

CHAIN THOSE LADIES THRU THE STAR
(Barry Bimms)

Heads go fwd and back
Star R inside the track
Back by the left by not too far
(Turn far enough so the lady
1 faces lady 2 and lady 3
faces lady 4)
Chain those ladies through the star
(Gents 1 and 3 keep their 2 hand star
moving all the time, they do not
touch any lady coming into the ctr
star; Lady 1 chains with lady 2,
lady 3 with lady 4. Ladies 2 and 4
coming into star, step one place
behind pos vacated by girl with
whom they just chained. The side
gents take the ladies chained to them
and turn them around ready to send
them back into ctr star again.)

It's turning around as seen afar
Turn around and go back thru
(Ladies 2 and 4 are now in star;
when they reach the opp side they
chain out of star; lady 2 chaining
with lady 3, lady 4 chaining with
lady 1).

You're headed home like you always do
The ladies thru that star have flown
Keep on chaining until they're home
(Keep on chaining until side gents have
own partners and cpls a 1 & 3 are in
ctr of star again.)
Star by the right in the middle of the land
Find your corner, L allemande.

Here is a list of recordings by Jerry
Helt for your dancing and calling pleasure:

Mac Gregor Label
Instrumental

#757 Hit the Road/ On My Mind
#759 Wright's Quickstep/ Mutable Muddle
#769 Queen's Quadrille/ Minnie the
Mermaid
#771 Smiles/ Sing 'n' Swing
#787 Molly's Hoedown/ Cool Breeze
#799 Rosie's Gone Again/ High Society

SIGH 'N' CRY
(Jerry Helt)

MacGregor # 8755

INTRO & BREAK

4 ladies chain, ah, chain 'em across that ring
You'll turn and chain those pretty babies
home again

Walk all around that corner, see-saw that pet
Gents star R, once around that set
Now meet your corner, allemande L
You'll do-sa-do with your own, promenade
your pet

I sigh, I cry, it's just a bit of heaven
when my baby smiles at me

FIGURE

Head cpls promenade, half the outside square
Now go to the R,R and L thru that cpl there
All join hands, circle L, let's see that smile
Reverse back now in single file
4 ladies backtrack around the outside set
You'll pass her once, pass her again,
promenade the next

I sigh, I cry, it's just a bit of heaven when
my baby smiles at me.

Sequence of Dance

Intro; heads; sides; Break; sides; heads.

Instrumental (continued)

#816 Dance, Dance, Dance / Tin Lizzy
Quadrille
#831 Helt's Hassel/ Smile in Your Style
#833 It's You I Love/ Hash Happy
8755 Sigh'n' Cry

With Calls

758 Hit the Road/ On My Mind
#760 Six Eight / Mutable Muddle
#770 Queen's Quadrille/ Minnie the Mermaid
#772 Smile's / Sing 'n' Swing
788 Molly's Hoedown/ Cool Breeze
#800 Rosie's Gone Again/ High Society
#817 Dance, Dance, / Tin Lizzy Quadrille
#832 Helt's Hassel/ Smile in your Style
#834 It's You I Love/ Hash Happy
#8625 Gone/ Seeing Nellie Home
#8755 Sigh 'n' Cry

LP -1208 Square Dances by Jerry Helt

Purchase these records at your local Square Dance Record Dealer

Folk Dance Camp 1961