

TANKO BUSHI
(Coal Miner's Dance)
(Japanese Folk Dance)

RECORD: Folkdancer MH 2010 A

TAUGHT BY: Jerry Joris Lindsay

FORMATION: No partners, all stand in single file, facing clockwise around the room.
Each person dances alone following the one ahead around the circle.

1. Lift R ft up below L knee and touch R toe to floor at the same time.
Pretend you are holding a spade and dig with both hands towards the floor.
2. Lift R ft again, but this time place full weight on R ft as you dig
with hands again towards the floor.
3. Repeat 1 & 2 but to the left and with L ft.
4. Touch R toe to floor and throw hands over R shoulder and put full weight on R ft.
5. Touch L ft to floor and throw hands over L shoulder and put full weight on L ft.
6. Now touch R toe back and then step on it as you place L hand, palm out, over head as if
shading eyes, R hand is back. Then step with full weight on R ft.
Now step back on L toe, then step with full weight on L ft as R hand shades eyes and L
hand goes back.
7. Push with both hands from shoulder out, palm out as if pushing coal cart forward and at
same time step forward on R ft.
Then push again and step forward on L ft.
8. Traditional ending:
Step forward on R ft and bring both hands downwards from in front of body and to the
sides.
Step forward on L ft raising hands and then bring R ft down beside left and clap own hands
once.
Then do two-quick and one slow clap.
(The clapping rhythm is slow--quick, quick--slow.)

Do the dance twice, then do five slow claps and begin dance again.

Note that the 5-clap interval comes every second time through the dance.

Also it helps to know that you always begin the dance on the vocal.

NOTE: Cue the above as follows:

Continued...

Dig and Dig
and dig and dig
and throw and throw
and shade and shade
and push and push
and down up clap, clap, clap, clap.