

Great dances for people who have never danced before

These are the dances that I use over and over with non dancers. No matter how silly they might seem on paper, they are always a hit. These dances were collected from numerous sources. I highly recommend the following:

Dance Parties for Beginners, Ed Butenhof ©1990; www.lloydshaw.org

Chimes of Dunkirk, (book & CD), New England Dancing Masters ©1991; www. Dover.net/~nedm/

Listen to the Mockingbird (book & CD), New England Dancing Masters ©1997; www. Dover.net/~nedm/

Community Dances Manual, books 1-7 © 1991 English Folk Dance and Song Society

Step Lively 1, (book & CD), Marian Rose © 1998; www.cdss.org

<p>Galopede</p> <p>Placement: great 1st dance or later</p> <p>Formation: longways set dance for 5-8 couples</p> <p>A1: (8) forward and back; (8) trade sides with partner, passing right shoulder</p> <p>A2: (8) forward and back; (8) trade sides with partner, passing right shoulder</p> <p>B1: (8) partner do-si-do; (8) partner two hand turn (or swing)</p> <p>B2: All reach forward to make a tunnel, first couple down to bottom of set</p>	<p>Pattycake Polka</p> <p>Placement: great 3rd dance or later</p> <p>Formation: circle of couples, men's back to center</p> <p>A1: (4) men's left, ladies right: heel, toe, heel, toe, (4) 4 sashays CCW; (4) men's right, ladies left: heel, toe, heel, toe, (4) 4 sashays CW</p> <p>B1: (2) clap right hands 3 times, (2) clap left hands 3 times, (2) clap both hands 3 times, (2) clap knees 3 time; (4) right elbow turn 1x, each moves one place to left to next</p>
<p>The Flying Scotsman</p> <p>Formation: longways set for 4-5 couples</p> <p>A1: (16) first lady lead line skipping up and around and behind gents line, back to place</p> <p>A2: (16) first gent lead line skipping up and around and behind ladies line, back to place</p> <p>B1: (8) first couple sashay Waaay down center of set – as far as space and time allow; (8) first couple sashay back to bottom of set</p> <p>B2: (8) entire set sashay down hall; (8) entire set sashay back to new place</p>	<p>The Hat Dance</p> <p>Placement: great 1st dance or later</p> <p>Formation: longways set for 10 or fewer couples</p> <p>Setup: 3 chairs in a row facing the dancers: 1 chair for each line (mens line, women's line, one in between). A dancer sitting in middle chair. Have a silly hat or other gaudy distinguishing feature worn / held by middle chair person</p> <p>The Dance: Top couple sit in empty chairs. Middle person gives hat / wand / whatever to one person, and with the other sashays to bottom of set. Middle person sits in middle. Repeat as long as music lasts. This can satisfy dancers forever.</p>
<p>Lucky Seven</p> <p>Formation: circle of couples</p> <p>A1: (8) circle left; (8) circle right</p> <p>A2: (8) forward and back; (8) forward and back, face partner</p> <p>B1: (16) grand right and left, passing 6 people (partner is one)</p> <p>B2: (16) promenade number seven</p> <p>Encourage people to count as they pull by in the GR&L. This can be a wonderful prep for GR&L in a square later.</p>	<p>La Bastringue</p> <p>Placement: great 1st dance or later</p> <p>Formation: circle of couples facing center</p> <p>A1: (8) forward and back; (8) forward and back</p> <p>A2: (8) circle left; (8) circle right</p> <p>B1: (16) swing corner</p> <p>B2: (16) promenade corner – new partner</p>

<p>Pride of Dingle</p> <p>Placement: peak or later in evening Formation: 4 couple set + 1 “Dingle” at bottom A1: (8) all walk down hall while Dingle walks up; (8) all back up hall while Dingle backs down the hall to place A2: (16) Dingle climbs the ladder: All do ½ right hand turn, ½ left hand turn, ½ right hand turn, ½ left hand turn. As they do, Dingle moves up through the set making 3-hand stars with each couple in turn. At top Dingle joins one line B1: (8) forward and back; (8) forward and back and adjust so the tops are even; bottom person becomes new Dingle B2: (16) swing partner; bottom couple basket</p>	<p>Virginia Reel</p> <p>Placement: peak or later in the evening Formation: longways set for 5-6 couples A1: (4) balance ring, (8) 1s go ‘up the river and around the bend’, (4) circle left ½ A2: (4) balance ring, (8) 2s go ‘up the river and around the bend’, (4) circle left ¾ B1: (4) balance circle (12) partner swing B2: (8) long lines; (8) ladies chain Notes: With all four holding hands, the 1s duck under the two’s arch. Ones separate, letting go of inside hands. The #1 woman goes right, #1 man goes left around outside of neighbors. The 2s turn under their own arch, all end back in place. Hand grip should not be firm.</p>
<p>Ninepins</p> <p>Placement: great 3rd dance or later Formation: square with #9 in center A1: (8) head couples sashay over; (8) heads sashay back – make life interesting for ninepin A2: (8) side couples sashay over; (8) side sashay back– make life interesting for ninepin B1: (8) heads circle left; (8) heads circle right B2: (8) sides circle left; (8) sides circle right C1&2: (16) ninepin go to couple #1 – pick one to swing; other goes into the center; ninepin go to couple #2, other goes into center (those two circle left); repeat with couples #3 & #4. Ninepin join the circle in the center. Randomly stop the music, all scramble for partner. Lone person is new ninepin.</p>	<p>Duck for the Oyster</p> <p>Placement: peak of evening or later Formation: circle of 6 people Setup: number each dancer 1-6, this number does not change though their positions will A1: (8) circle left; (8) circle right A2: (8) left hand star; (8) right hand star B1: (16) lift star high – bottom couple pull through and swing, next couple pull and swing, everyone swing B2: (4) duck for oyster, (4) dive for clam; (8) shoot a hole in the ole tin can: Person #1 picks a hole (arch) on the left and ducks through and backs out; picks a hole on the right and ducks through and backs out; picks a hole across and goes through – turns back to back with the person on their right, brings joined hands with that person on right over their head, and then pulls everyone through arch. The final dancers will have to turn under their own arms. Notes: This dance will drift off the phrase, don’t force it to be straight. If needed let the dancers swing longer, insert a “forward and back”, extra star, etc.</p>
<p>Balance the Star</p> <p>Placement: great 3rd dance or later Formation: sicillian circle, start in right hand star Music: Rags are very nice A1: (8) balance star 2x; (8) turn right hand star A2: (8) balance star 2x; (8) turn left hand star B1: (8) do si do corner; (8) gents promenade corner to face partner (gents are post) B2: (8) do si do partner; (8) gents promenade partner around, pass other couple by left to face next couple</p>	<p>Un-deux-trois poussez! (Le Brandy)</p> <p>Placement: I love to end with this dance Formation: long ways set dance 6-8 couples A1: (8) forward and back; (8) right elbow turn A2: (8) left elbow turn; (8) partner do si do – ‘assume the position’: stand back to back, lean forward B1: (4) all shout ‘un deux, trios, poussez’ (12) partner swing B2: (16) first couple strut down the center in some silly fashion (macarana, leapfrog, whatever) while other couples move up</p>