
McCLAIN'S MIXER 1976
(Coming 'Round the Mountain)

In ring, girls facing out
Balance forward and back
Swing with right, balance
Swing with left, balance
Swing with right, balance
Swing with left, but face person and cross hands.
Slow heel, toe, in you go toward center
Slow heel, toe, out you go
Fast heel, toe, twice toward center
Fast heel, toe, twice out
Repeat.