

PROGRESSIVE BARN DANCE
(Couple Dance Mixer)

Record: Columbia DX 1191

Part 1: Stand side-by-side with partner, inside hands joined. Free hands for men on the hips, ladies hold skirt. Starting on outside foot walk forward 3 steps and rise up on 4th step, swing free foot slightly up. Now do the same moving backwards, starting on inside foot.

Face partner and move backwards away from partner with the same foot work. Return to partner with the same footwork and give partner two hands.

Part 2: Take two step-slides to man's left; then two more step-slides to man's right. (Lady goes to her right, and then left). And both take ballroom position and turn with 4 two-steps around the room. To make it a mixer, the man moves forward to the lady ahead on the separation part of the dance, instead of returning to partner.

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RED RIVER VALLEY
(American Threesome Mixer)

Record: *Macgregor 666
Methodist 104

Formation: Three people, one man and two ladies, or one lady and two men, facing another trio to form a set of six people. - - -
- - - Each trio is facing clockwise or counter-clockwise around a large circle. Use "Red River Gal" if there are two ladies and one man in trio, and using the words "Red River Gent" if trio consists of two men and one lady. (The singing call is indicated by CAPITALS and quotation marks.)

1. "O YOU LEAD RIGHT DOWN IN THE VALLEY, AND YOU CIRCLE TO THE LEFT AND TO THE RIGHT." Each trio moves to its own right, straight around the circle to pass the trio it was facing, and then swings back to its left to face a new trio. Join hands and circle 4 steps to the left and then to the right to finish facing in the original direction.

"NOW YOU SWING YOUR GENTS (GIRLS) IN THE VALLEY, AND YOU SWING YOUR RED RIVER GENTS (GIRL)

Center person swings one on right once with right elbow swing, and then the one on the left.

2. "OH YOU LEAD RIGHT SOWN IN THE VALLEY, AND YOU CIRCLE TO THE LEFT AND TO THE RIGHT." Same as above in 1.

"OH THE GENTS (GIRLS) MAKE A WHEEL IN THE VALLEY AND THE GIRLS (GENTS) DOS-A-DOS SO POLITE."

(cont.)

RED RIVER VALLEY (cont.)

The four outside people put their right hand in the set for a right hand star and walk around quickly once returning to place, the two center people then do-si-do quickly, passing right shoulders, (do-si-do, dos-a-dos are the same.)

3. "OH YOU LEAD RIGHT DOWN IN THE VALLEY AND YOU CIRCLE TO THE LEFT AND TO THE RIGHT." Same as in 1.

"OH YOU LOSE YOUR GENT (GAL) IN THE VALLEY AND YOU LOVE YOUR RED RIVER GENT (GAL)."

The two right hand people walk diagonally across and change place. Then the two left hand people walk diagonally across and change places. This leaves every center person with two new partners. Repeat from the beginning as many times as desired.

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SENTIMENTAL JOURNEY
(Couple Mixer)

Record: Macgregor 10-863 Sentimental Journey

Formation: Double circle, partners facing, holding both hands,

Action:

Slide, slide, slide, and clap (3 slides to man's left)
Slide, slide, slide, and clap (3 slides to man's right)
Clap right hands with partner,
Own hands together,
Left hands with partner,
Own hands together,
Right hands with partner,
Own hands together
Both hands with partner.
Make one complete turn right with two steps to face new partner on left.
Slap hands on own lap, own hands together, both hands with new partner.

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SONDERHONING
(Danish Couple Dance)

Record: Victor AL 1358

Formation: Couples in a double circle or at will.
The man takes the lady's left wrist in his right hand, her hand turned palm up -- outside hands usually on hips.

(cont.)