

1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Jerry Helt

REEL CONTRA MIXER ==

RECORD: BLUE STAR BS-1587-B "Trailride"

FORMATION: Couples facing couples, lady on partner's right, in long lines down the hall, an even number of couples is required.

COUNTS: CALLS AND EXPLANATIONS:

- 1-8 EVERYBODY FORWARD UP TO THE MIDDLE AND COME ON BACK
All join hands in line go forward three short steps,
Bow to opposite on 4th count, four steps back to place.
- 9-16 WITH THE LEFT HAND LADY SWING
Men swing the left hand lady twice around to end with
the lady on that man's right, all facing the couple
across.
- 17-24 WITH COUPLE ACROSS CIRCLE FOUR TO THE LEFT
With the facing couple in the opposite line join
hands and circle four to the left.
- 25-32 CIRCLE RIGHT THE OTHER WAY, BACK OUT
Circle four to the right back to place and back up
slightly.
- 33-40 LADIES DO SA DO ACROSS YOU KNOW
Each lady dances straight forward into the center to
do sa do with the opposite lady whose right shoulder
she can naturally pass, ladies return to place.
- 41-48 GENTS DO SA DO ACROSS YOU KNOW
Each man dances straight forward into the center to
do sa do with the opposited man whose right shoulder he
can naturally pass, men return to place.
- 49-56 LADIES CHAIN ACROSS
The ladies chain across to opposite man
- 57-64 LADIES CHAIN BACK AGAIN
The ladies chain back to place
Caller indicates ends cross over every second and alternate
sequence through the dance.