

SPEED THE PLOW (Northern Vermont)

Music: Speed the Plow - if you can find a good record;
otherwise Peter Street, Folkraft F 1087 B

The Dance:

Couples 1-3-5-7-9 etc. active. Do NOT cross over.

The men join hands and hold them about shoulder high
(simply bend elbows)

Men walk four SLOW step swing balance steps forward and

Four SLOW step swing balance steps back to place

Ladies the same

Active couples down the center and back

Cast off and right and left four

(Men cast off with men, ladies with ladies.

The four slow balance steps are begun by
stepping on the left foot, swinging right
over left, lifting slightly on left toe
as right foot is swung. This is not a hop.)

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