

KEGEL QUADRILLE (cont.)

Meas. 33-40 Half Chain. The 4 couples around the standing skittle Grand Right and Left half around the circle to opposite places, swing around by the right hands and back to place.

Meas. 33-40 Half Chain
(repetition)

Meas. 41-48 (with repetition) Waltz. As the waltz begins the skittle dancers move over to the 1st cpl., clap hands, and take the position of the 1st, cpl. which in turn dances to the center and becomes skittle. All cpls. with regular hold waltz counterclockwise once around the skittle. The turn is clockwise - two waltz steps per turn - two turns per quarter of the circle.

The whole dance is now repeated with the new skittle. It may be repeated until every cpl. has been skittle. During the last waltz the last skittle merely joins the other cpls. in the round waltz.

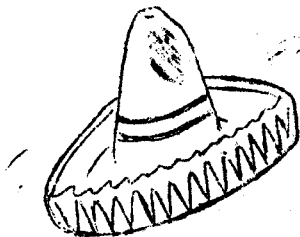
*

MEXICAN MIXER

Record: *Western Polka Folk Dancer MH 2004
Any good Polka which isn't too fast.

Part 1: Couples side by side, walk 4 forward steps starting on outside foot. Join two hands and do a grapevine step to man's left, lady's right.. (side, back, side, swing free foot). Repeat all in opposite direction.

Part 2: In single circle formation, men facing out, ladies facing in, join hands so lady has left hand to corner, right hand to partner. Balance forward and back: then turn with 4 steps holding right hand partner only and finish with ladies facing out. Balance forward and backs turn left hand person halfway around and keep this person for your new partner.



*

