

Folk Dances for People Who Love Folk Dancing

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City
Arrangements by Walter Eriksson.

SIDE 1

MEXICAN MIXER (Mexico)

This easy mixer is not a truly traditional Mexican dance. According to Nelda Lindsay, Mexican dance authority, the music is Viennese and was introduced into Mexico during the days of Maximilian. The dance is indigenous to the southwestern part of the United States, although its actual origin is unknown. This record may also be used for a march or the English Old Tyme Dance, Vienna or Progressive Two-Step.

OPENING FORMATION: Couples in a circle facing counterclockwise, with partners side by side, lady to right of man. Cross hands in skater's position.

PART 1: Man starts on his left foot, lady on her right, and all walk forward 4 steps. Face partner, join two hands and do a grapevine step to man's left, the lady's right, as follows:

MAN: Step to side on left foot. Step on right foot in back of left. Step to side on left foot. Swing right foot over left.

LADY: Step to side on right foot. Step on left foot in back of right. Step to side on right foot. Swing left foot over right. Repeat the above figure in the opposite direction, reversing feet.

PART 2: Take single-circle formation, by giving right hand to own partner, lady facing the center of the circle, man facing the wall. Give left hand to person on your left.

In this single-circle position, balance* forward and back. Lady moves toward center of circle and back. Man moves toward wall and back. Now turn clockwise with 4 walking steps, holding partner by right hand (drop left hand). Keep elbows bent. Re-form the single circle, but this time lady faces out and the man faces in.

Now all balance forward and back again, the lady moving towards wall, the man towards center. Drop right hands and, holding on to the left hand of your corner, turn in place counterclockwise with 4 walking steps, finishing side by side with the new partner—i.e., the one you turned with the left hand.

Repeat dance from beginning with new partner.

*Balance step: May be done either as a step-swing, or a "two-step" forward and back.

