

MARCH CONTRA       

## American Contra

This contra has been taught in the U.S. by caller Jerry Helt.

RECORD: Any contra dance music.

FORMATION: Contra lines of M facing W. Odd numbered couples (1,3,5, etc.) are crossed over and face toward foot of set as active couples. The even numbered couples face head of set as inactives.

Music 4/4

PATTERN

Meas	INTRODUCTION
1-2	Do Sa Do the one below
3-4	Same one swing (End swing by facing ft of set, W on M R, hands joined in line of four with cpl across)
5-6	Walk 8 steps to ft of set and as a cpl wheel around to face head of set
7-8	Walk 8 steps to head of set and bend the line
9-10	Ladies chain across
11-12	Ladies chain back
13-14	R-hand star with cpl across
15-16	L-hand star back to own side

Repeat entire dance from beginning.

NOTE: At the end of every OTHER sequence, the lonesome cpls at each end of the set cross over and prepare to rejoin the set on the following sequence.

Taught by: Don Allen