

RUFTY TUFTY (Continued)

6. partners repeat set and turn single.
7. Dancers repeat the loading away figure with partners and opposites as above.
8. Partners arm right and left.
9. Dancers now repeat setting and turning single twice, followed by the loading away figure with partners and opposites.

SCHUH POLKA

Music: Any polka

Formation: Double circle partners facing, inside hands joined, outside hands on hips.

1. Starting on the outside ft. polka face to face and back to back.
2. While the M takes 4 walking steps straight ahead, the W turns inward to her L making two complete turns with 4 walking steps.
3. In shoulder-waist position execute two polka steps followed by 4 pivot steps.

BOLERO (American)

Music: Estudiantina or an American waltz of medium tempo.

Formation: Partners with inside hands joined, facing each other.

1. Starting on the outside foot, M L and W R, take a "stop-kick-swing-draw step." Partners thus end back to back. Take two draw steps moving backwards.
2. Repeat above step starting on inside foot. (M R and W L). On this figure dancers are face to face. Complete figure with two draw steps moving backwards.
3. With both hands joined take a kick-swing forward and back. Turn out from each other with two waltz steps. Repeat this figure.
4. In social dance position take a dip step (M steps back on L, W fwd. on R) followed by 6 waltz steps in ordinary dance position.

LAS ESPUELAS (Mexican)

Music: Imperial "Las Espuelas" #1004-B

Formation: M in back of W, both with L side to audience.

1. Entrance Step. Step-hop on the R ft. bringing the L ft. fwd. in front of the R. Step-hop on the R bringing the L ft. back to place. Step-hop on the R ft., place the L heel fwd. and turn on the L heel a 1/2 turn to the L. Repeat the above starting with a step-hop on the L. Turn to the R a half-turn as the R heel is extended. Repeat all of above doing the above pattern 8 times changing directions. (On the turn the trailing ft. is kept in back and takes the weight as soon as the turn is completed. As dancers execute this entrance figure, they gradually move fwd. on the stage.)

Las
Espuelas

LAS ESPUELAS (Continued)

2. Prancing. Facing audience leap onto R ft. crossing the L over the R. Leap on the L. crossing R over L. Do this eight times. As dancers perform this figure they turn clockwise in place each describing an individual circle. 16 cts.
3. Step-hop and Brush Swing: Moving slightly fwd. hop on the L ft. and swing R ft. fwd., hop on the L and swing R ft. over L instop, hop on L and swing R ft. fwd., hop on L ft. and swing R ft. back. Repeat doing step 4 times in all.
4. Heel-Too: Moving backward hop on R ft. at the same time placing L heel fwd. Hop on the R ft. placing L too beside R heel. Repeat on the alternate side placing R heel forward and R too back while hopping on the L ft. Repeat 8 times in all placing feet together. 16 cts.
5. Step-hop, Clap Hands, Slap Foot: With L side to audience, step-hop on the R ft. at the same time bringing L ft. fwd. in front of R. Step-hop on the R ft. at the same time turning to the L. On the turn, clap hands together and slap L heel with L hand. Repeat on the opposite ft. starting with a step-hop on the L. This time turn R and clap hands and slap R heel with the R hand. Repeat 7 times in all. End by facing audience and stamping L, R.
6. Shuffle Step: Facing audience, stamp on the L ft., strike the R heel on the floor, tap the R too on the floor, and stamp on the L ft. Hopping on the R ft. twice, tap the L too at the same time behind the R ft. (tap too twice). The M dances around the W as she dances in place. Repeat 8 times in all.
7. Gallop Step: Moving in a small circle ccw, with the M in back of the W, both gallop around in 16 cts. M waves R hand as if using a riding crop while W holds skirts.
8. Spur Step: Facing audience, M and W are side by side. Jumping to astride position, jump bringing feet together and click heels twice. Do this step three times. The fourth time jump with feet together and complete one turn to the R with four steps in place. Repeat 2 times, in all.
9. Step-hop, Clap Hands, Slap Foot and Three-Step Turn. (See Step 11)
10. Repeat step 2, 3, 4 as listed above.
Step 2 8 cts.
Step 3 8 cts.
Step 4 16 cts.
11. Step-hop, Clap Hands, Slap Foot and Three-Step Turn: Left side is toward audience. Step-hop on R ft., place L heel fwd., step-hop on R ft. at the same time start turning to the L. As you turn to the L, clap hands and slap L heel with L hand. Continuing to turn, complete turn with a three-step turn L, R, L. This step is done 4 times in all in the same manner.

LAS ESPUELAS (Mexican) (Continued)

12. Step-Swing and Zapateado. Stamp with the L ft. on the floor, strike R heel on the floor, tap R toe on the floor, stamp on the L ft. Hopping on the L ft. swing R leg fwd. step on the R ft. swinging L ft. back. Repeat 8 times in all. M and W are side by side in this step and execute step in a small circle moving ccw.
13. Repeat Spur Step as noted above in step 8.
14. Exit Step: M in back of W with L side to audience. Shift weight to R foot bending L knee slightly. Shift to L side bending R knee slightly. Keep feet close together and take small steps. Do 20 times and end with stamp L, R. (As dancers move off stage, shuffle step may be used for last part of dance.)

CHEKKESSIA

(Palestinian Circle Dance)

Record: Kismet K-105 Sonart M-303

Formation: Single circle, all holding hands throughout the dance.

CHORUS - Grapevine Step - Moving clockwise.
All step forward on R foot toward center of circle and cross R foot in front of L foot. (Leaning forward). Step L to R foot. Step back on R (Leaning backward) Step L, etc. 8 counts.

1. Lift Step - Moving counterclockwise.
Step on R to R, extending L ft. to L - ct. 1
Step L foot behind R foot - ct. 2 - 8 times.

CHORUS - Clockwise.

2. Step-hop - Facing counterclockwise.
Starting on R foot, step-hop (barely lifting free foot etc., 8 times.

CHORUS - Clockwise.

3. Toe Heel - Moving counterclockwise.
Both feet together, turn toes to Right, then to Left ct. 1, 2 - 8 cts.

CHORUS - Clockwise.

4. Forward Kick - Facing inside of circle. All bend backward.
Hop on R kicking L foot forward
Hop on L kicking R foot forward - 16 times in all.

CHORUS - Clockwise.

5. Backward kick - Facing inside of circle. All bend forward.
Hop on R kicking L foot backward
Hop on L kicking R foot backward - 16 times in all.