

1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Jerry Helt

REEL CONTRA MIXER

By Jerry Helt

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

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 opposite man whose right shoulder he can naturally pass, men return to place.

49-56 LADIES CHAIN ACROSS

The ladies chain across to opposite men.

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.