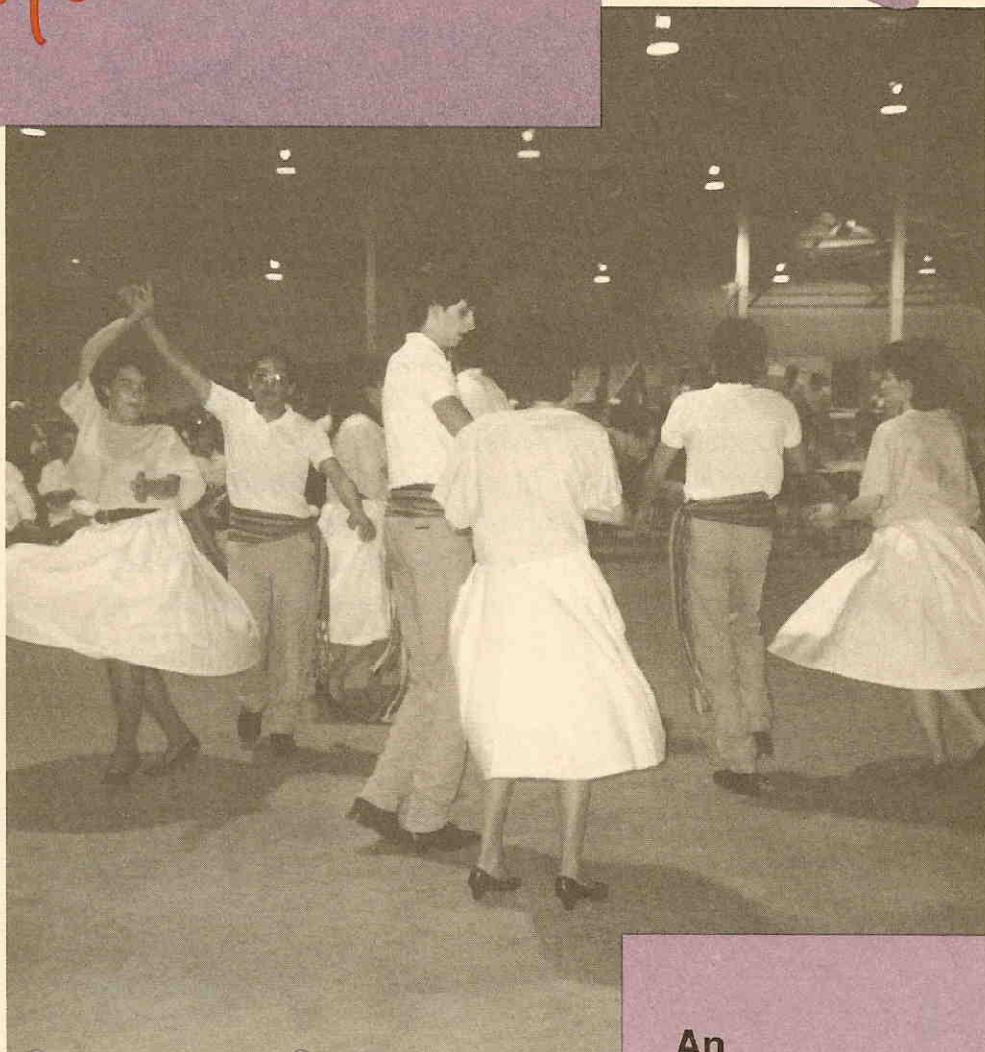


**STEPS  
IN TIME:**

# *Metis Dances*



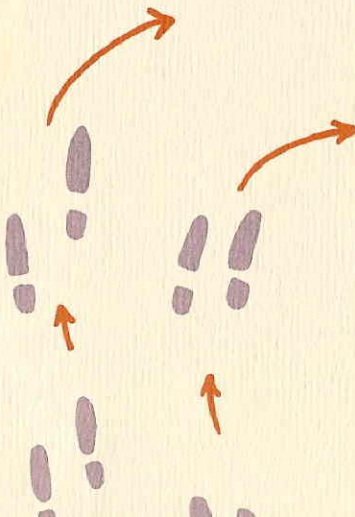
**An  
instructional  
video  
program**

# T

his instructional videotape programme has been produced by the Gabriel Dumont Institute to enhance the practice of Metis Dances, dance forms unique to the Metis people of Western Canada. It may be used by itself or as a companion to the **Metis Dances Handbook** which has been produced for the Arts Education curriculum by Saskatchewan Education.

The programme is 21 minutes long and is designed to instruct on the **basic steps** of the Metis dances. It also includes a series of **fancy jig steps** and a brief presentation of several dance formations such as the **Grand Chain**.

**Steps in Time** is divided into 13 segments. Each segment is introduced by graphics on various coloured backgrounds for easier review and for quick rewind and forward searches. For example, the **Second Step** is on a Bright Red background, and the next segment, the **Third Step**, is on a Green background. This makes it easier to work at a pace suitable for either group instruction or individual use.





The dances and steps are introduced in the following order:

Dance	Steps	Background
1. Duck Dance	2. First Step	Dark Blue
	3. Second Step	Burgundy
	4. Third Step	Bright Red
		Green
5. Fancy Jig	6. Jumping Jack	Bright Blue
	7. Bunny Step	Bright Blue
	8. Heel Step	Bright Blue
	9. Double Jig Step	Bright Blue
	10. Chi Galop	Bright Blue
	11. Cross Step	Bright Blue
	12. Side Gallop	Burgundy
		Burgundy
		Burgundy
		Burgundy
13. Rabbit Dance		Burgundy

### Steps in Time: Metis Dance

is an innovative video programme which is not available elsewhere. It was developed specifically to provide the basics of Metis dance for instruction in the classroom and for personal use, for both children and beginning dancers.



# ORDER FORM

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