

VIRGINIA REEL
American Contra Dance

FORMATION: Column of four, five or six couples, facing forward, girl on partner's right.

STARTING POSITION: Partners facing.

- Measures
- Part I
- 1-4 FORWARD AND BACK. All walk forward three steps, bow to partner on fourth count (counts 1-4), then walk four steps backward to place (counts 5-8).
- 5-8 FORWARD AND BACK AGAIN (9-16).
- 9-12 RIGHT-ELBOW SWING once around with partner. Partners hook right elbows, swing once around and return to place with eight Walking or Skipping steps (counts 1-8)
- 13-16 LEFT-ELBOW SWING once around with partner, returning to place(9-16).
- 1-4 TWO-HAND SWING. Partners join both hands, swing once around clockwise and return to place with eight Walking or Skipping steps(1-8).
- 5-8 DO-SI-DO. Partners walk forward passing right shoulders, then, without turning, move to the right, passing back to back, and walk backwards to place, passing left shoulders (9-16).
- 9-12 HEAD COUPLE: SASHAY DOWN. Head couple, with both hands joined, sashay down the center to the foot of the set with eight slides (counts 1-8).
- 13-16 HEAD COUPLE: SASHAY BACK to place with eight Slides (9-16).
- Part II
- 1-20 HEAD COUPLE: ELBOW REEL DOWN THE SET. Head couple starts the REEL by swinging partner with right elbow (counts 1-4), then first one in opposite line with left elbow (counts 5-8). Continue to foot of set, alternately reeling partner with right elbow and next one in opposite line with left elbow, finishing on own side at foot of set.
- 21-24 HEAD COUPLE: SASHAY UP THE SET TO PLACE. Head couple join both hands and slide back to place at the head of own line.
- Part III
- 25-36 HEAD COUPLE: CAST OFF AND FORM AN ARCH. Head boy turn left, Head Girl turn right and each lead line to foot of set. Head couple, at foot of set, join and raise both hands to form an arch. Second couple lead others under the arch, advancing to become new Head couple.

REPEAT ENTIRE DANCE WITH EACH NEW HEAD COUPLE. PLAY RECORD TWICE FOR A SET OF SIX COUPLES.