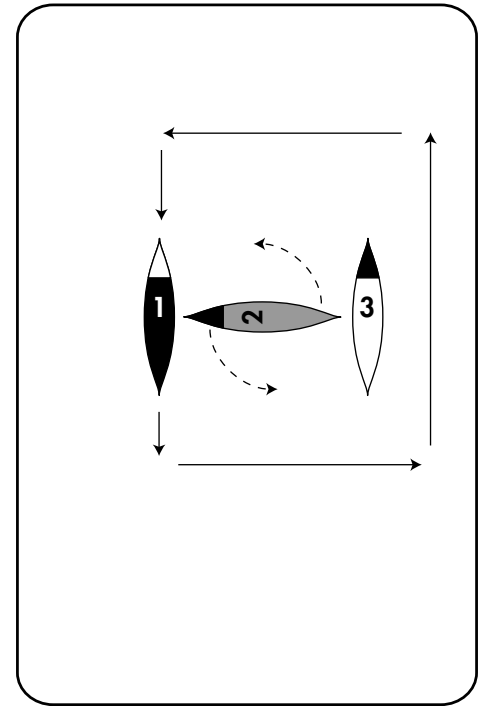
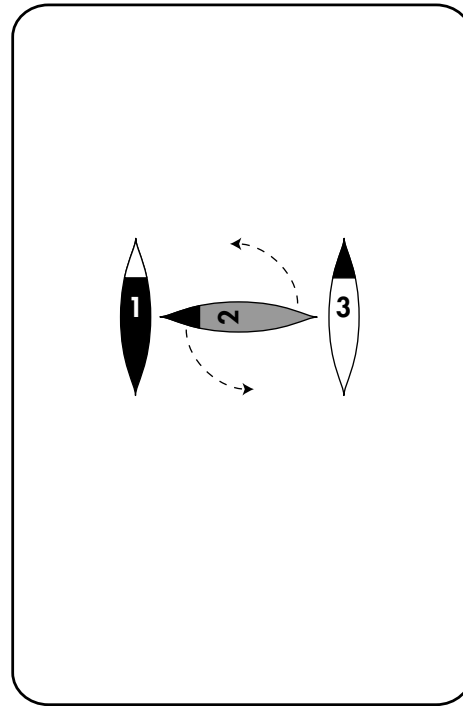
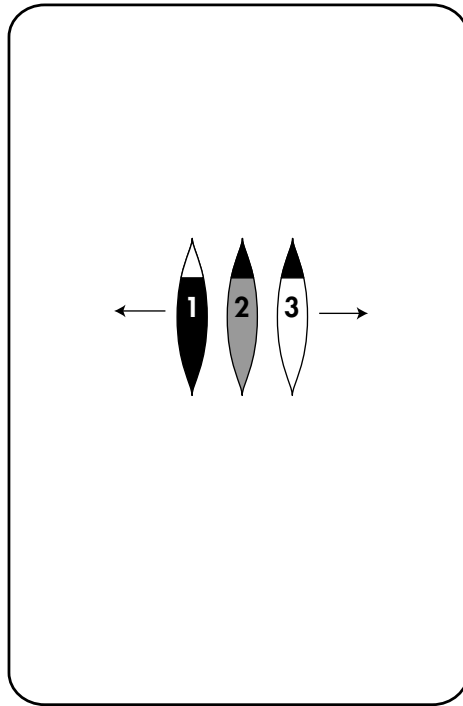
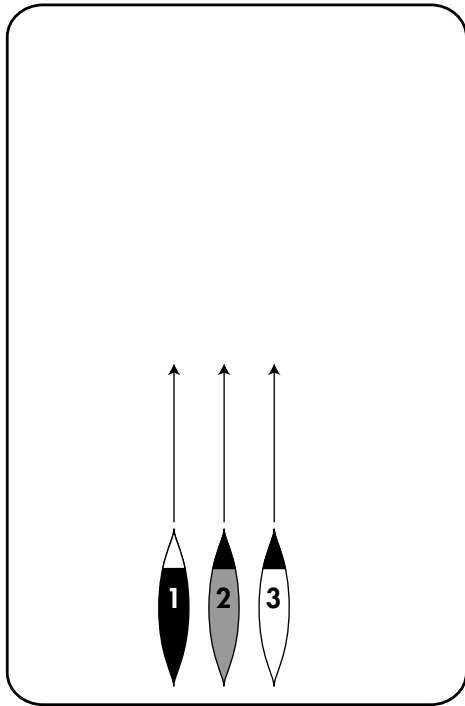


# canoe dance 1: Intro to Style Paddling sheet 1



## description

*all boats enter in a tight rank*

## description

*1 & 3 slip sideways to give room for 2 to pivot in next frame*

## description

*1 & 3 stationary  
2 pivots 450° counterclockwise*

## description

*1 moves backward & the sideways to travel in a box around 2  
2 continues to pivot in sync with 1  
3 remains stationary*

## commentary

*Canoe dance is a development of Canadian Style Paddling, which developed from the 1930s to the present, mostly in the summer camps of central Canada and through the Ontario Recreational Canoeing Association's Lakewater program. The paddler kneels in the bottom of the canoe with the boat heeled over and paddles on one side only.*

## commentary

*In Style Paddling, the emphasis is on the movement of the canoe rather than the paddler. The canoe should move accurately, smoothly and gracefully. There are four kinds of motion: the first, as we see here, is not motion at all—the canoe is at rest.*

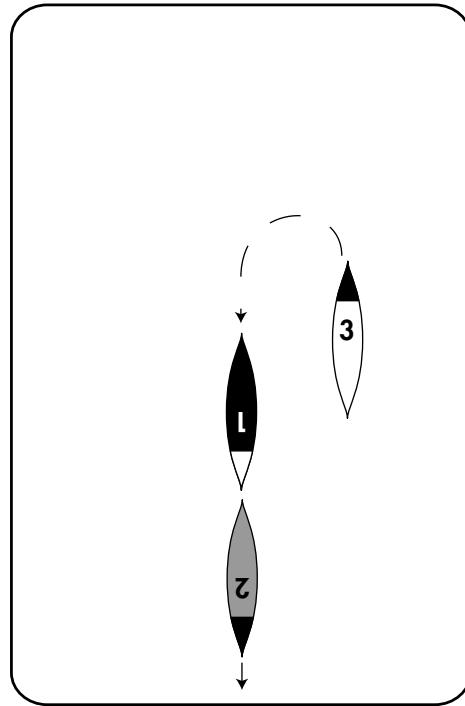
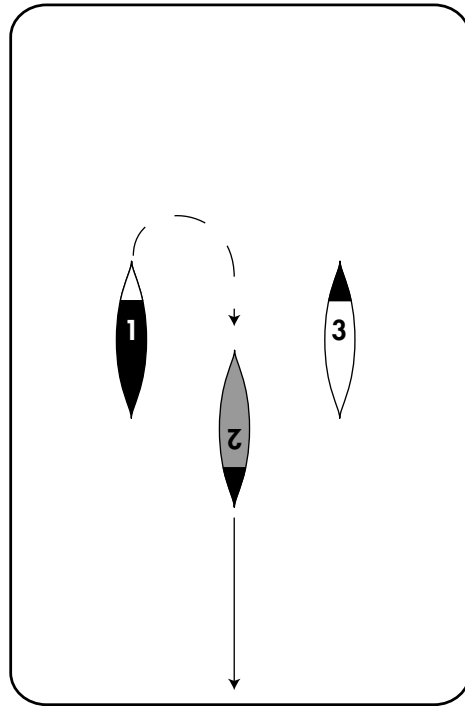
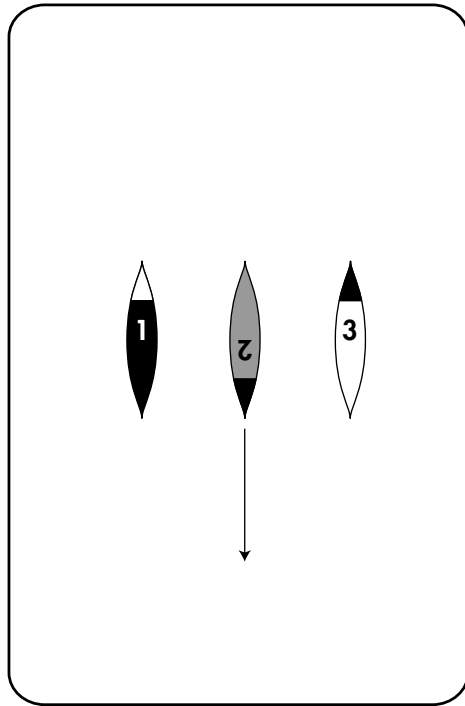
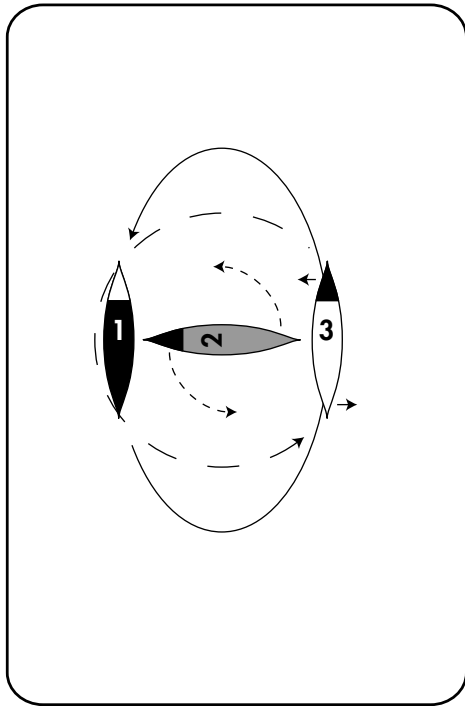
## commentary

*The second kind of motion is the pivot. A good style paddler can pivot the boat in either direction on a single spot. Again, it's not the stroke that matters here but what the canoe is doing.*

## commentary

*The third kind of motion is displacement; that is, moving the canoe across the water. Style paddlers should be able to move accurately and smoothly forward, backward, to either side, and—as we'll see in the second part of the show—at any angle at all.*

# canoe dance 1: Intro to Style Paddling sheet 2



**description**  
 3 starts 360° counterclockwise circle in sync with 2's pivot  
 2 continues pivot  
 1 continues box as a displaced oval in sync with 2's pivot

**description**  
 2 finishes pivot to facing dock & then starts paddling toward dock  
 1 & 3 stop in original position

**description**  
 2 continues forward  
 1 peels around to follow 2 as close as possible  
 3 stationary

**description**  
 1 continues to follow 2  
 3 peels around to follow 1 as close as possible

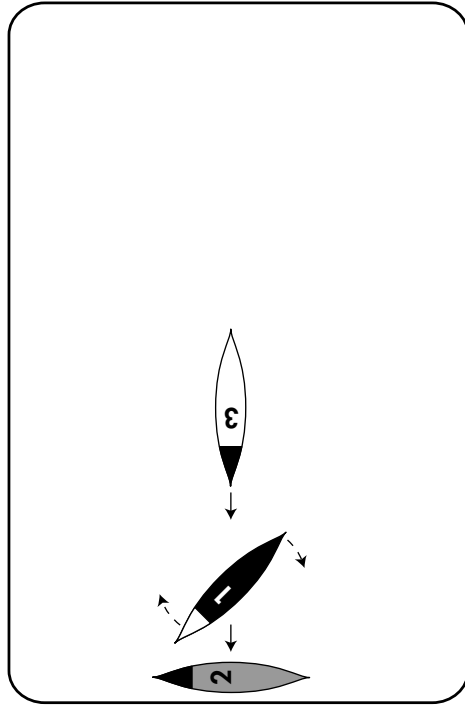
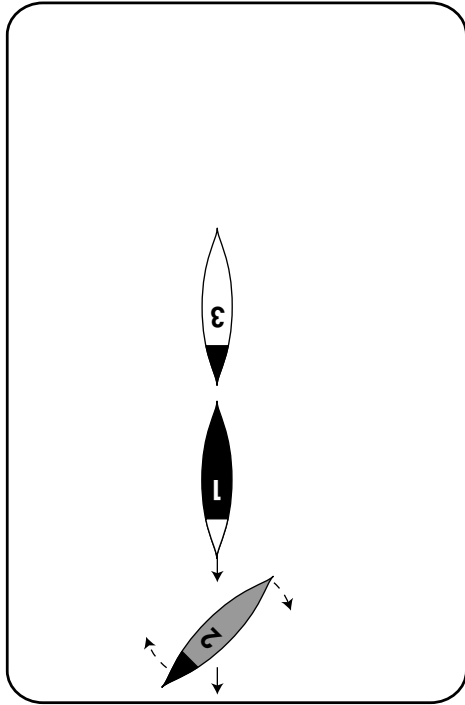
**commentary**  
 If you combine a curved path with a pivot, you get the fourth motion—the curve or circle. Here the third canoe is doing a circle around the middle canoe while the other canoe does an oval at the other end, but without pivoting.

**commentary**  
 So there are the basic moves in Canadian Style Paddling and canoe dance: stationary, pivots, displacement, and curves. In a few minutes, we'll get a taste of what three talented paddlers can do by combining these moves into a short dance.

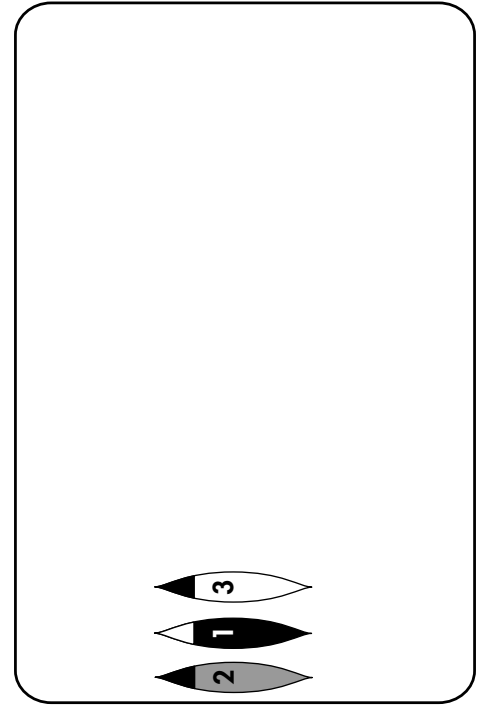
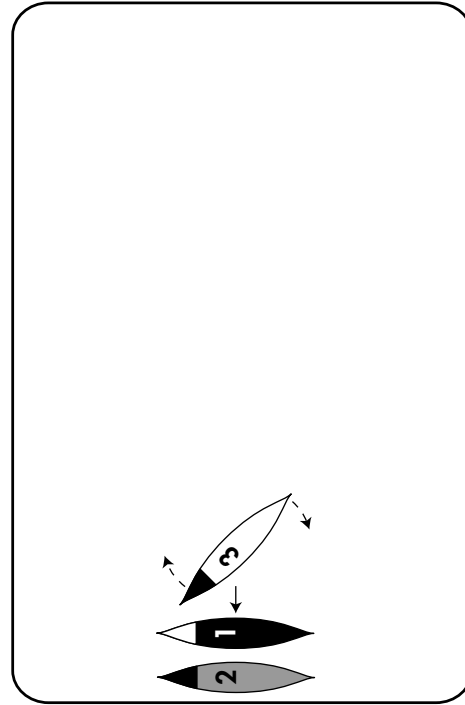
**commentary**  
 Our paddlers today are \_\_\_\_, \_\_\_\_, and \_\_\_\_; members of the troupe: "canoe dance one." Canoe dance one is a group of paddlers who get together to have fun and to push the limits of Canadian Style Paddling and canoe dance.

**commentary**  
 The paddlers will finish with a triple stop-turn dock landing. Don't try this at home, folks, unless you have lots of padding on your dock or you're using somebody else's canoe.

canoe dance 1: Intro to Style Paddling sheet 3



↓



**description**  
 2 does a stop-turn at the dock or end of pool  
 1 & 3 continue forward

**description**  
 1 does a stop-turn into 2  
 3 continues forward  
 2 stationary

**description**  
 3 does a stop-turn into 1  
 1 & 2 stationary

**description**  
 all stationary

**commentary**

**commentary**

**commentary**

**commentary**  
 Ladies & gentlemen; "canoe dance one." They'll be back in a few minutes.