

Pickins Quadrille

by Jerry Helt

Music: Any good 2/4 meter music

<u>Cts</u>	<u>Pattern</u>
8	Heads forward up to the middle & back
8	Heads pass thru, heads turn alone
8	Sides forward up to the middle & back
8	Sides pass thru, sides turn alone
8	All join hands, circle left, half way around
8	The other way back, single file
16	Gents move up & all promenade once around

(The figure is danced four times thru to get your original partner back.)

Wheelbarrow Contra

by Jerry Helt

Formation: Alternate duple. 1,3,5, active and crossed over.
 Music: Irish Washerwoman on Sundown Ranch Records.

<u>Meas</u>	<u>Pattern</u>
A1 8	Wheelbarrow do-sa-do. (Joining both hands with the one below [Corner], do a pousette, i.e., as a couple with the men guiding the ladies, men pass back to back around the opposite couple and return to place.)
A2 8	Heel-toe out and heel-toe in twice.
B1 8	Same lady do-sa-do and swing.
B2 8	Slow square thru.

Presented by Jerry Helt