

SOUTHERN APPALACHIAN SQUARE DANCING

- Music:** Any moderate-speed square dance music such as "Golden Slippers", "Old Grey Bonnet", "Nellie Bly", etc. (old songs), or old mountain tunes like "Sourwood Mountain", "Old Joe Clarke", "Down Yonder". Certain pieces are better than others, but most square dance music can be used. Best available records at this time are: Victor #20-2167 "Down Yonder" and "Back Up and Push"; Imperial #1032 "Tennessee Square" and "Chicken Reel".
- Formation:**
1. Big circle, any even number of couples, hands joined.
 2. Foursomes around the big circle, with odd couples with backs to center, even couples facing center.
 3. Big circle, followed by figures as directed.
- Steps:** Ordinary square dance shuffle, with more than the usual stomping and clogging. For swinging, the walk around or buzz, with the walk around seen more often among the old-timers.
- Phase 1:** (About 1 or 2 minutes including any of the following as called) Circle left and right; balance in; swing partners; swing corners; swing anybody; promenade; promenade back; dishrag; etc.
- Phase 2:** Call odd couples out to right (count off odd and even before the dance starts). In small groups call each figure until odd couples have returned to even couple they started with; with larger groups call each figure several times. For exhibitions or where this dance is only used occasionally, mix the figures. Use any 2-couple square dance figure. The following familiar ones are commonly seen in the South; descriptions are in most square dance books. Right hands across; Duck for oyster; Birdie in cage; Lady round lady and gent around gent (Figure 8); Lady round lady and gent so low -- lady round gent and gent don't go; Basket; Swing maw, paw, Arkansas, etc.

The following are characteristic of the Southern Appalachians. The same names are applied to different figures in some communities; this usage learned from Ralph Case, formerly caller at Ashville, N.C.

Mountaineer Loop: foursome holds hands, evens raise an arch, odds duck under; odd gent drops his partner's hand and turns left, odd lady turns right pulling even couple under their own arch; call odd couple to lead first, then circle half and then evens lead.

4-leaf Clover: foursome holds hands, evens raise an arch, odds duck under without breaking hands, turning away from each other, passing their joined arms over their own heads and down between the even couple and themselves; evens lower their arch; all four face left and circle holding the "clover"; then call "roll the clover over" - odds raise their arch and pull evens under, evens passing under their own arms last restoring circle. This the same as the "sardine can" figure of duck for the oyster, with a stop half-way through and circling left.

Ocean Wave: Foursome holds hands, odd gent breaks with left and leads under arch between partner and even gent, leading behind his partner back to place; odd lady and even gent allow hands to untwist; without stopping, odd gent leads under arch between lady and gent of even couple again turning right behind even gent and behind his partner to place; even lady turns under her own arm. (while odd gent leads under, even couple should approach with upraised arm - figure is more effective if all four are moving).

Ladies Whirl, Etc.: at call, each lady whirls in place; next call Gents Whirl, then Everybody Whirl.

Georgia Rangtang: (similar to Western Docey-doe or Doe-Paso) (start with opposites instead of with partners). Gents swing around opposite lady with right arm, then return and go around partner with left. If called "Double", then pass around each lady twice.

NOTE: Each of these foursome figures commences with "Circle left"; "Half way back"; then the figure, followed by "swing opposite Lady"; then "Swing Partners"; then "odd couples on to the next" at which point they progress counter-clockwise, evens remain in place. This phase continues as long as desired.

Phase 3: Call "All join hands in one big circle" and dance two or three of the following figures. Caller should lead if possible.

Wind up Ball of Yarn: Lead man (or caller) in big circle drops hand of corner and leads entire line in front of the corner, clockwise, into a tight spiral. When getting too tight for comfort, he suddenly reverses direction by turning to his left, leading out of the spiral between the coils. Do not wind too tight, and don't snap the whip.

Open Tunnel: from promenade, lead couple turns back toward the couple behind holding inside hands in an arch; pass the arch over the heads of all the couples in the line, moving forward as rapidly as possible until the end is reached; then turn under the arches made by the couples behind; when lead couple passes under last arch they continue out in promenade. This is another "follow the leader" figure.

Thread the Needle: Lead man in big circle drops hand of corner and turns back to right inside circle, then passes out under arms of first couple behind him, then in, out, in, etc., as often as desired to end of line; then reverse direction again to left and lead circle back to original formation.

Grapevine Twist: Lead man in big circle drops hand of corner and leads line under upraised arms of corner lady and her gent, passing clockwise around entire circle outside; gent of last couple does not pass his arm over his head when the loop tightens, but keeps right arm under his chin and over left shoulder; then leader passes under the next arm, etc., until the entire line is tied up with

Grapevine Twist: (continued): arms over shoulders; leader completes the knot and leads line around a few turns; break and swing. (don't try this with a large circle).

Grand March: Any of the usual routines.

Large Fruit Basket: Same as in Western Squares.

Indian File: Swing Gal Behind.

Promenade: Gents move up 2; promenade; move up 2, etc.

Shoo Fly Swing: Lead gent steps out into circle a few paces, facing partner; his lady steps toward him and they swing around each other, holding right forearms (to elbow); then gent remains in center and his lady passes (quickly, almost violently) to the gent formerly on her right; he approaches her with left arm and they turn; lady returns to her partner waiting inside circle for another turn with right, then to next gent with left, and so on around ring. As each gent returns to circle after turning active lady with left, he turns his own partner once with right, then returns to circle. As soon as lead couple has reached the third couple below, the second couple starts in the same way, gent stands in center and turns his lady who shuttles back and forth around the ring. As each couple completes their tour, they join the ring and the gent receives active ladies coming to him, until the last couple has completed the circuit. This figure is a lot of fun in a circle of about 12 couples. In larger circles it can be started with all the active (odd) men stepping in and starting at the same time. In very large circles, better forget it.

Dive and Shoot the Owl: A similar routine to Shoo Fly Swing as follows. Lead gent steps into center; his lady approaches and turns him with right arm, then goes to couple below and joins hands with them; they circle 3 half way and "pop" the active lady back toward her partner; they turn again and she goes to next couple and repeats, etc. around the ring. Second couple, etc. follow up.

General Notes: Individual figures of Phase 3 may be interspersed as "chorus" figures after each round of Phase 2. The dance may be ended at any time with a "you know where, I don't care" or any novelty ending. Often in a follow the leader sequence, the leader just leads off the floor, out a door, or to seats. The place to improvise in this type of dance is in Phase 3, where the ingenuity of the caller is the only limit. Total time for dance - minimum 15 minutes, up to 45 minutes, an hour or more depending on endurance, interest, etc. In a small group the caller invariably dances, leading Phase 3. In a larger circle he leaves the microphone briefly to lead any follow-the-leader figures. If the crowd is really large, form several circles (not concentric) and appoint a lead couple in each circle. Always count off (to determine odds and evens) or have couples pair off before starting the dance.