

Tex-Mex Mixer

(United States)

This mixer dance, using North Mexican polka music, was presented by Alura Flores de Angeles at the 1968 University of the Pacific Folk Dance Camp under the title, "Mexican Mixer." Subsequently it was taught by Nelda Drury at various dance workshops during the 1970s.

RECORDS: Columbia EX-5110; Musart 1154 "Atotonilca"; AFLP-1898 "Las Perlitas";
or any good Mexican polka. 2/4 meter

FORMATION: Cpls in a circle facing LOD in promenade pos: Ptrs side by side, W to R of M, hands joined (R with R, L with L) extended fwd at about chest level, M R arm over W L.

STEPS and STYLING: Balance Forward and Back (2 meas): Short step fwd on L ft (ct 1); touch ball of R beside L, no wt (ct 2). Meas 2: Short step bkwd on R (ct 1); touch ball of L beside R, no wt (ct 2). Best done with joined hands at shldr level.

Steps are brisk and lively; ptrs communicate through eye contact; occasional Mexican calls and yells are appropriate.

Ftwk described for M; W use opp ftwk.

MUSIC 2/4

PATTERN

Measures

INTRODUCTION Length varies with recording. No action.

I. WALK IN LOD AND SIDEWARD

1-2 Beg M L, W R 4 walking steps in LOD.

3-4 Turn to face ptr and move sdwd in LOD: M step on L to L (ct 1); step on R behind L (ct 2). Step on L to L (meas 4, ct 1); touch R beside L, no wt (ct 2).

5-8 Facing and moving in RLOD, repeat meas 1-4 with opp ftwk (M beg R, W L).

II. BALANCE FORWARD AND BACK; HALF TURNS; CHANGE PARTNERS

1-2 All Balance Forward and Back: On ct 1 of meas 1 release L hand with ptr, retain R hand; M step diag fwd L on L ft, facing out, W step fwd on R ft facing in; join L hands with adjacent dancer to form a single circle and complete balance forward and back.

3-4 Release L hand, retain R hand with ptr and with 4 steps turn as a cpl CW half way around until M face in, W face out. Immediately join L hand at shldr level with adjacent dancer. To facilitate turn, maintain tension in arms.

5-6 Repeat meas 3-4 rejoining L hand with adjacent dancer. Release R hand with ptr and turn as a cpl CCW half way around until M facing out, W facing in. All join hands in sgl circle.

7 All Balance Forward and Back.

8 Release R hand, retain L hand and with 4 steps M move to inside of circle, turn CCW to face LOD and join R hands in promenade pos with this new ptr. W take 4 steps in place or move as necessary to assume promenade pos with new ptr.

VARIANT FOR FIG I

1-2 Beg M L, W R, walk 4 steps fwd in LOD.

3-4 Turn inward twd ptr to face RLOD and move bkwd in LOD 3 steps and a touch with free ft, no wt.

5-8 Repeat meas 1-4 with opp ftwk and direction.

Note: In order to do Fig II, M must step diag fwd on L ft to form single circle with a somewhat larger step than is necessary at the end of Fig I in the original description.