

1973 CALIFORNIA STATE UNIVERSITY, SAN DIEGO
FOLK DANCE CONFERENCE

Presented by Jerry Helt

LIME FLOWER CONTRA ==
By Jerry Helt

(1,3,5,7 CROSS OVER)
8 TWO HAND STAR WITH THE ONE BELOW
8 BACK BY THE LEFT
8 LADIES CHAIN ACROSS
8 LADIES CHAIN BACK
8 RIGHT AND LEFT THRU
8 RIGHT AND LEFT BACK
8 FOUR HAND STAR ACROSS
8 BACK BY THE LEFT

EASY CONTRA ==
By Jerry Helt

8 EVERYBODY FORWARD UP TO THE MIDDLE AND BACK
8 WITH THE LEFT HAND LADY SWING
8 CIRCLE FOUR ACROSS (LEFT)
8 CIRCLE RIGHT, THE OTHER WAY BACK
8 LADIES CHAIN ACROSS
8 LADIES CHAIN BACK
8 RIGHT AND LEFT THRU
8 RIGHT AND LEFT BACK

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