

LACES AND GRACES
American Folk Dance
Record FOLK DANCER MH 3002

Laces & Graces

FORMATION: Couples, side by side, inside hands joined, Man's free hand behind his back. Lady has free hand skirt. Both face CCW.

IMPORTANT: Begin dance AFTER the two long slow notes on the record.

PART 1: Start on outside foot, Man's Lft and Lady's Rft.
MAN: Point Ltoe fwd, then to side quickly. Then turn solo to own L, dropping hands, with 3 quick steps, LRL. Finish facing partner.
LADY: Point Rtoe fwd, then to side, and turn solo to won R with 3 quick steps, RLR, finish facing partner. Join hands with partner.

WITH TWO HANDS JOINED FACING PARTNER:

MAN: Step on Rft, swing Lft. Step on Lft, swing Rft.

LADY: Step on Lft, swing Rft. Step on Rft swing Lft.

BOTH: Slide 4 steps to Man's R, to Lady's L. Both then hold inside hands as they face CCW and walk aide by side fwd with 4 brisksteps, Man startin on Lft, Lady on Rft.

Repeat Part 1, EXCEPT that at the end, instead of 4 walking steps, take 2 walking steps and follow through with a "two-step" (step-together-step). This leaves the man's R, the Lady's Lft free to start the next figure.

PART 2:

Starting on Man's Rft, Lady's Lft, swing joined inside hands fwd, so you are in a back-to-back position, and move fwd with a step-together-step. Now swing joined hands back, and in a face-to-face position do a step-together-step, starting on Man's Lft, Lady's Rft. Swing into a back-to-back position and do a step-together-step. Swing into a face-to-face-position and do another step-together-step.

Now drop hands as you swing them forward and turn away from partner. Man to his L, Lady to her R. Take 4 walking steps moving away from partner (Man to L and Lady to R) in a small solo circle. Man backs up with back to center of circle, Lady with back to wall. (Note the 4th step is just a touch without weight).

BOTH now move towards partner with 4 walking steps, Man starts L, Lady R. Then take ballroom position and do 4 two-steps around the ring.

REPEAT dance from beginning. Other versions of this dance are found in Shaw's book of THE ROUND DANCE and in Osgood's book "Dancin' Around."

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