

## TRADE BY CONTRA

Alternate double minor, double progression (for those who care about such things)  
Music: Any 64-count reel, jig or hornpipe

Intro: One below (corner) do-sa-do  
- - - - Same girl swing and whirl  
- - - - Down the center four in line  
- - - - Wheel around and come on back  
- - - - Bend the line, right and left thru  
- - - - - Ladies chain  
- - - - - Chain 'em back  
- - - - Half square thru (two hands)  
- - Trade by, brand new girl do-sa-do

## TRAFFIC JAM

FORMATION: No partners needed, face any which way on the floor.  
MUSIC: Use any lively polka

Measure

1-4 Stamp 3 times, clap 3 times, walk four steps in any direction.  
5-8 Repeat the above measures 1-4  
9-16 Slide eight steps to the left and then eight steps to the right.

Repeat entire routine several times.

CAUTION: Any bumping constitutes a "foul."