

GOOD HUMOR
(English)

Record: Methodist 109

Formation: Single circle of partners all facing center, hands joined.

Action:

1. All into the center on four counts, and back.
Repeat all.
2. Ladies to center, clap once on fourth count. Then walk backward to place.
3. Gents to center on four counts, turn around and return to swing corner.
4. All promenade with new partners.

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KEGEL QUADRILLE (Skittle Quadrille)
(German)

Record: Rondo RFD 12 Complete directions accompany record.

German Folk Dance from the province of Mecklenburg.

Formation: 4 couples in a square and the 5th couple as skittle in the center. Skittle man faces 1st cpl. and skittle woman faces 3rd cpl.

Meas. 1-8 Hand Tour of the Skittle. Skittle man and 1st woman join right hands and walk once around; at the same time skittle woman and 3rd man ,join right hands and walk once around. Then the skittle couple join left hands in the center and pass each other. Skittle man and 3rd woman and skittle woman and 1st man then do the same. Skittle cpl. finish with man facing 2nd cpl. and woman facing 4th cpl.

Meas. 9-16 Circle clockwise all four cpls. around the skittle.

Meas. 1-8 Hand Tour of the Skittle. Same as above but this time the skittle dances with 2nd and 4th cpls. Skittle ends in starting position.

Meas. 9-16 Circle clockwise as above.

Meas. 17-24 Women's Round. Women with hands on hips walk 8 steps counter-clockwise and 8 steps clockwise inside around the circle.

Meas. 17-24 (repetition) Men's Round. Same as Women's Round. The men clap their hands on the 1st count of measure 17.

Meas. 25-32 Hand Tour of the Skittle. Same as Meas. 1-8 above with 1st and third couples.

Meas. 25-32 Hand Tour of the Skittle continues without interruption with (repetition) 2nd and 4th cpls. Skittle ends in starting formation.

(cont.)

KEGEL QUADRILLE (cont.)

Meas. 33-40 Half Chain. The 4 couples around the standing skittle Grand Right and Left half around the circle to opposite places, swing around by the right hands and back to place.

Meas. 33-40 Half Chain
(repetition)

Meas. 41-48 (with repetition) Waltz. As the waltz begins the skittle dancers move over to the 1st cpl., clap hands, and take the position of the 1st, cpl. which in turn dances to the center and becomes skittle. All cpls. with regular hold waltz counterclockwise once around the skittle. The turn is clockwise - two waltz steps per turn - two turns per quarter of the circle.

The whole dance is now repeated with the new skittle. It may be repeated until every cpl. has been skittle. During the last waltz the last skittle merely joins the other cpls. in the round waltz.

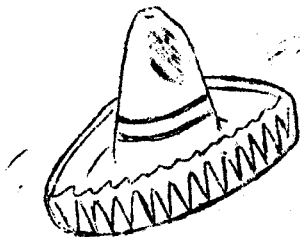
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MEXICAN MIXER

Record: *Western Polka Folk Dancer MH 2004
Any good Polka which isn't too fast.

Part 1: Couples side by side, walk 4 forward steps starting on outside foot. Join two hands and do a grapevine step to man's left, lady's right.. (side, back, side, swing free foot). Repeat all in opposite direction.

Part 2: In single circle formation, men facing out, ladies facing in, join hands so lady has left hand to corner, right hand to partner. Balance forward and back: then turn with 4 steps holding right hand partner only and finish with ladies facing out. Balance forward and backs turn left hand person halfway around and keep this person for your new partner.



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