

GROSSER ATLANTIK

(Atlantic Mixer)

Type: German couple mixer.
 Formation: Circle of couples in varsouvienne position.
 Music: Rhythm: 2/4
 Record: Tanz SP 23050

Measures PART I (Music A)

1 - 8 Sixteen walking steps forward.

PART II (Music A)

9 -16 Releasing hands (hold right hands just long enough to assist woman as she turns right half around to face reverse line-of-dance), sixteen walking steps forward (man in line-of-dance, woman reverse).

PART III (Music B)

17-20 RIGHT-HAND TURN a new partner - the nearest one at this time, and if you do not find one immediately go to the center of the circle – someone will meet you there.

21-24 LEFT-HAND TURN the same person.

PART IV (Music B)

25-32 SWING new partner.

NOTE: Skipping steps may be used.

RIGHT-HAND TURN: Join right hands - palm to palm or hands clasped (thumb grip also possible), forearms touching to the elbows - and turn counter-clockwise with walking steps. Left-Hand Turn: same, except with left hand, turning clockwise.

Note: This recreation mixer was introduced in 1948 by A. J. Hildenbrand of Hamburg; it has since become very popular.