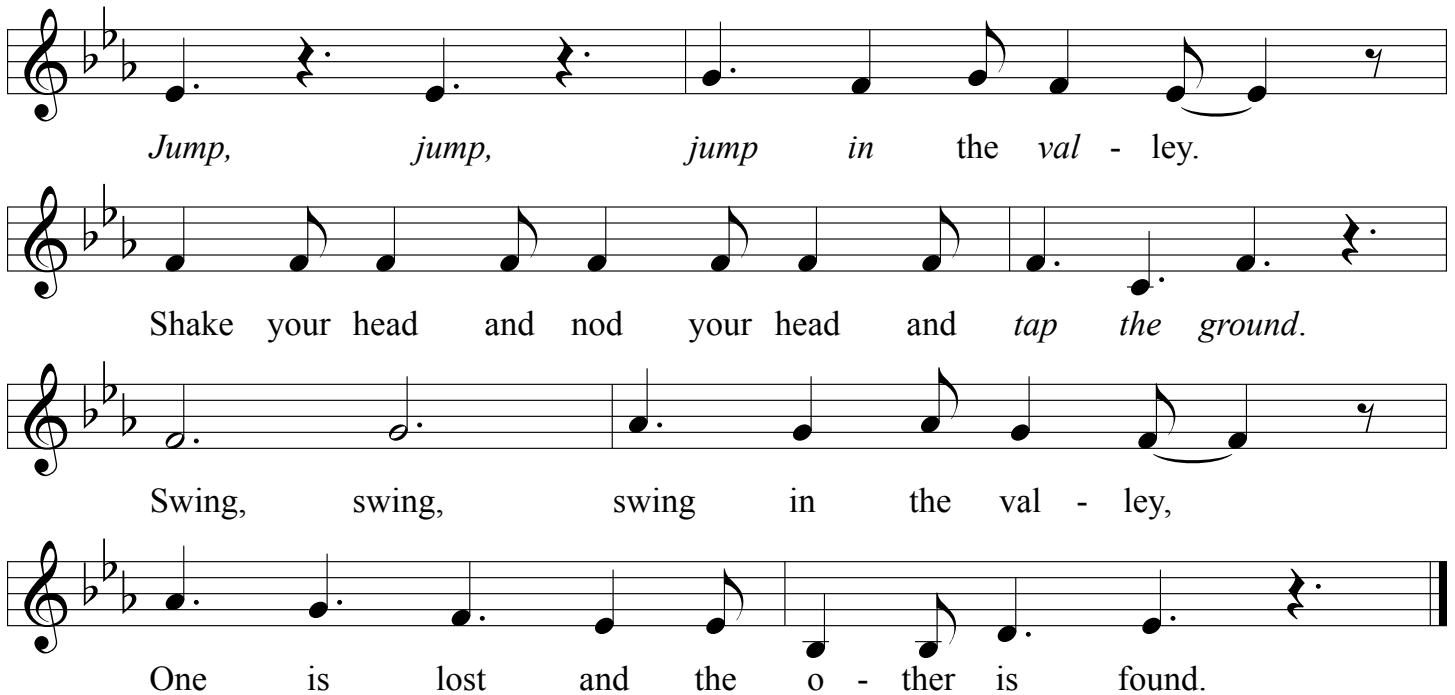


Jump in the Valley

by Peter & Mary Alice Amidon
adapted from a 19th century minstrel song



The musical notation is written on four staves, each with a treble clef and a key signature of three flats (B-flat, E-flat, A-flat). The melody is simple, using quarter, eighth, and dotted notes. The lyrics are written below the notes, with some words italicized to indicate dance actions.

Jump, jump, jump in the val - ley.
Shake your head and nod your head and *tap the ground.*
Swing, swing, swing in the val - ley,
One is lost and the o - ther is found.

Formation: Scatter mixer

Start with couples scattered around floor facing each other and holding both hands.

Jump, jump, jump in the val-ley

Jump on italicized syllables.

Shake your head and nod your head

Shake head side to side, then nod head up and down.

and *tap the ground.*

Tap one toe on the floor three times; once on each of the italicized words.

Swing, swing, swing in the valley,

Two hand turn clockwise with partner.

One is lost

Turn away from partner, waving goodbye.

and the other is found.

Take two hands with the nearest new person you see. They become your new partner for the next time through.

Repeat as many times as you like.

Paul Rosenberg variation:

Do the singing game as described above. After a few times through, change the progression from mixer to cumulative by, on "**one is lost and the other is found**", letting go of one of your partner's hands, both of you joining hands with another couple and doing the dance holding hands in a circle of four. Similarly, the next time through open that circle of four to another group of four and do the dance holding hands in a circle of eight. All groups keep opening up and adding on until finally everyone does the dance holding hands in one big circle.