

1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Jerry Helt

THE THREE QUARTER CONTRA

by Jerry Helt

MUSIC: NATIONAL #N 4562-A

FORMATION: Contra line, 1,3,5,7,etc. Active and crossed over. Actives join both hands with the one below and cross the joined hands, opposite ftwk throughout.

Meas

- 1 Step-swing out away from ctr of set. (M steps on L, swings R across in front of L:W opposite).
- 2 Step-swing in twd the ctr of set. ( M steps on R, swings L across in front; W opposite).
- 3-4 M steps L on L ft and draws R ft to it. Repeat. (Roll the joined hands as these steps are taken.) W does the opposite.
- 5-8 Reverse the first portion of dance; Step swing in, out and draw twd ctr of set ending in original spot.
- 9 Balance together, M stepping fwd on L, W R, while pulling hands up under chin.
- 10 Balance away
- 11-12 Dropping L hands, turn W under M's and W's R arms to end facing each other (Box the gnat).
- 13 Joining both hands again, balance together.
- 14 Balance away, this time dropping R hands.
- 15-16 In six steps, turn the W under the L arm. (Box the flea movement).
- 17-20 While still maintaining a L hand hold, star L 12 steps.
- 21-24 Make a R hand star, go the other way back in 12 steps.
- 25-28 Roll promenade (M maintains R hand hold while turning W into promenade position) and passing the opposite gent with L shoulder completes a half promenade.
- 29-32 The two facing cpls complete a cross trail thru, taking 12 steps and face a new one below to begin the entire dance again.