

Beginning International Folk Dance Class taught by Mesilla Valley International Folk Dancers which includes the steps taught and links to youtube videos to demonstrate the steps and dances taught in the class. It can be used at home to review basic dances, but even better is to participate in a weekly folk dance group. Click on the below links to see related dance videos. Keep in mind that every group has “village variations”, and some dance with more energy, and you will see newcomers who finally get the steps by the end of the video. Tip: watch the leaders.

[Week #1](#): schottische, step-hop, rhythm SQQ, SSQQQ, lesnoto, hora

[Week #2](#): grapevine, two-step, swing, promenade

[Week #3](#): Yemenite, miserlou, more grapevines

[Week #4](#): turns, pas-de-basque, more grapevines and lesnotos

[Week #6](#): polka, SQQ, fast grapevine and some extra dances

[Class Summary of dances by country and steps demonstrated](#)