

1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Jerry Helt

LADIES and GENTLEMEN CONTRA
By Jerry Helt

RECORD: "EARL GREY" BLUE STAR RECORD LP 1029

FORMATION: Contra lines 1,3,5,etc., Couples active and crossed over
(Improper Duple.)

COUNTS: CALLS AND EXPLANATIONS:

1-8 LADY ROUND THE LADY AND GENT AROUND THE GENT

Actives face the cpl below (down the set) as inactives face them (up the set). Active lady dance between the inactive cpl turn L around the inactive lady and return to place while the active M dances between the inactive cpl turn right around the inactive M and return to place.

9-16 GENT AROUND THE LADY AND THE LADY ROUND THE GENT

Active gent dances between the inactive cpl turn left around the lady and return to place while the active lady dances between the inactive cpl turn right around the inactive man and return to place.

17-24 DO SA DO THE ONE BELOW

Actives and ones below Do Sa Do.

25-32 SWING THE SAME ONE BELOW AND LINE UP FOUR

Swing same girl, end with lady on the man's right, facing down the set in lines of four.

33-40 DOWN YOU GO AND WHEEL AS A COUPLE

Lines of four dance four steps down the set and each man wheels the girl half way around in four steps to face up the set.

41-48 COME BACK TO PLACE AND BEND THE LINE

Lines dance up the set four steps, bend the line in four steps, backing into the long lines. Progression has been made, actives have moved down one place in line, inactives up one place.

49-56 RIGHT HAND FOUR HAND STAR ACROSS

Right hand four hand star with the couple across

57-64 BACK BY THE LEFT A FOUR HAND LEFT HAND STAR

Same four dancers left hand star exactly once around to end in their original long lines but facing a new person below, actives facing down, inactives facing up, to start.

Caller indicates cross over every second and alternate sequence through the dance.