

**Traditional Set Dances: Get partners and line up across from one another**

**The Paddle or Broom Dance** Traditional Long set dance

Line up with men in one line, women in another. Start w/1<sup>st</sup> woman. Have 1<sup>st</sup> two men stand by her sides. Have her give the paddle/broom to one, and dance down the hall with the other. Next two women come stand beside remaining man. He gives the paddle/broom to one and dances down the hall with the other. Next two men stand beside the woman. Dance continues until everyone's had a turn.

**Gallopede** Traditional English Country – Longways sets

- A1 Long lines forward and back  
Partner – pull by rt. to change places
- A2 Long lines forward and back  
Partner – pull by rt. to change back
- B1 Partner do-si-do  
Partner two-hand swing
- B2 Top couple sashay to the bottom;  
All slide up one place

**The Opera Reel** – Traditional Long set dance

Long lines fwd & back  
Top couple sashay down  
Long lines fwd & back  
Next couple sashay down  
Everyone 2 hand turn your partner  
The 2 couples that sashayed down, sashay back in order  
Top couple cast off to bottom  
Everyone else move up

**Rump Bump #3**, Longways set, 5-7 couples, line up across from partner.

- A1 Long Lines go forward and back  
Right elbow turn once (or more) around
- A2 Left elbow turn once (or more) around  
Partner do-si-do 1 1/2 times,  
to end up back-to-back
- B1 Count: "Un, deux, trous, Pousses"  
(bow and bump "rumps" on "pousses/push")  
Turn around and swing partner
- B2 Top couple sashay down to bottom (and stay)  
Everyone else move up -- start again!

**Virginia Reel** Traditional Long set dance (5 or 6 couple sets, ideally)

Bow to your partner!  
Long lines forward and back  
Rt. elbow turn your partner  
Lt. Elbow turn you partner  
Two-hand turn your partner  
Do-si-so you partner  
Head couple sashay down and back (in the ctr.)  
Head couple rt. arm turn 1½ times  
Reel the set (lt. to 1<sup>st</sup> opp. sex neighbor, rt. back to ptr,  
Continue until you reach the end of the line)  
Head couple sashay to the front and cast down the outside;  
Ladies follow lady, gents follow gent  
Head couple make a bridge at the bottom;  
All couples go under and progress one place

**Circle Mixers: Get a partner -- Form a big circle, ladies on the right**

**La Bastringue** Music by the same name!!

- A1 In a big circle -- All go: Into the middle and come back out  
Repeat - Into the middle (with a great big shout!)
- A2 Big circle left, and back to the right  
Gent swings left-hand lady  
(or just call: swing your neighbor)  
This becomes your new partner  
Promenade; then open back up into big circle.  
(note: start dance with partner on your left - in "corner" position, to be able to swing the first time thru...)

**Circassian Circle** Sug'd music: Speed the Plough

- A1 All join hands in circle, go forward (into the middle) and back  
Repeat (shouting optional!)
- A2 Ladies only go forward and back  
Gents only go forward (stop), then: turn back  
over your left shoulder to meet your corner lady (new partner)
- B1 Two hand swing (16 counts)
- B2 Promenade (counter-clockwise, gents left shoulder to middle)

**Patty Cake Polka** Sug'd Music: Jenny Lind Polka (alternately: Buffalo gals, Little Brown Jug or Little Liza Jane)

- Gents start w/back to the center (women face in towards partner)  
W-R, G-L: Heel, toe; heel toe  
To that direction (counter-clockwise): Slide, slide slide  
W-L, G-R: Heel, toe; heel toe  
To that direction (Clockwise): Slide, slide, slide  
Clap: RRR, LLL, BothBB, KneesKK  
Right elbow turn  
Everybody slide left, take hands w/new partner  
Note to band: This is an ABAB tune

**Coke the Floor** By Marian Rose

- A1 All go into the center and come back out  
All go into the center, Ladies (only) back out  
Gents turn to face partner (with backs to the center)
- A1 All slip (individually) to their own right  
And back to the left (to end up across from your partner)
- B1 Partner balance and swing
- B2 Promenade about 7 counts  
Ladies turn back over their right shoulder to a new gent  
Continue promenading with the next – who is your new partner!

**The Vowel Dance** Traditional Circle Mixer

- A1 All join hands: Into the middle and back  
Into the middle and back again
- A2 Allemande (or rt. elbow turn) your corner  
Partner do-si-do once around, face your pt. and shake rt. hands
- B1 Grand right and left 5 places: A-E-I-O-YOU!  
Swing YOU
- B2 Promenade

(Good one to do before transitioning to squares...)

**Scatter Mixers: Get a partner and get across from one other couple:**

From Mac McKeever: (Neighbor keeper)

- A1 In groups of four - Circle left and back to the right
- A2 Partner do-si-do and swing
- B1 Neighbor do-si-do and swing
- B2 With this \*new\* partner, promenade and find another couple  
(have 16 counts to do this)

## Scatter Mixers (continued)

**Kids Chaos Mixer #3** (Partner. keeper) by Chris Fowler

- A1 (In fours) Circle left, and back to the right
- A2 Right hand star; Left hand star
- B1 Neighbor, two hand turn  
Partner, two hand turn
- B2 Promenade to find a new couple (16 counts)

**Scatter Dance by Rich Goss** (Partner keeper)

- A1 (In fours) Circle left, and back to the right
- A2 Neighbor do-si-do and swing
- B1 Partner allemande right  
Partner swing
- B2 Promenade partner to a new couple (16 counts)

**\*Sasha -- \*Single\* mixer:** Just stand across from any partner to start.  
Needs the special "Sasha" tune (avail. online)

Point and shake finger at partner, saying:  
Sasha! Sasha! Ras, Dva, Tri! (pronounced "tree")  
Clap: RRR, LLL, BBB (both), KKK (knees)  
Repeat: RRR, LLL, BBB, KKK  
Right elbow turn, singing: La, la, la - la, la, la, la la - Hey!  
Left Elbow turn, singing: La, la, la (etc.) - Hey!  
Say: Dasvadanya! (Good-bye!) Wander away from partner, and wander  
"aimlessly." After 32 beats, be across from a new partner!

\*Sasha is a Russian nickname for Alexander or Alexandra. Ras, Dva Tri =  
"One, two three," or "ready, set, go!"

## Squares: Make Square Sets of 4 couples, heads and sides

Start with an intro: (Example: Bow to your partner, bow to your neighbor, wave to your opposite. Everyone take hands and circle up 8!) Then do a simple break (two examples follow), then usually ½ the dance, break again, 2<sup>nd</sup> half of dance, break again (optional), and/or go out. Example:  
“Promenade right off the floor – that's all there is, there ain't no more!”

### Simple Break:

Circle up 8, go 'round that ring; break that ring with a corner swing  
Repeat 3 times, which will end with a \*partner\* swing, back to place.

### Another Simple Break:

Do-si-do your partner  
See-saw (\*left\* shoulder do-si-do) your corner  
Allemande right your partner; allemande left your corner  
Swing your partner

**First Night Quadrille** By Bob Dalsemar (Modified version)

Intro; break. Heads, sides, break – ladies, gents; break; end

- A1 Heads (etc.) go forward and back  
Heads (etc.) circle left
- A2 And back to the right  
Right hands in for a right hand star
- B1 Everyone: Allemande left your corner  
“ “ Partner do-si-do
- B2 “ “ Partner balance and swing

(Repeat for side, ladies an gents, with another break in-between)

## Squares: (continued)

### Cumberland Square 8 (Modified by Karen Jackson)

- A1 Head couples sashay past each other w/gents back-to-back  
Sashay back w/ladies back-to-back
- A2 Side couples sashay past each other, gents back-to-back  
Sashay back w/ladies back to back
- B1 Heads: right hand star; left star back
- B2 Sides: right hand star; left star back
- A1 Heads circle left; circle right (or basket swing)
- A2 Sides circle left; circle right (or basket swing)
- B1 Everyone circle left All the way around the big circle
- B2 Promenade home

### Monkey in the Middle From Sherry Nevins Square for 9 people

Put a “monkey” in the middle, Then:  
All join hands in a pretty little ring; monkey dance and monkey sing  
Circle to the left, an back to the right  
Into the middle and you come back out  
Monkey in the middle, pick one and swing  
Those two swing each pick one and swing  
Those four each pick one and swing  
NEW monkey on the Dance floor!! (Goes into the middle – start over!)

### Push Ma, Shove Pa Square: 1,2,3,4 (intro opposites)

Couple ONE: Go down the center and “divide the world” (split opposites)  
Gent go left, lady go right (around to behind 1<sup>st</sup> same sex neighbor)  
Push Ma, Shove Pa, Swing that gal from Arkansas (swing into the open spot)

Same old gent with a brand new girl – go down the center, divide the world  
Gent go left, lady go right (to behind new same sex neighbor)  
Push Ma, Shove Pa, Swing that gal from Arkansas (into open spot)

(Repeat two more times)

Repeat all for Couple number two. Break. Repeat for couples 3 &4. Break.

## Sicilian Circles: Couple facing couple aound a big circle

### Sicilian Circle 1 Music sug'd: Jig or reel

- A1 In groups of four, circle left  
And back to the right
- A2 Back-to-back (rt. shoulder) w/opposite  
Back-to-back (left sh.) w/partner
- B1 Right hands across (star); Left hands (star) back
- B2 As couples - go forward and back (High 5 or 10?)  
Then promenade on to next couple

### Spanish Waltz Music by the same name!!

- A1 Right hand bal. Neighbor (in and out), turn the lady under  
Right hand bal. Partner (in and out) turn the lady under
- A2 Repeat with Neighbor  
Repeat with Partner
- B1 Right star (hands across) all the way around  
Left star (hands across) all the way around
- B2 Men: W/left shoulders together, promenade your partner  
in a loop around other couple, then on to the next

**Easy Contra Dances:** Get a partner, line up, take “hands four!”

**"Easy Contra"** From Mac McKeever – Contra, Improper  
ID Ones and twos

- A1 Circle left,  
Neighbors do-si-do
- A2 Gents do-si-do,  
Ladies do-si-do
- B1 Long lines fwd. and back.  
Ones only swing and face down
- B2 All go down hall, come back - \*backing\* up -  
Ones make an arch and shoot 2's thru to new neighbors!

**Carman's Contra** by Lisa Greenleaf – Contra, Improper  
Start by standing right hip to right hip w/your neighbor. Hands up!

- A1 With Neighbor – Clap, clap; (rt. hip) bump, bump; Swing!
- A2 Long Lines forward and back  
Ladies allemande right 1½ (End right hip to right hip w/partner)
- B1 With Partner – Clap, clap; bump, bump; Swing
- B2 Circle left 3 places; pass through  
Do-si-do \*next\* neighbor

**Trip to Elsay** by Joe Surdyk and Eric Schreiber – Contra, Improper

- A1 Neighbor do-si-do  
Neighbor swing
- A2 Long lines go forward and back  
Ladies do-si-do
- B1 Gents allemande left 1½  
Partner swing
- B2 Promenade across  
Circle left 3 places; pass through

**Unruly Reunion** by Robert Cromartie – Contra, Improper

I.D. the ones and the twos:

- A1 (1's in the middle) Go down the hall, four in line  
Turn alone, come on back, bend the line (into a circle)
- A2 Circle left; Circle right
- B1 Neighbor do-si-so and swing
- B2 Long lines go forward and back  
Ones only, swing!

**Attleboro Reel** by Linda Leslie (Can also do as a Sicilian Circle)

- A1 Neighbor Do-si-do  
As \*couples,\* do-si-do
- A2 Right hand (wrist grip) star  
Star back by the left
- B1 Circle left; circle right (variation: Balance and swing partner)
- B2 Go forward and back towards neighbors (high 5 or 10)  
Pass through to the next

**Jefferson's Reel** by Dudley Briggs; adapted from Jefferson and Liberty  
duple proper or improper ID ones and twos

- A1 Circle left, and back to the right
- A2 Star right; star left
- B1 Ones go down the outside of the set  
Return to place
- B2 Down the hall 4 in line, 1's in the center  
All back up. Ones arch joined hands,  
Two's duck through the arch to meet new neighbors