

REEL CONTRA MIXER
by Jerry Helt

Formation: Cpls facing cpls, lady on ptr's R, in long lines down the hall; an even number of cpls is required.

Music: "Trailride," Blue Star Record BS-1587-B

CountsCalls and Explanations

- 1-8 EVERYBODY FWD UP TO THE MIDDLE AND COME ON BACK
All join hands in line, go fwd three short steps, bow to opp on 4th ct, four steps back to place.
- 9-16 WITH THE L HAND LADY SWING
M swing the L hand lady twice around to end with the lady on that M's R, all facing the cpl across.
- 17-24 WITH CPL ACROSS, CIRCLE FOUR TO THE L
With the facing cpl in the opp line, join hands and circle four to the L.
- 25-32 CIRCLE R THE OTHER WAY, BACK OUT
Circle four to the R, back to place, and back up slightly.
- 33-40 LADIES DO-SA-DO ACROSS YOU KNOW
Each lady dances straight fwd into the ctr to Do-Sa-Do with the opp lady, whose R shoulder she can naturally pass; ladies return to place.
- 41-48 GENTS DO-SA-DO ACROSS YOU KNOW
Each M dances straight fwd into the ctr to Do-Sa-Do with the opp M whose R shoulder he can naturally pass; M return to place.
- 49-56 LADIES CHAIN ACROSS
The ladies Chain across to opp M.
- 57-64 LADIES CHAIN BACK AGAIN
The ladies Chain back to place.

Caller indicates "Ends Cross Over" every second and alternate sequence throughout the dance.

Presented by Jerry Helt