

Record Book

Old Fashioned Square Dancing



THE 4-H PLEDGE

"I pledge:

My Head to clearer thinking

My Heart to greater loyalty

My Hands to larger service

My Health to better living

For my club, my community and my country."

THE 4-H MOTTO

Learn to do by doing

PROVINCIAL 4-H OFFICE

5653 Hwy 6 N, RR 5

Guelph, ON N1H 6J2

1-877-410-6748

PH: 519-824-0101

FX: 519-824-8759

Email: inquiries@4-hontario.ca

WEBSITE

www.4-hontario.ca

Original Locally Submitted Project written by: Susan Humphries, Marilyn Misener,
Barb Scott Cole and Lynn Campbell Clelland

Additions by: Sarah Cornwell

Layout: Stephanie Craig

Editing committee: Megan Burnside
Melanie Corwell
Murray Fraser
Joan Malcolm
Evan Hickey
Sharon Judd
Barb Scott-Cole
Murray Smith

4-H Ontario grants permission to 4-H volunteers to photocopy this 4-H program resource for use in their local 4-H program.

Date: October, 2009

Front Cover Images: Black and White Photos: Seattle Municipal Archives <http://creativecommons.org/licenses/by/2.0/>

Colour Photo (Girls): CrazyUncleJoe <http://creativecommons.org/licenses/by-nc-nd/2.0/>

Colour Photo (Couple) - The CJM <http://creativecommons.org/licenses/by-nc/2.0/>



Old Fashioned Square Dancing
4-H Ontario

Record Keeping - Why?

Record Books are to document time and money spent, what you have learned, your ideas, memories, and what you liked and didn't like. Your Record Book also...

- helps you set goals for this project.
- has space to record club members and important dates, names and contact information.
- is a great way to get and stay organized.

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three-ring binder to hold your materials, and divide your information into sections using dividers. This will keep things from becoming lost, and will make it easier to find what you need later on. This will also allow you to add extra pages later.

How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community, or do some research on your own. If you borrow information from someone or someplace else, make sure you write down the where you found it.

Remember that this is YOUR personal Record Book. So get on board and make your Record Book your own. Oh, and remember to bring your Record Book to every meeting!



Who's Who

Club President: _____ #/Email: _____

Vice President: _____ #/Email: _____

Secretary: _____ #/Email: _____

Treasurer: _____ #/Email: _____

Press Reporter: _____ #/Email: _____

	DATE & TIME	PLACE	NOTES (things to bring, remember, etc.)
Meeting 1			
Meeting 2			
Meeting 3			
Meeting 4			
Meeting 5			
Meeting 6			
Achievement Program			

Leader Name & Contact Information	Leader Name & Contact Information

Member Expectations and Goals

Why did you join this square dancing club?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for this square dancing club? (Keep in mind that an Achievement should involve the community in some way).

Member Responsibilities

- Be a current paid member of 4-H Ontario.
- Attend at least 2/3 of the meeting time allotted for this project.
- Complete the Record Book for this project. Bring it with you to each meeting!
- Complete at least 3 facing pages (8-10 pages, not all being 2 page spreads). Pages should be displayed between a front and back cover and be protected by scrapbook page protectors.
- *Remember, the more you put into your 4-H club the more you will get out of it!!*



Roll Calls - In My Opinion...

Meeting	Roll Call	My Answer
1		
2		
3		
4		
5		
6		

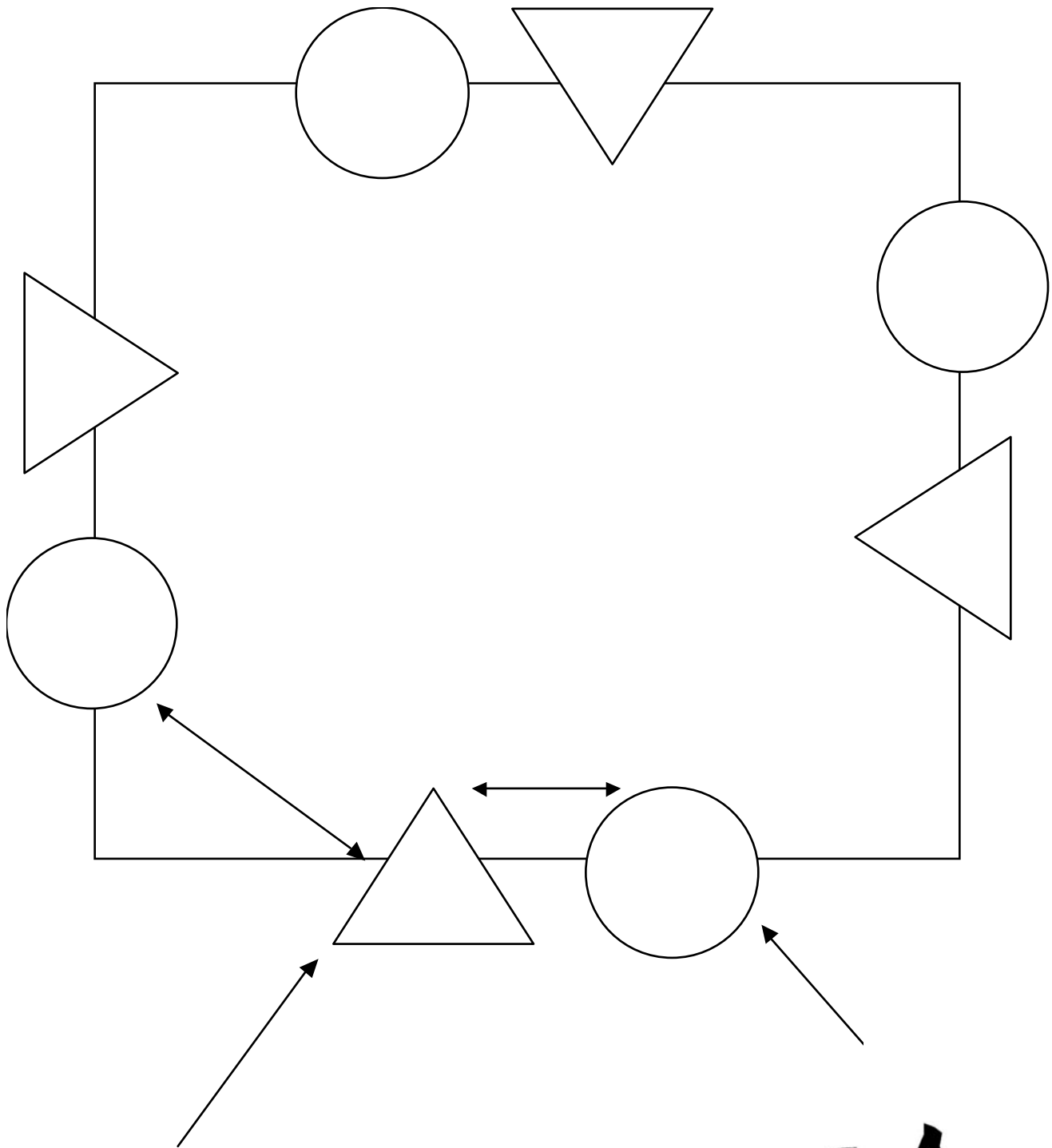


Favourite Recordings

Song Title	Artist	Album Title	Time
"Maple Sugar"	Jack's Olde Tyme Band	"Square Dancing Tunes"	4/4



Layout of a Square



Interview a Square Dancer

Name of Person Interviewed _____ Date: _____

Where did you learn to Square Dance? _____

When did you learn to square dance? _____

Did/do you dance traditional or modern western style? _____

What do you enjoy most about square dancing? _____

Why do you square dance? _____



Writing a Call

Title: _____

Introduction: _____

_____ [Break]

First Verse: _____

_____ [Break]

Second Verse: _____

_____ [Break]

Third Verse: _____

_____ [Break]

Fourth Verse: _____

Ending: _____

**Photocopy this page and write another!*



Costume Design

Colours:

Style:

- Western
- Dressy

Shoes:

- Cowboy Boots
- Flats

Women's

Skirt:

- Prairie
- Circle

Top:

- Dress
- Apron
- Blouse

Men's

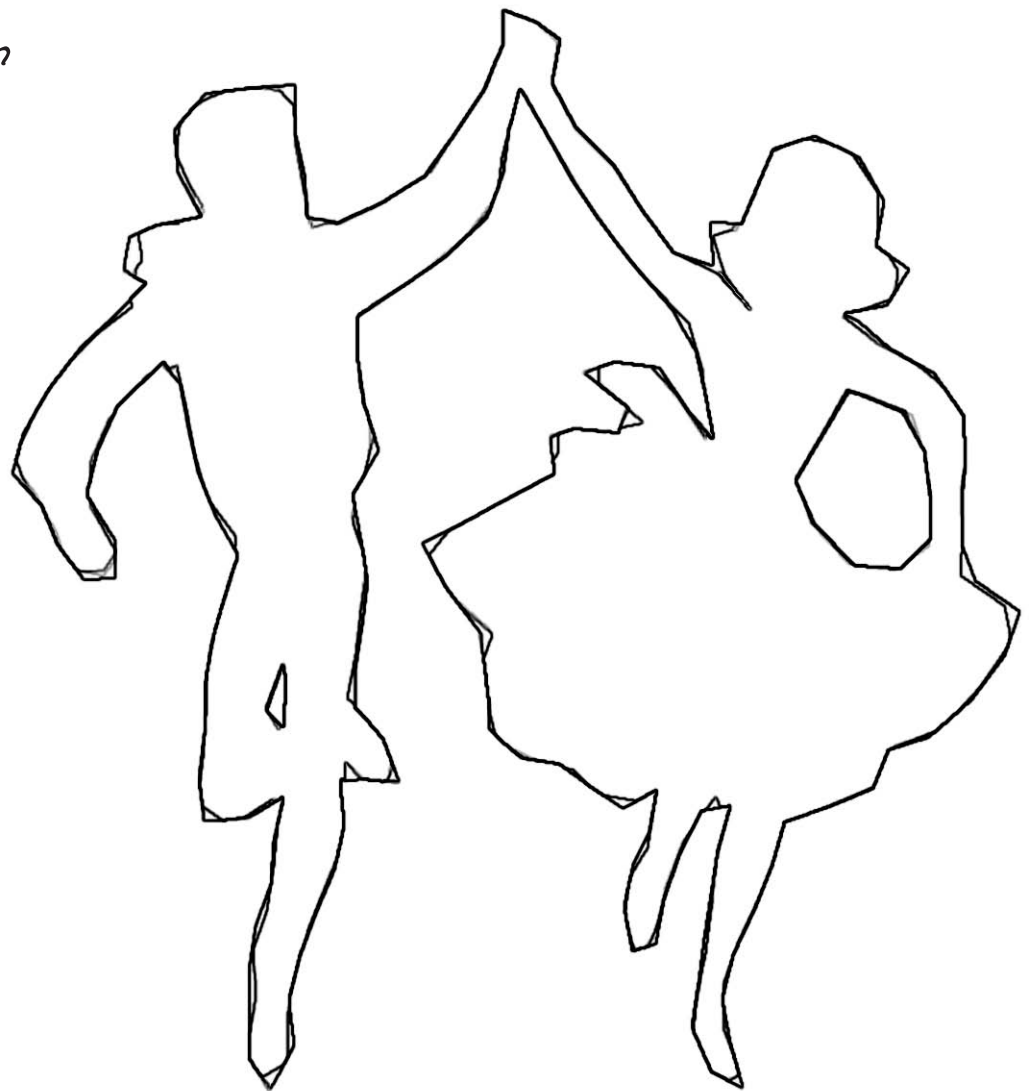
Tie:

- Bolo
- Kerchief
- None

Pants:

- Jeans
- Slacks

Hair Style: _____



Additional Notes: _____

**Draw your own design within the outlines.*



Planning a Square Dancing Event

Event Particulars	Decision
Location/Hall?	
Date and Time?	
Caller?	
Cost to Attend?	
Snacks and Drinks?	
Live Band or DJ?	
Theme and/or Decorations?	

Task	Assigned to:	Complete v
Room/Hall Booked		
Music Arranged (Band or Records)		
Sound Equipment Booked (Speakers, Microphone)		
Caller Hired		
Invitations sent		
Decorations		
Snack and Drinks		
Set up - Chairs and Tables		
Set up - Stage and Sound Equipment		
Collecting Money at the Door		
Clean Up		



Word Scramble

Unscramble the square dancing terms below. *Note: Your leaders have an answer sheet.*

- daaelmeni _____
- crha _____
- elnacba _____
- cecilr _____
- dlay _____
- negt _____
- qusrea _____
- rtcuyse _____
- edanc _____
- doosdi _____
- cnrero _____
- ssayah _____
- dangr hnaci _____
- ttaerp _____
- poenardme _____
- teranrp _____
- svreere _____
- daielqlru _____
- emagnletn _____
- reallc _____
- hcegan _____
- ciroidnntut _____
- kwabodrne _____
- sintgiiv _____
- olirenicn _____
- oendhow _____
- lpako _____
- cohhsctestic _____
- wzatl _____



Word Search

- Allemande
- Arch
- Balance
- Break
- Breakdown
- Caller
- Change
- Circle
- Circle Skirt
- Corner
- Dance
- Dip and Dive
- Dosido
- Gent
- Grand Chain
- Hands
- Head
- Health
- Heart
- Hoedown
- Kerchief
- Lady
- Partner
- Polka
- Promenade
- Quadrille

i	s	s	c	c	s	r	p	v	s	g	a	r	k	h	h	i	h	e
w	a	c	r	s	a	l	n	h	c	c	r	c	i	d	r	h	n	p
d	q	h	h	o	d	a	g	w	h	n	a	a	h	a	a	d	n	s
a	e	l	d	e	g	n	w	t	o	b	t	w	o	s	t	e	p	l
r	g	d	o	s	i	o	a	r	t	d	s	l	c	d	r	r	h	n
c	t	n	s	t	k	i	e	h	t	e	k	h	v	e	o	o	k	a
h	r	c	i	y	r	t	g	n	i	w	s	a	v	m	e	a	h	c
e	e	s	d	r	t	i	n	v	s	i	g	e	e	d	e	a	d	a
d	i	a	o	e	r	d	k	c	c	w	r	n	o	r	d	r	n	l
v	l	t	l	n	a	a	l	s	h	s	a	w	b	e	b	c	h	l
h	e	q	r	t	e	r	i	v	e	d	n	a	m	e	l	l	a	e
h	g	u	o	r	h	t	t	f	e	l	d	n	a	t	h	g	i	r
l	t	a	m	a	r	a	c	k	e	r	c	h	i	e	f	d	r	e
a	n	d	e	p	a	l	a	h	a	r	h	r	e	e	i	t	t	n
c	i	r	c	l	e	v	i	d	d	n	a	p	i	d	c	z	h	r
e	s	i	n	g	s	w	i	n	g	a	i	u	o	c	t	l	t	o
b	a	l	a	n	c	e	r	e	o	q	n	e	q	l	s	n	r	c
g	b	l	d	c	t	s	n	o	y	a	h	s	a	s	k	e	e	e
d	c	e	g	n	a	h	c	r	c	d	n	w	i	e	f	a	e	g

Reverse

Right and Left Through

Ring

Sashay

Schottische

Set

SingSwing

Square

Star

Swing

Tamarack

Traditional

Turn Right Back

Twostep

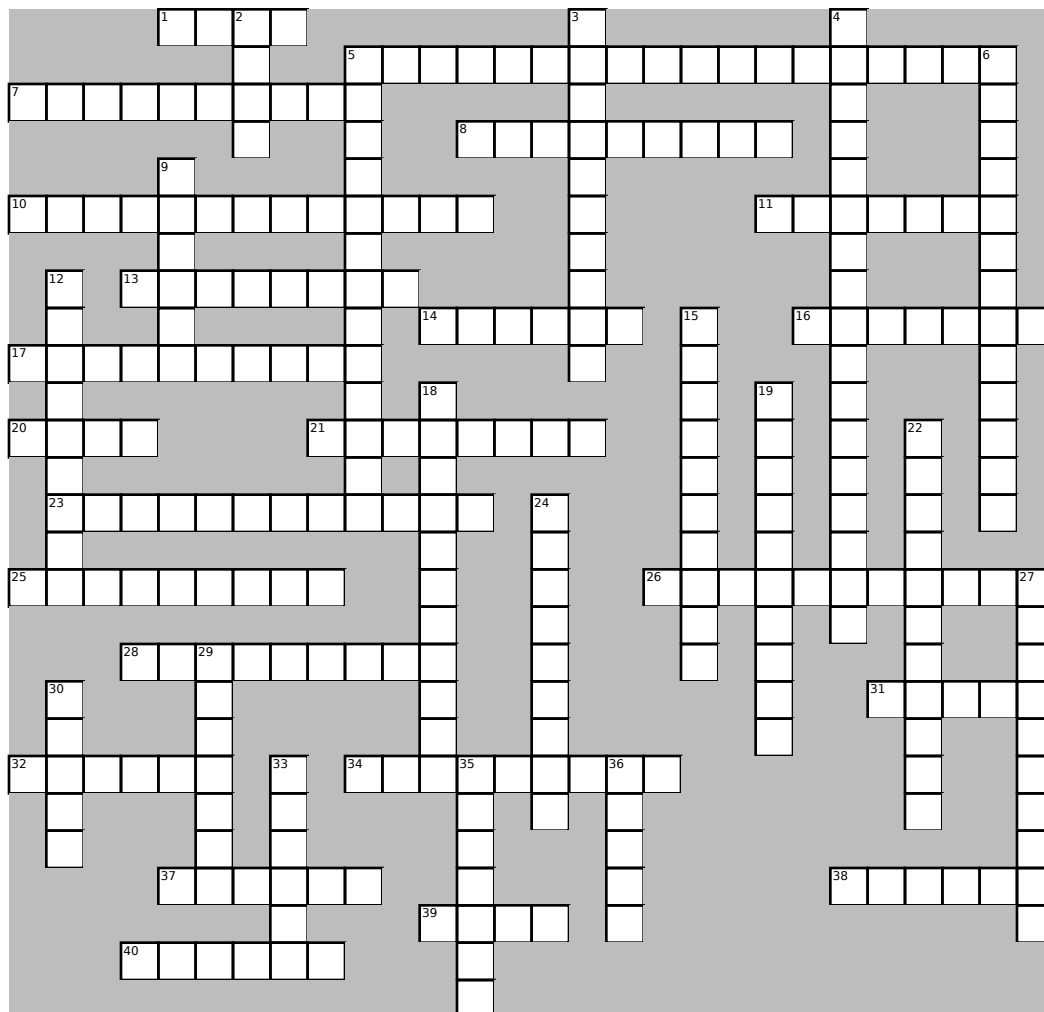
Visiting

Waltz

Note: Your leaders have an answer sheet.



Crossword



Across

- 1 One of the four H's (1 words)
- 5 This must be held after your last meeting (2 words)
- 7 Often closes a dance (2 words)
- 8 As square dancing was known (1 words)
- 10 Another group with youthful square dancers (2 words)
- 11 On the Lady's left (1 words)
- 13 "Dip and Dive", as one example (1 words)
- 14 A pair (1 words)
- 16 A lady's bow (1 words)
- 17 Callers need this to be heard (1 words)
- 20 Where you start and finish (1 words)
- 21 Men's tie style (1 words)
- 23 First thing called (1 words)
- 25 A lady's partner (1 words)
- 26 Large circle (2 words)
- 28 Where "Dip and Dive" and "Duck for the Oyster" originated (1 words)
- 31 A hopping dance (1 words)
- 32 Common accompaniment (1 words)
- 34 "Take Your Ladies Back to Back", as one example (1 words)
- 37 One of the four H's (1 words)
- 38 Filler calls (1 words)
- 39 Another name for a circle (1 words)
- 40 A rectangle with sides of equal length (1 words)

Down

- 2 Join inside hands and raise high (1 words)
- 3 Two with their back to the music (2 words)
- 4 Introductory action (3 words)
- 5 Join hands and circle with your corner (2 words)
- 6 A newer style of Square Dance (2 words)
- 9 From the French for "Back to Back" (1 words)
- 12 Worn under a skirt (1 words)
- 15 Your first dance (3 words)
- 18 You'll step-hop when you dance this (1 words)
- 19 Impressive circling (2 words)
- 22 The style of square dance in this club (1 words)
- 24 Couples take a stroll (1 words)
- 27 A dance named for the Lone Star State (2 words)
- 29 Backwards (1 words)
- 30 A gent may do this to his lady (1 words)
- 33 Tells you what to do (1 words)
- 35 Worth 30 points in a square dance competition (1 words)
- 36 In 3/4 time (1 words)

Note: Your leaders have an answer sheet.



*Chase the Lady***Type:** Visiting Dance**Music:** 4/4 time**Call:**

First couple out to the right,
 Balance there with all your might.
 Chase the lady 'round the two,
 Lady go 'round and the gent cut through,
 Chase the gent around the two
 Gent go 'round and the lady cut through.
 Swing in the middle, keep time to the fiddle,
 And six go around in a great big ring,
 And on to the next...
Repeat for all couples

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Birdie in the Cage***Type:** Pick-up Dance**Music:** 4/4 time**Call:**

First couple out to the right,
 Birdie in the middle and three hands 'round
 Birdie hop out and hawk fly in,
 Hawk fly out, give birdie a swing,
 Two couples swing, two couples swing,
 Take that couple up to the next.
 Birdie in the middle and five hands 'round
 Birdie hop out and hawk fly in,
 Hawk fly out, give birdie a swing,
 Three couples dance and three couples swing,
 Take those couples on to the last.
 Birdie in the middle and seven hands 'round
 Birdie fly out and hawk fly in,
 Hawk fly out, give birdie a swing,
 And everyone swings,
 Places all.

Repeat for second, third and fourth couples

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY					DIFFICULT				

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY					AMAZINGLY FUN				



*Duck for the Oyster***Type:** Pick-up Dance**Music:** 4/4 time**Call:**

First couple out to the right,
 Join your hands and circle a half
 Duck for the oyster, duck
 Dig for the clam, dig
 Duck for the oyster, dig for the clam,
 Punch a hole in the old tin can,
 Turn the tin can inside out,
 Dive on through and onto the next...
Repeat with second, third and fourth couples

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Take Your Ladies Back to Back***Type:** Breakdown**Music:** 4/4 time**Call:**

Take your ladies back to back,
 Gents take a walk on the railroad track,
 Halfway 'round, come the other way back,
 Meet your own and duck behind,
 Swing with the next girl that you find,
 And take that girl and promenade home...

Repeat 3 more times until each lady is with her original partner

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Take Your Opposite

Type: Heads and Sides

Music: 4/4 time

Call:

Head two couples go forward and back,
Go forward again and take your opposite.

Split that set, The lady goes right, the gent goes left, for a line of four,

Forward eight, fall back eight,
Forward eight and pass through,
Arch in the centre, ends dive through.

Circle four in the centre of the floor,
Circle once around.

Pass through, split that set,
Lady goes right, gent goes left,
Form two lines of four.

Forward eight and back you go,
Forward eight and pass through.
Arch in the centre, ends dive through.

Circle four in the centre of the floor,
Circle once around.

Pass through to an allemande left,
Right hand to your partner, grand chain.

Repeat with side couples

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY					DIFFICULT				

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY					AMAZINGLY FUN				



Grapevine Twist

Type: Pick-up Dance

Music: 4/4 time

Call:

First gent take your lady by the wrist,
 Round that lady with a grapevine twist.
 Back to the centre with a woah-haw-gee,
 And around that lad from Tennessee.
 Circle up four in the middle of the floor,
 On to the next and dance some more!

Repeat to pick up the third and fourth couples, changing the fifth line each time to reflect the number of dancers circling.

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Dip and Dive***Type:** Visiting Dance**Music:** 4/4 time**Call:**

First couple go out to the right,
 Join hands and circle a half,
 It's inside over and outside under,
 Dip and Dive and go like Thunder
 Dip and Dive in the Briny Sea
 Dip and Dive in couples three
 Dive on through and on to the next
 Circle a half, then dive through and on to the last and circle a half
Repeat for second, third, and fourth couples

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Waltz Quadrille***Type:** Breakdown**Music:** 3/4 time**Call:**

First couple down centre,
 And there you divide.
 The lady to the right, and
 The gent to the side.
 All honour your partner,
 And corner the same.
 Take your corner lady,
 And waltz down the line.
 Same gent with new partner,
 Waltz down and divide.
 The lady to the right,
 and the gent to the side.
 Honour your partner,
 and don't be afraid,
 To take that corner lady, and
 Waltz promenade.

Repeat for second, third and fourth couples.

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY					DIFFICULT				

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY					AMAZINGLY FUN				



Texas Twirl

Type: Breakdown

Music: 4/4 time

Call:

Allemande left and a right hand across,
 Ladies star behind your boss,
 Ladies do a Texas twirl,
 Whirl again you pretty girls,
 Whirl again and don't get lost,
 Whirl this time behind your boss.
 Allemande left with your left hand,
 Right to your own, right and left grand.

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Chain the Ladies***Type:** Heads and Sides**Music:** 4/4 time**Call:**

Head two couples lead out to the right,
 Circle four with all your might,
 Head gents break to a line of four,
 Forward eight, and fall back eight
 Forward again with a right and left through
 Chain the ladies across the line
 Chain the ladies down the line
 Chain the ladies across the line,
 Chain the ladies down the line.
 Forward eight, and fall back eight,
 Forward again with a right and left through.
 Join your hands and circle eight,
 Circle eight 'till you get straight.

*Repeat with side couples***Rating:***How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Forward Four in Line

Type: Hoedown

Music: 4/4 time

Call:

First couple go down the centre,
 And split that set.
 Lady go right and gent go left,
 To form a line of four.
 It's forward four in line,
 Right and left through behind the line,
 Fall back four in line,
 Right and left through in front of the line,
 Forward four in line,
 Ladies chain behind the line,
 Fall back four in line,
 Ladies chain in front of the line,
 Forward four and the ends turn in, Circle a half
 Right and left through to your places all...
Repeat for second, third and fourth couples.

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Down the Centre and Cast off Six***Type:** Hoedown**Music:** 4/4 time**Call:**

First couple go down through the centre and cast off six,
 Lady go right, gent go left around the outside of the ring
 Swing when you meet, foot swing too,
 Now down the centre and cast off 4, just the way you did before.
 Swing when you meet, do it up neat,
 Now down the centre and cast off two,
 Face your corner and Tamarack 'er down with your corners all,
 Swing your partner, the belle of the ball.

Repeat this stanza, changing the number of the couple in the first line, and the instructions in the last two lines:

Second couple's ending:

Balance to your partner, Balance all eight
 All swing out the garden gate

Third couple's ending:

Meet your partner with a do-si-do,
 All couples do-si-do.

Fourth couple's ending:

Face your corner and Tamarack 'er down with your corners all,
 Swing away with the belle of the ball.

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY						AMAZINGLY FUN			



Old Fashioned Square Dancing
 4-H Ontario

Grand March

Type: March Formation

Music: 4/4 time

Call:

Couples promenade!
 Couples to the right and left,
 Down in fours,
 Fours to the right and left,
 Eights down the centre,
 And form your sets!

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Virginia Reel

Type: Contra**Music:** 4/4 time**Call:**

Everybody forward and back,
 Forward again and right hand over,
 Forward again and right hand back,
 Forward again and do-so-do,
 Head couple sashay down and sashay back,
 Head couple cross over and chain down the line.
 Meet at the foot and swing sashay.
 All the rest face front and forward march,
 And the first couple makes an arch.
 Under the arch to your places all,
 And all clap hands and back to the call.

Repeat until all dancers have had a chance to be in the "head couple" position.

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Patty-Cake Polka

Type: Mixer

Music: 4/4 time

Call:

Heel-toe, heel-toe, slide, slide, slide.

Heel-toe, heel-toe, slide, slide, slide.

Right hands up – Clap clap clap!

Left hands up – Clap clap clap!

Both hands up – Clap clap clap!

And slap your knees – Slap slap slap!

Swing your partner and move one down.

Repeat until all dancers are in their original position.

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Centres Fall

Type: Breakdown

Music: 4/4 time

Call:

Now it's into the centre and centres fall,
 Swing away with the corner doll,
 Promenade her all around the hall.

[Break]

Up to the centre and back to the wall,
 Swing away with the corner doll,
 Promenade her all around the hall.

[Break]

Now it's into the centre and centres fall,
 Swing away with the corner doll,
 Promenade her all around the hall.

[Break]

Up to the centre and back to the wall,
 Meet and swing your own wee doll,
 Promenade her all around the hall.

Places all and listen to the call,
 Allemande left all over the hall,
 Allemande right when you hear my call,
 Allemande left with your corner again.

Right hand to your partner and Grand Chain all.

Rating:

How easy was this dance?

1 2 3 4 5 6 7 8 9 10

SUPER EASY

DIFFICULT

How much did you enjoy this dance?

1 2 3 4 5 6 7 8 9 10

IT WAS OKAY

AMAZINGLY FUN

Old Fashioned Square Dancing
 4-H Ontario



Canadian Breakdown

Type: Heads and Sides, Breakdown

Music: 4/4 time

Call:

Head two couples promenade, go 'round the outside ring,
 Right and left through with the first couple you meet,
 Right and left back in the same old track,
 The same two ladies chain across,
 And chain right back.
 Same two couples half promenade,
 Right and left through to your places all.

Repeat, alternating heads and sides for the first "promenade"

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



*Ladies Doce Balinet***Type:** Visiting Dance**Music:** 4/4 time**Call:**

First couple lead out to the right,
 Join your hands and circle a half,
 Ladies do-ce balinet,
 Gents in the river and don't get wet.
 Right hand lady with the right hand around,
 Meet your partner and promenade around.
 It's on to the next and circle a half...
Repeat with third and fourth couples

Rating:*How easy was this dance?*

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Texas Star

Type: Breakdown**Music:** 4/4 time**Call:**

Ladies to the centre and back to the bar.

Gents go in with a right hand star.

Right hand out, left hand back, make your feet go whickety-whack.

Meet your partner, pass her by,

Take the next one on the fly.

Gents swing out and girls swing in,

Form your Texas star again.

Break and swing this new girl 'round,

And promenade around the town.

Repeat until all dancers are with their original partner.

Rating:

How easy was this dance?

1	2	3	4	5	6	7	8	9	10
SUPER EASY								DIFFICULT	

How much did you enjoy this dance?

1	2	3	4	5	6	7	8	9	10
IT WAS OKAY							AMAZINGLY FUN		



Project Evaluation and Feedback

For members and parents to complete at the end of the project.

I joined this club because _____

I really enjoyed the meeting where we _____

My least favorite activity/topic was when we _____

Something I learned this year that I did not know before was _____

Something I would like for us to do next club is _____

Parent/ Guardian comments

During this club I learned _____

For the next club I would like to see _____

Leader Comments

During this club you did a great job of _____

AdditionalComments _____

*After your own reflection, and if you feel comfortable, hand in this sheet to your leader.
Your comments will help leaders improve the project the next time it is led.*



Reference Book

Old Fashioned Square Dancing



THE 4-H PLEDGE

"I pledge:

My Head to clearer thinking

My Heart to greater loyalty

My Hands to larger service

My Health to better living

For my club, my community and my country."

THE 4-H MOTTO

Learn to do by doing

PROVINCIAL 4-H OFFICE

5653 Hwy 6 N, RR 5

Guelph, ON N1H 6J2

1-877-410-6748

PH: 519-824-0101

FX: 519-824-8759

Email: inquiries@4-hontario.ca

WEBSITE

www.4-hontario.ca

Original Locally Submitted Project written by: Susan Humphries, Marilyn Misener,
Barb Scott Cole and Lynn Campbell Clelland

Additions by: Sarah Cornwell

Layout: Stephanie Craig

Editing committee:	Megan Burnside	Evan Hickey
	Melanie Corwell	Sharon Judd
	Murray Fraser	Barb Scott-Cole
	Joan Malcolm	Murray Smith

4-H Ontario grants permission to 4-H volunteers to photocopy this 4-H program resource for use in their local 4-H program.

Date: October, 2009

Front Cover Images: Black and White Photos: Seattle Municipal Archives <http://creativecommons.org/licenses/by/2.0/>
Thanks to Taylor Connell and Jamie Sargeant of Grenville 4-H and the Brant County Square Dancing Club 2009!



Old Fashioned Square Dancing
4-H Ontario

Table of Contents

Welcome and Objectives	pg. 4
Volunteer and Member Responsibilities	pg. 5
Achievement Program	pg. 5
How to Use This Manual	pg. 6-7
Planning a Meeting	pg. 8
Leaders Planning Chart	pg. 9
Leader Tips	pg. 10
Pledge Page	pg. 11
Record Book Activity Answers	pg. 12-14
Glossary of Terms	pg. 15-17
Resource List	pg. 18
References	pg. 19
Project Completion Certificate	pg. 20
Meeting 1 - Introducing Square Dancing	pg. 21
Meeting 2 - The History of Square Dancing	pg. 34
Meeting 3 - For Those Who Want to Call	pg. 50
Meeting 4 - Expanding Horizons: Other Traditional Dances	pg. 59
Meeting 5 - Elements of Competition	pg. 76
Meeting 6 - Planning a Square Dancing Event	pg. 87

Table of Contents - Dances

Chase the Lady	pg. 33
Introductions	pg. 40-41
Endings	pg. 42-43
Birdie in the Cage	pg. 47
Duck for the Oyster	pg. 48
Take Your Ladies Back to Back	pg. 49
Take Your Opposite	pg. 57
Grapevine Twist	pg. 58
Dip and Dive	pg. 73
Waltz Quadrille	pg. 74
Texas Twirl	pg. 75
Chain the Ladies	pg. 84
Forward Four in Line	pg. 85
Down the Centre and Cast off Six	pg. 86
Grand March	pg. 92
Virginia Reel	pg. 93
Patty-Cake Polka	pg. 94
Centres Fall	pg. 95
Canadian breakdown	pg. 96
Ladies Doce Balinet	pg. 97
Texas Star	pg. 99



An Introduction to Square Dancing

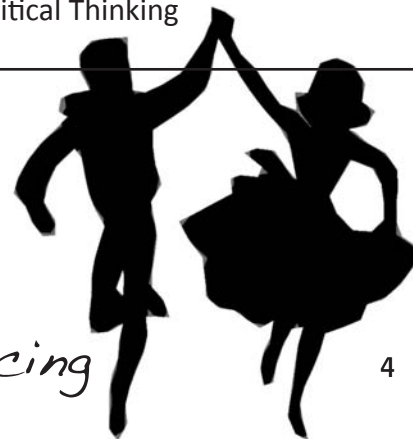
Square dancing has been a popular form of recreation since the days of Canada's earliest settlers. These traditional square dances have often been handed down for generations and today's dancers may enjoy the same calls and music that their great-grandparents did. The desire to have fun and maintain tradition attracts many young people to the call of "Honour your Partner".

Objectives of 4-H Ontario's Old Fashioned Square Dancing Project

- Develop skills in square dancing, public speaking and judging
- Maintain a tradition - Square Dancing could become a lost art
- Improve fitness and have fun at the same time
- Develop the ability to work with a group cooperatively
- Put the 4-H motto "Learn to Do by Doing" into action by developing in the members the 4 "H"s - mentally, emotionally, physically and socially

This project is aimed at learning a basic level of square dancing proficiency. Practice makes perfect, and the more often a person square dances, the better they will become. This project offers members the opportunity to improve on the following skills:

Hard Skills Learned by Participation in this Project	Soft Skills Learned by Participation in this Project
Square Dancing Ability	<ul style="list-style-type: none"> • Following Direction • Agility • Physical Fitness • Working Cooperatively
Public Speaking and Calling Ability	<ul style="list-style-type: none"> • Confidence • Communication • Leadership
Audio Equipment Experience	<ul style="list-style-type: none"> • Problem Solving • Communication
Event Planning Experience	<ul style="list-style-type: none"> • Time Management • Scheduling • Teamwork • Following through on commitment
Knowledge of Square Dancing Calls and their Development	<ul style="list-style-type: none"> • Creative Writing • Problem Solving
Sewing Skills	<ul style="list-style-type: none"> • Creativity (with Textiles) • Measurement and Calculation
Judging Skills	<ul style="list-style-type: none"> • Reasoning and Critical Thinking • Decision Making



As a club volunteer your responsibilities are to:

- Complete the volunteer screening process and attend a volunteer training session
- Notify the local Association of the club, arrange a meeting schedule and participate in club meetings, activities and the Achievement program
- Have membership lists completed and submitted to the local Membership Coordinator, along with fees collected (if applicable) by the end of the second meeting.
- Review project material in the Reference Book to familiarize yourself with the information and adapt it to fit your group. Be well organized, and teach the material based on your group's age, interests, and experience levels.
- Have members fill out a Health and Safety Form and identify any health concerns. Ensure that all members, leaders and parent helpers know the appropriate actions during an emergency.
- Organize the club so that members gain parliamentary procedure, judging and public speaking skills, in addition to as square dancing skills.

Club member responsibilities are to:

- Participate in at least 2/3 of his/her own club meeting time.
- Complete the project requirements to the satisfaction of the club leaders.
- Take part in the project Achievement Program.
- Use and complete the Members Record Book.
- Cooperate with other club members
- Share in the responsibility of providing supplies and tidying up after each meeting.

Before the Club Starts

1. Advertise the club in your area through local schools, churches, 4-H members, parents, etc.
2. Talk to people who you feel would be good resources for this club. Perhaps they can give you some extra information, resources, or handouts for the members. They may also be willing to come and speak to (or call for) the group.
3. Read the topic information and make sure you are familiar with the contents. Mark any information you are unsure of and research it before the meeting.

Achievement Program

Each 4-H project is completed with an Achievement Program. This is an opportunity for the club members to share what they have learned with the community and to improve the visibility of 4-H. Planning for the Achievement Program should involve all club members. Some ideas for your program follow.

- The club (or a group of clubs within the association) organizes a dance (this also creates an opportunity to fundraise for the next club). Each club can demonstrate their dancing and calling skills to the community at large.
- Organize a competition among local 4-H and Junior Farmers square dance groups.
- Participate in a local fair, Plowing Match, Sing Swing (a Junior Farmers square dance event), or join another square dancing club's event.
- Showcase your talent at a community event.



How to Use this Manual

4-H Ontario's Square Dancing Project is made up of two parts:

The Reference Book

The Reference Book is laid out in six meetings and covers the following topics:

Meeting 1 - Introducing Square Dancing

Meeting 2 - The History of Square Dancing

Meeting 3 - For Those Who Want to Call

Meeting 4 - Expanding Horizons: Other Traditional Dances

Meeting 5 - Elements of Competition

Meeting 6 - Planning a Square Dancing Event

Each meeting has been broken down into an Introduction with Sample Meeting Agendas, Topic Information and Activities.

Sample Meeting Agendas are at the beginning of each meeting and at least two agendas are provided for each meeting. These agendas give suggestions for appropriate pairings of topic information and dances, along with judging and public speaking activities. The meetings include more topic information and activities than can be included in a three hour meeting. There is enough varied content in this project to complete three consecutive clubs with little overlap. Remember that the attached agendas are suggestions, and that these suggestions will not work for all groups. Think about your group's skills and attention levels and remove items accordingly. It is your job as the leader to cut unneeded items and tailor your meeting to the skill level of your members. The dances are ordered roughly in order of difficulty, so work through as far as you can, and remember to have fun! Square dancing isn't meant to be stressful!

There are also at home activity suggestions under "Dancing all Week Long". Be sure to emphasize that these activities are optional, and are for members who would like to continue their square dancing activities through the week.

Activities should be used in combination with discussion of topic information to teach members in a hands-on, interactive learning environment. Most activities are broken down into the following sections to assist you in organizing and preparing for club activities:

- Purpose – briefly outlines the main goal of the activity
- Age Group – indicates the age of members to whom that the activity should be targeted. It is important to note that some members may have learning or maturity levels above or below their age and that the success of some activities may also depend on the interest and experience of members, regardless of age.
- Time Allotted – the expected time required to complete the activity during club time.
- Preparation & Equipment – a list of supplies needed to complete the activity and/or preparation that must be done in advance of the meeting to run the activity.
- Instructions – Directions to give members to complete the activity.
- Debrief – This section is very important. While completing many of the activities is a fun experience, it is important that the members are learning something as well. The Debrief section links the activity to the Topic Information.



The Record Book

This booklet is designed for members to record information throughout the club. Recording their goals and accomplishments, what they have learned, and how much they have practised.

The Record Book should be given to each member at the beginning of the first meeting. Ask members to keep it in a binder so they can add to it easily. Print or photocopy pages from the Reference Book that you think will benefit the members either as a resource, or in an activity. Pages labelled with the clover icon (shown below on lady's skirt) are suggested pages to distribute to members, either as a complete booklet at the beginning of the club or in smaller units at each meeting. As the Record Book is added to, over the course of the club, it will become a type of "members manual".

Go through the Record Book with the members and explain the charts and forms. Encourage them to use their Record Books, and record as much information as possible.

The Reference Book includes each call with directions to help leaders learn the moves and arrangements of the different dances. These copies will be easier to teach from, but you should call from the Record Book Dance Log, which shows the lines of the call more clearly. Members should be encouraged to make notes on how to perform the call, and what moves the call entails on the Dance Log in their Record Books. However, if members are having difficulty with a call, photocopy the call from the Reference Book, as it will clearly explain the moves and maneuvers required for the dance.

On pages 12 - 14 of the Reference Book you will also find the answers to activities found within the Record Book.



Planning a Meeting

Plan your meetings well. Make sure to read all the information well in advance so you are prepared and ready to dance!

Before Each Meeting

- Read the topic information and activities thoroughly and photocopy any relevant resources for the members' Record Books. Particularly useful material should be marked with a clover leaf. The clover leaf means that the marked sheet would be a useful photocopied handout for the members.
- Be familiar with the knowledge presented in the articles. Think of imaginative ways to present the information to the members. Do not rely on just reading the information aloud.
- Gather any equipment and/or resources that need to be brought to the meeting. These may include sound equipment, sewing supplies, or simply paper and pencils.
- Review available resources, plan the meetings and choose activities and themes that compliment the ages and interests of your members.
- Each 4-H project must be held over a period of at least 4 separate meetings, totaling a minimum of 12 hours. Typically, 4-H meetings are approximately 120 minutes (2 hours) in length. Before each meeting, create a timeline to ensure that you are providing an adequate amount of instructional time for club completion.

Included in the following pages is a Leader's Planning Chart to help with the planning of meetings. In addition to the chart, keep track of what went well and what should be changed next time, because each time this project is run, the content of the meetings can be different!

When planning each meeting, a typical 4-H meeting agenda should include the following:

- | | | |
|-------------------------------|--|---|
| • Welcome | • New Business: local and provincial 4-H activities/ opportunities, upcoming club activities | • Social recreation and/or refreshments |
| • 4-H pledge | • Meeting content and activities | • Adjournment |
| • Roll Call | • Clean-up | |
| • Secretary's Report | | |
| • Treasurer's Report (if any) | | |
| • Press Report | | |

Judging and Public Speaking

Each meeting must include either a judging or public speaking activity.

- Judging activities give the members an opportunity to use judging techniques as part of the learning process. Through judging members learn to evaluate, make decisions and communicate with others. They also develop critical thinking skills, confidence and self-esteem. Many examples are given throughout this book - but use your imagination! As long as members are setting criteria, and critically thinking about where the items fit within that set of criteria, they are learning the basic skills of judging!
- A public speaking activity has been provided for each meeting, but public speaking can be included in the Roll Call or social recreation time too. These activities do not need to involve the topic of square dancing as the outcome is more about understanding the concepts of effective communication.



Leader's Planning Chart

Mtg. #	Date/Place	Topics Covered	Activities	Materials Needed

Leader Tips

The teaching style that is used in this project is facilitation, rather than lecture. Here are some tips to think of when using this style:

- Create an environment for learning. Usually the best set up is a discussion circle. Introduce the intent of the activity and the purpose behind it.
- Help the members do the activity. Often you will be participating along with the group.
- Ask questions to draw out the points in the discussion. If the members don't come up with all relevant points, you can ask some leading questions that guide the discussion to other possible answers. See where the discussions lead – don't interfere too much. Try to ask questions, and not suggest that there are any "right" answers. Make sure that all members are involved. Ask quiet members for their point of view. Tell more dominant members "Thanks for your input, now let's hear from someone else".
- Roll Calls are designed to get the members thinking about current and past topic information, as well as to check the attendance.
- Topic information is the material is presented in article format, which is interspersed with activities. The articles and background information can be presented in a number of ways. Simply reading the material can be boring, and you may find that the members' attention is better held if you intersperse the information into the relevant activities, or only read part of the sections as an introduction to the partner activities. You may discover other clever ways to disseminate the information.
- Members will appreciate it if you demonstrate the activity first and show that you are as willing to get as involved as they are. Be sure to slowly walk through each new dance to allow the members to become familiar with each new element as it is introduced. Don't expect Fred Astaire and Ginger Rogers to appear! Some members will pick up the dances more quickly than others.
- There are many different styles and approaches to square dancing and there is no absolutely right way to dance. It is important that each member feels comfortable dancing and learns to enjoy dancing. Encourage and thank each member for participating. Positive reinforcement is giving compliments and praise for a job well done. Be generous with your positive reinforcement, and your members will become better dancers with less stress and more confidence.
- The proportion of boys to girls can pose a challenge at times. General statistics tell us that 4-H has more female members than male members. Your club will likely be unevenly balanced as well. Be sure to cycle the members through both positions from week to week. This style of "all-position" dancing is gaining popularity and can add variety to calls and dances. Look at this "issue" positively, and it won't cause problems and tension.
- There are a lot of local variations on square dances. The onus is on the leaders to search them out. Ask local traditional square dancing clubs, and check online resources also.
- This project can appeal to both rural and urban 4-Hers. Youth everywhere can square dance!



I pledge:
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service, and
My Health to better living.
For my club, my community and
my country.



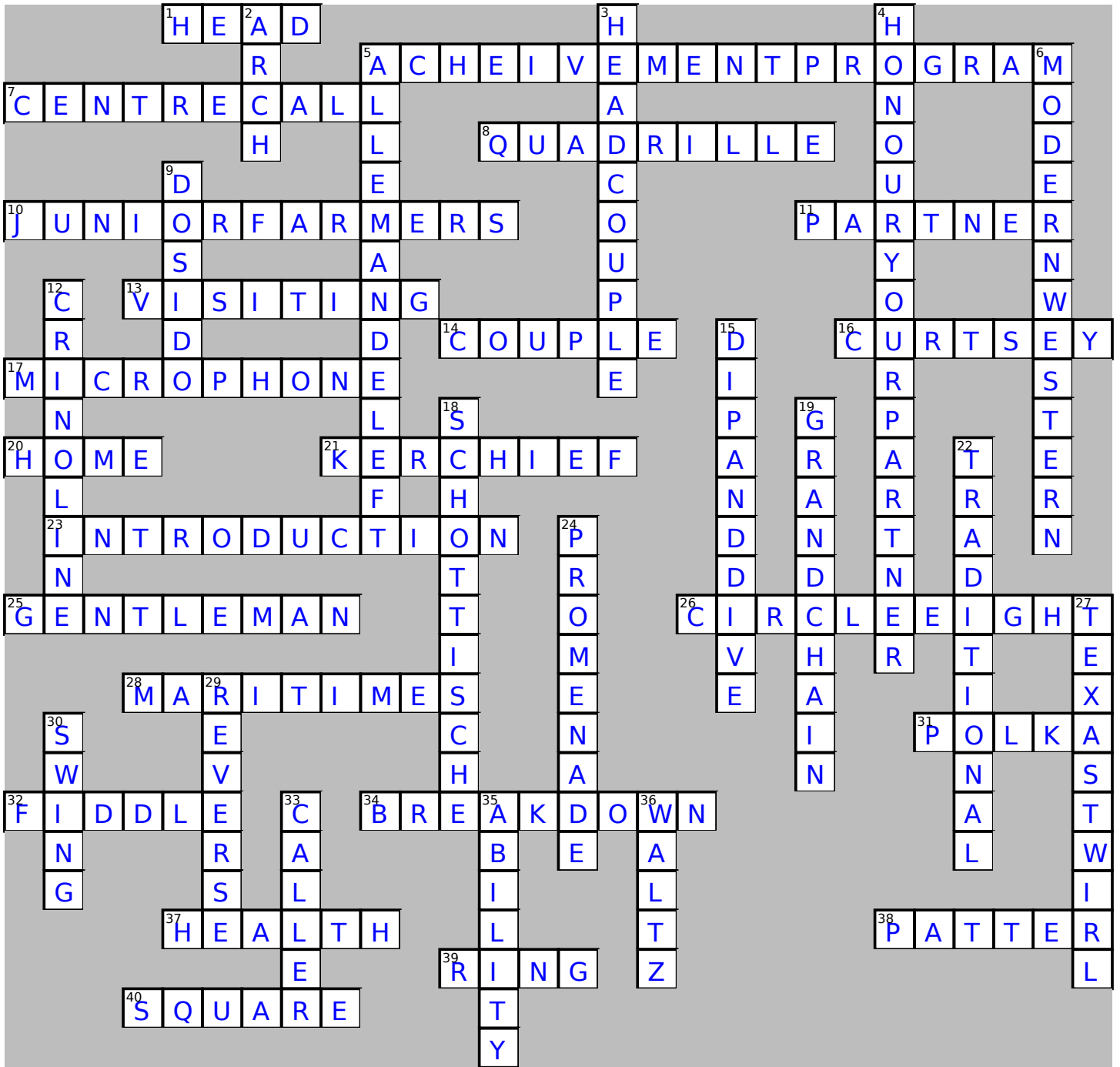
**Bring this page to each meeting and post where all members can see.*

Record Book Activity Answers - Word Scramble

daaelmenl	<i>allemande</i>
crha	<i>arch</i>
elnacba	<i>balance</i>
cecilr	<i>circle</i>
dlay	<i>lady</i>
negt	<i>gent</i>
qusrea	<i>square</i>
rtcuyse	<i>curtsey</i>
edanc	<i>dance</i>
doosdi	<i>dosido</i>
cnrero	<i>corner</i>
ssayah	<i>sashay</i>
dangr hnaci	<i>grand chain</i>
ttaerp	<i>patter</i>
poenardme	<i>promenade</i>
teranrp	<i>partner</i>
svreere	<i>reverse</i>
daielqlru	<i>quadrille</i>
emagnletn	<i>gentleman</i>
reallc	<i>caller</i>
hcegan	<i>change</i>
cirooidnntut	<i>introduction</i>
kwabodrne	<i>breakdown</i>
sintgiiv	<i>visiting</i>
olirenicn	<i>crinoline</i>
oendhow	<i>hoedown</i>
lpako	<i>polka</i>
cohhsctestic	<i>schottische</i>
wzatl	<i>waltz</i>



Record Book Activity Answers - Crossword



Glossary of Terms

- All-Position:** In this style of dancing, the gender of the dancers does not matter. Dancers dance in the left or right position, regardless of their sex.
- Body:** The body is the part of the call from which the figure gets its name. It is the primary structure of the dance, and takes up most of the change. Dip and Dive, Chain the Ladies, and the like are all body sections.
- Break:** After the body is performed by the active couple, a break will be inserted before repeating the body. The break involves all members of the set and is meant to keep everyone moving and paying attention to the call. Allemandes, swings, and do-si-dos are all common break moves. The break is sometimes known as filler.
- Breakdown:** A breakdown is a type of change where all the dancers are active and dance at the same time.
- Caller:** The caller calls the dances and directs the moves. The caller is usually also responsible for cueing the band or other music source. Callers may also be in charge of the program, announcing intermissions, and organizing get-togethers.
- Changes:** A dance within a set of dances. Square dances generally have three changes to a set.
- Contra Dance:** A type of traditional dance done in facing rows rather than in squares. The Virginia Reel is an example of a contra dance that is included in this manual.
- Corner:** The lady to a gent's left, or the gent to a lady's right is known as a dancer's corner.
- Ending:** The caller lets the dancers know that the particular change is finished with the ending. A centre call or thank-you are common endings.
- Feedback:** The high pitched squealing sound made by a speaker when the microphone is in front of it or is turned up too loud.
- Figure:** An alternate term for a combination of moves or a dance. E.g. "Dip and Dive" or "Right and Left Through" couple both be considered figures.
- Fourth Couple:** The couple to the left of the head couple. They are also known as a side couple.
- Gent:** The person on the left in a couple. Usually male.



- Head or Head Couple:** The couple with their back to the music. They are often known as the first couple. When head is plural ("heads") it refers to both the first and third couples.
- Heads and Sides Dance:** This is a type of change where opposite couples (either the heads or sides) are active at one time. The heads can dance with each other or each can dance with the indicated side couple.
- Hoedown:** The hoedown is a type of visiting dance where the body of the dance changes when the active couple changes. This type of dance is for more experienced dancers who are familiar with all the dances used. Hoedown can also refer to fast square dancing music in 2/4 time.
- Hold:** The position that the lady and gent are joined in is called the hold. If they face each other it is known as a closed hold, and if they both face front it is known as an open hold. These are the main variations used in square dancing, but ballroom dancing has even more varieties that may be explored.
- Introduction:** The introduction is the beginning of the call where the tempo of the dance is set. The introduction gives the dancers a bit of time to familiarize themselves with the music and the caller. "Honour your partners, Corners address" is a very common introduction, although there are many more.
- Lady:** The person on the right in a couple. Usually female.
- Modern Western Square Dance (MWSD):** A variety of square dance that is done with standardized moves rather than traditional dances. MWSD has a number of other differences from traditional square dancing that are outlined in meeting five.
- The Ring:** Outside of the set/square. This figure is also known as "Outside Track".
- Patter:** The instructions relayed by the caller. The patter can refer to the entirety of words called, or just the words in between the actual instructions. The patter is also known as the call. Words in between instructions are also known as filler.
- Quadrille:** The French precursor to the North American square dance. The quadrille was performed in a square, and usually had five changes per set. Some older dancers use quadrille to mean square dance.
- Second Couple:** The couple to the right of the first, or head couple. Also known as a side couple.
- Set:** Another name for a square of dancers. Set is also used to refer to a number of changes performed together at an event. A square dance generally has three changes to a set, while the quadrille had five. Different sets may be separated by an intermission.



- Square:** A group of four couples arranged into a square. Each couple forms one side of the square. Also known as a set.
- Third Couple:** The couple across from the first couple. They are also known as the foot couple and dance as a "head" in a heads and sides dance.
- Visiting Dance:** Visiting dances are a type of change where there is one active couple which moves between the other couples and dances with them each individually.
- Waltz:** A traditional couples dance done to music in 3/4 time.



Resource List

Free Music:

- Roots of American Fiddle Music (cheap music also): <http://www.1001tunes.com/>
- Subscribe to Folk music iTunes Podcasts. A good one to try is the Old Time Seattle tune of the Month. <http://oldtimeseattle.com/tuneofthemonth/Rockthebow.xml>
- Search for streaming folk music (try searching for Appalachian folk) at <http://www.live365.com/>, an online radio streaming website.
- <http://www.YouTube.com> : Check out live recordings by plenty of different folk musicians. Some folk independent record labels upload songs to YouTube. This is an especially good way to find rarer music like Schottisches. A good place to start is Voyager Records: <http://www.voyagerrecords.com/> YouTube ID: vpwillnw

Inexpensive Music:

- Canadian Folk Music Alliance: <http://folkalliance.ca>
- Old Time Music: <http://www.oldtimemusic.com/>
- Field Recorder's Collective: <http://www.fieldrecorder.com/>
- If you have a record player, thrift stores can be a good source of square dancing records. You may also have luck at estate sales and garage sales. Some good deals can also be found on Ebay, Kijiji and other online shopping sources.

Dance Sources:

- The Canadian Olde Tyme Square Dance Caller's Association: <http://sca.uwaterloo.ca/cotsdca/>
- Lloyd Shaw Foundation: <http://lloydshaw.org/>
- Contra Dance Database: <http://www.cambridgefolk.org.uk/contra/dances/>

Square Dancing Groups:

- Junior Farmer Groups
- The Canadian Olde Tyme Square Dance Caller's Association: <http://sca.uwaterloo.ca/cotsdca/>

Modern Western Style Groups:

- Canadian Square and Round Dance Society (CSRDS): <http://www.csrds.ca/>
- Ontario Square and Round Dance Federation: <http://www.squaredance.on.ca/>
- Eastern Ontario Square Dancing Association: <http://www.eosarda.ca/>
- Square and Round Dancers of South-Western Ontario: <http://www.swosda.ca/>
- International Association of Gay Square Dance Clubs (IAGSDC): [http:// www.iagsdc.org](http://www.iagsdc.org)

Other:

- Beats per Minute Tool: <http://www.all8.com/tools/bpm.htm>
- Online Square Dancing Resources (mostly MWSD): <http://www.ceder.net/>
- "Square Dancing" video, produced by Sets in Order magazine. This video is included on the CD that comes with this project manual, and can also be accessed via http://www.archive.org/details/square_dancing. Please keep in mind that many of the terms and dances are different than the ones discussed in this manual (particularly do-si-do). These are cultural and local variations, so please don't be confused!



References

- American Square Dance. Margot Mayo. Sentinel Books Publishers Inc. New York, New York, USA. 1943.
- American Square Dances of the West and Southwest. Lee Ownes. Pacific Books. Palo Alto, California, USA. 1949.
- The Barn Dance Returns. Pamphlet printed by the National Recreation Association. circa 1937.
- Contemporary Square Dance. Patricia A. Phillips. Wm.C. Brown Company Publishers. Dubuque, Iowa, USA. 1963.
- The Country Dance Book. Beth Tolman and Ralph Page. A.S. Barnes and Company. New York, New York, USA. 1937.
- Cowboy Dances: A Collection of Western Square Dances. The Claxton Printers, Ltd. Caldwell, Idaho, USA. 1949.
- For Those Who Want to Call. O.M.A.F. Information provided at Bark Lake Leadership Camp. 1986.
- Honour Your Partner. Compiled by Ed Durlacher. The Devlin Adair Company. New York, New York, USA. 1949.
- Kentucky Mountain Square Dancing Running Set. The English Folk Dance and Song Society. Cecil Sharp House. London, England. 1968.
- The Round Dance Book. Lloyd Shaw. The Claxton Printers Ltd. Caldwell, Idaho, USA. 1940.
- Square Dances of Today and How to Teach and Call Them. Richard G. Kraus. The Ronald Press Company. New York, New York, USA. 1950.
- A Supplement to Raymond Smith's Square Dance Hand Book. Pamphlet circa 1950.
- Wes McVicar's 75 Favourite Square Dance Calls. Wes McVicar. Gordon V. Thompson Ltd. Toronto, Ontario, Canada. circa 1955.



Image: Roadsidepictures <http://creativecommons.org/licenses/by-nc/2.0/>

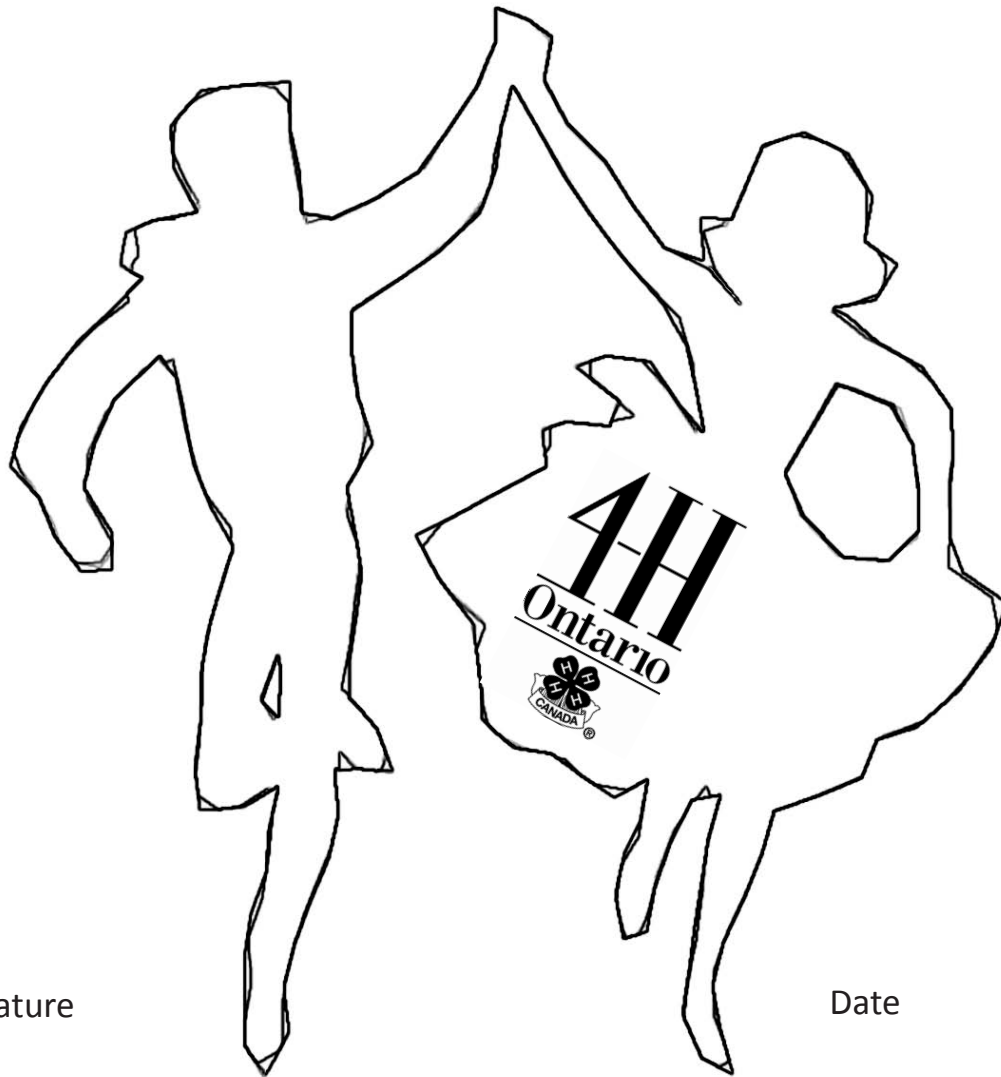


Old Fashioned Square Dancing
4-4 Ontario

Congratulations

on successfully completing 4-H Ontario's

Old Fashioned Square Dancing Project



Leader's Signature

Date

Meeting 1 - Introducing Square Dancing

Meeting Objectives

1. Learn the basics of square dance music and finding the beat.
2. Learn the basic skills and moves to square dancing.
3. Learn the body of one dance.

Roll Calls

*What do you know about square dancing?
Have you ever square danced before and if so, where?
What would you like to learn in this club?*

Tips for Leaders

- Put emphasis on the most important moves. Don't stress if your members can't memorize the entire list by the end of the night (they have time to practice at home). Start with allemandes, swings, promenades, and do-si-dos. These moves come up in almost every call and are necessary to dancing. Moves that are rarer are usually explained by the caller prior to dancing, so focus on the basics.
- Don't assume that just because you have gone through the basics that the members will be able to keep up or understand all of the calls the first time through. Go slowly at first and explain every move.
- Have senior members (or brave beginners) demonstrate the moves as the group goes through the list of maneuvers. You can also set the members into squares (mixing senior and junior members) and have them demonstrate as you go through the list.

Music Sources

Free Music

- Roots of American Fiddle Music (cheap music also available): <http://www.1001tunes.com/>
- Subscribe to Folk music iTunes Podcasts. A good one to try is the Old Time Seattle tune of the Month. <http://oldtimeseattle.com/tuneofthemonth/Rockthebow.xml>
- Search for streaming folk music (try searching "Appalachian folk") at <http://www.live365.com/>, an online radio streaming website.
- <http://www.YouTube.com> : Check out live recordings by plenty of different folk musicians. Some folk independent record labels upload songs to YouTube. This is an especially good way to find rarer music like Schottisches. A good place to start is Voyager Records: <http://www.voyagerrecords.com/> YouTube ID: vpwllnw

Inexpensive Music

- Canadian Folk Music Alliance: <http://folkalliance.ca>
- Old Time Music: <http://www.oldtimemusic.com/>
- Field Recorder's Collective: <http://www.fieldrecorder.com/>
- If you have a record player, thrift stores can be a good source of square dancing records. You may also have luck at estate sales and garage sales. Some good deals can also be found on Ebay, Kijiji and other online shopping sources.



*Old Fashioned Square Dancing
4-H Ontario*

Sample Meeting Agenda - 2.5 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Elect executive, hand out Record Books and discuss club requirements. Fill out club and member information in Record Books, and have each member fill out their "Member Expectations and Goals" page.	20 min
Topic Information Discussion	What is Square Dancing? Have members fill out their "Layout of a Square" page in their Record Books.	10 min
	Review Basic Maneuvers	15 min
Activity Related to Topic Information	Activity #1: Following the Beat	20 min
Dance	"Chase the Lady"	50 min
Public Speaking/ Judging Activity	Activity #3: Announcing the Alphabet	15 min
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Practice "Chase the Lady" and basic moves.	

Sample Meeting Agenda - 2.25 hrs

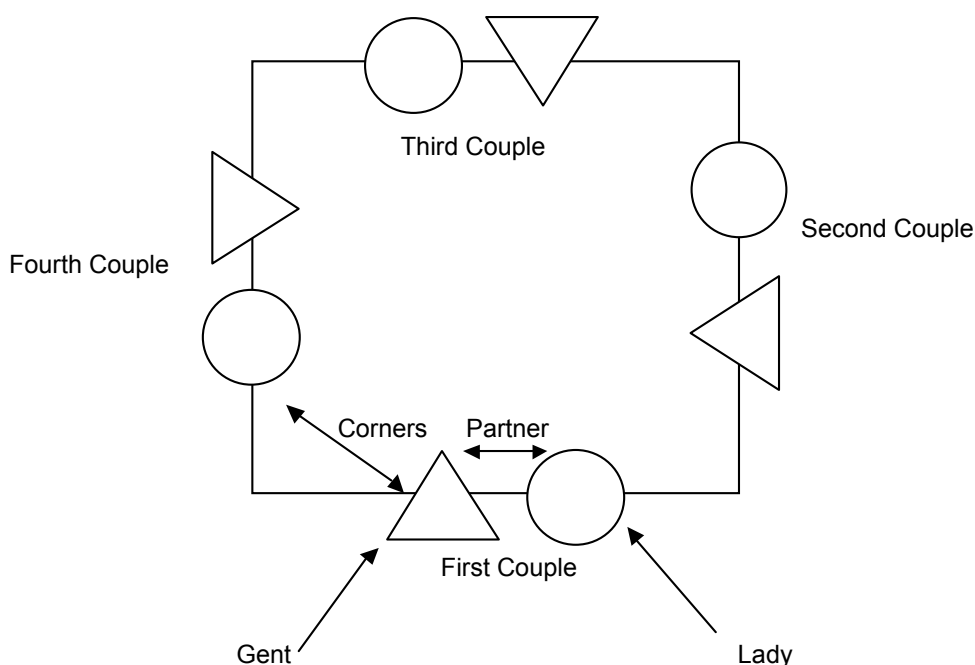
Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Elect executive, hand out Record Books and discuss club requirements. Fill out club and member information in Record Books, and have each member fill out their "Member Expectations and Goals" page.	20 min
Topic Information Discussion	What is Square Dancing?	10 min
	Music for Square Dancing	20 min
Activity Related to Topic Information	Activity #2: Simon Says, "Square Dance"!	30 min
Dance	"Chase the Lady"	30 min
Public Speaking/ Judging Activity	Activity #4: Introduction to Judging	15 min
Wrap up, Adjournment, Social time and Snacks		5 min
Dancing All Week Long	Practice "Chase the Lady" and basic moves. "Word Search" found in members' Record Books.	



Topic Information

What is Square Dancing?

Square dancing is a form of patterned dance that is done in groups of 4 couples. A square or set is formed when the couples each form one side of an imaginary square and face the square's centre. The lady is always on the right side of her gent, and they are considered each other's partners. In addition to having a partner, each dancer also has a corner. The corner is the lady to a gent's left, or the gent to a lady's right. While this is the traditional gendered arrangement, it is now acceptable for the genders to be switched, or for same-gendered couples to be partnered together. These non-traditional arrangements are known as dancing all-position. Even when dancing all-position, the person who starts on the left is still usually referred to as the "gent" and the person on the right is the "lady".



There are also names for each couple. The head, or first couple, is the couple standing with their backs to the caller and music source. The couples are then labeled counter-clockwise as the second, third, and fourth couples. The second and fourth couples are known as the side couples, and the third couple is sometimes known as the foot.

Once the couples arrange themselves in a set, they are ready to begin the dance itself, sometimes called a figure. The caller will begin to relay instructions in what is called a patter. The patter consists of the call moves, plus filler phrases that aid the dancers in keeping time. The calls and patter can be traditional dances with fairly rigid guidelines, or can be improvised by the caller. The dancers follow the instructions relayed by the caller and voila, square dancing! Square dancing takes practice, and keeping up with the caller can be very challenging at first! Try your best to keep the beat, follow the music and keep up.



Music for Square Dancing

In the earliest days of Square Dancing, the dancers would move through the calls accompanied by clapping, stamping of feet, and singing because there were few musical instruments available to North American settlers. Some religious groups frowned on dancing and, because no music was played, early square dancing was permitted and not considered “dancing”!

Later, Square Dancers were accompanied by fiddlers, harmonicas and the banjo. Today, fiddlers with piano or drum accompaniment to keep the beat are the most common music source. There are, however, many records, cassettes, and CDs available. You may wish to create a CD of your favourite dancing tunes for dancing and calling practice.

The beat of the music is essential to square dancing. Jigs, reels, and breakdowns are the types of fiddle music most commonly used. The music is most commonly in 4/4 time. This means that there will be a 4 beat musical bar that has emphasis on the first beat. Jigs and Reels also commonly use a 2/4 time, which is similar. To dance and call well, a person must be able to follow the beat and match their steps or calls to it.

Common Square Dancing Maneuvers

All square dances, regardless of their name, or the tune to which they are danced, consist of a sequence of basic figures and patterns. These basic moves can be combined in many different ways to create unique square-dancing calls. Once you understand these common maneuvers, and can follow the beat of the music, it becomes easier to follow your caller’s direction.

Don’t let the different names of the moves confuse you; they are there to provide variety to the call. You will encounter more names throughout the project, and in travels to other square dance gatherings. These moves will take you through most of the calls you will encounter. Learn to listen for them within the caller’s patter. Some callers call moves different ways in different places, but the basic phrases stay the same.

The most common moves are listed on the following pages.



Glossary of Common Moves

- Address:** Partners face each other. Ladies curtsey, gents bow. Also known as “Honour” and “Bow”. The move described as “Balance” is another alternative to common “curtsey / bow address.
- Allemande Left:** Corners join their left hands, walk 360° around each other, and back into place.
- Allemande Right:** Partners join their rights hands, walk 360° around each other, and back into place.
- Arch:** Couples join their inside hands and raise them high, often for other couples to pass under.
- Balance:** This is most commonly done by partners joining their inside hands, then taking one short step back and curtseying/bowing to each other, then stepping back into place. You can also balance your corner by bowing/curtseying to them while having your hand held by your partner. If balance is called within a figure (rather than at the beginning or end of a figure), it may simply mean to two-step while remaining in place.
- Brush:** A common move in line dancing. The brush is done by kicking the leg forward and scuffing the heel on the ground.
- California Twirl:** Used as an alternative to the courtesy turn when both partners are left facing the outside of the square and need to turn to face in (as in “Dip and Dive”). The couples raise their joined inner hands. The gent walks around the lady in a clockwise direction, while the lady walks forward and ducks under their joined hands. They both stop when they are facing the inside of the square.
- Centre Call (or Fall):** A call that asks all dancers to join hands and move to the centre of the square.
- Circle Eight:** The entire square joins hands and circles clockwise (to the left). “Eight” indicates the number of dancers participating. Different numbers can be substituted (i.e. Circle Four, or Six). Always circle left unless the caller says otherwise (they may use “circle right” or “reverse” to accomplish this).
- Circle Half:** A visiting couple joins hands with another couple and circles one half turn clockwise (180° left) with them. This figure is also known as “Four Hands Half”.
- Chain:** Two people switch places by grasping right (or left) hands and swinging by one another. The chain may be lengthened by then grasping another person with the opposite hand and swinging by them, and so on.
- Corner Lady:** The lady to a gent’s left.



- Couple:** A gent and lady who dance together. Each member of the couple is known as a partner.
- Couple on the Right:** The Gent and Lady to the right of the couple being addressed.
- Courtesy Turn:** The gent takes the lady's left hand in his left hand and with his right hand in the small of her back, leads her counter-clockwise and turns with her until they both face the centre of the square again.
- Do-si-do:** Partners face each other and pass right shoulder to right shoulder. They circle around each other without changing the direction they are facing (moving clockwise). It is named for the French "Dos a dos" or "back to back". Do-si-do can also be done with your corner. Traditionally, a do-si-do with your corner is done by passing left shoulders first (moving counter-clockwise).
- Elbow Swing:** Partners (or individuals as directed) hook elbows and walk around each other once.
- Forward and Back:** Take three small steps forward and hold on the fourth, then take another three steps backward into place.
- Grand Chain:** Partners face taking right hand in right hand, pass each other, rotating 180° and meeting the next dancer with their left hand. They rotate the opposite way to meet the next dancer with their right hand, and continue in this way until directed to stop or until back into position. This figure is also known as "Grand Right and Left". Ladies generally move clockwise around the circle, and gents move counter-clockwise, though if the chain is reversed they go the other way.
- Half Promenade:** The partners walk across the square, passing the opposite couple on the right.
- Half Sashay:** Ladies and Gents change places, with the lady passing in front of the gent.
- Home:** The original starting position of the couple.
- Honour:** See "Address".
- Ladies Chain:** Opposite ladies walk to each other, take each other's right hands, walk past each other, and then take the opposite gent's left hand in their own. Gent turns the lady with his right hand about her waist.
- Lead to the Right:** The indicated couple joins their inside hands, step into the centre of the square, and turn right together to face the next couple.
- Opposite:** The person standing across from you in the set.



- Out to the Right:** The lead-off person or couple goes to the couple next to them on the right.
- Outside the Ring:** Outside of the set/square. This figure is also known as "Outside Track".
- Partner:** Lady on the gent's immediate right / Gent on the lady's immediate left. If the caller instructs a dancer to do something to their partner, (eg. Swing your partner), it is generally understood that the caller is instructing the male/left position partner.
- Pass Through:** Opposite couples walk up to each other, and then beside one another. The lady goes between the opposite couple, and the gent goes around. The lady and the gent meet on the other side, and remain facing out until further instruction is given.
- Promenade:** Couples walk around the set in a counter-clockwise direction, with the gents on the inside, and the ladies on the right/outside of the circle. Various hand positions are used for the promenade, e.g. Join right hands in front and left hands joined under the right hands.
- Reverse:** Usually used in a Grand Chain. Meet with right hands, gent places his left hand on the ladies elbow and they walk around one another until they are facing the opposite direction to the starting position. This is the same movement as an allemande.
- Right & Left Through:** Opposite couples walk up to each other, and extend their right hands with their opposite (the lady with the gent of the opposite couple). They pull past each other (keep walking forward), and then give their left hand to their partner. The gent then courtesy turns his partner with a right hand on her waist. This turn results in all the dancers facing the centre of the set again.
- Right Hand Lady:** Lady in the couple on the right.
- Right Hand Across:** Men, ladies, or couples join right hands in centre and walk clockwise in a circle. Often followed by "Left Hands back", which is done with the left hands in the centre, and walking counter-clockwise. This figure is also known as a "Star".
- Ring:** A circle is formed by two or more persons joining hands.
- Sashay:** A side step done with a sliding movement of the trailing leg. Sashay is also spelled Chassee in some resources.
- Split the Ring/Set:** A couple goes through the centre of the set between the opposite couple.
- Square the Set:** Couples make sure they are standing in the correct position in the set. "Square the set" may be used by a caller in an attempt to fix a messy or broken square.



- Swing:** Dancers face each other in waltz position or with a cross-arm hold. Right feet are parallel and almost touching. The left feet are used to push forward using the right feet as a pivot point. Both dancers rotate twice around in a clockwise direction.
- Tamarack:** A step dance or energetic shuffle done in one spot. The name of this step refers to trees cut by lumber workers who would dance in squares for entertainment.
- Turn Right Back:** Go back in the opposite direction.
- Yellow Rocket:** The lady puts her arms around the gent's neck, while the gent picks her up by the waist and swings her to the side.



Activities

Activity #1: Following the Beat

Purpose: To learn how to step and move in time with square dancing music.

Age Group: Everyone, with extra challenge for experienced dancers.

Time Allotted: 20 min

Preparation and Equipment: Music and equipment to play it

Leader Tip - Check the resource section for music sourcing. Try common, traditional square dancing tunes like "Little Burnt Potato" or "Maple Sugar".

Instructions:

Listen to some traditional square dancing music, and try to clap your hands or tap your toes until you can clearly hear and feel the 4/4 beat. You should try to put a little extra emphasis on the first beat.

Once you have the beat, alternating your feet or alternate stepping and clapping.

Some combinations to try:

1	2	3	4
Step	Clap	Clap	Clap
Clap	Step	Step	Step
Right	Left	Left	Left
Left	Right	Left	Right

Keep trying with different tunes and, if you are confident enough, try calling along with the beat! Once you have developed this skill, you will be able to follow your caller, as most moves are called and danced to phrases of four beats.

Senior member challenge: Try doing this activity while listening to waltz music. Waltz music uses 3/4 time, so rather than counting to four, you will have to count to three. Keep the emphasis on the first beat, but remember to only count to three!

Debrief: Why is it important to move to the beat? How can being off beat make square dancing more difficult?

Resources:

Beats per Minute Tool: <http://www.all8.com/tools/bpm.htm> You can use this tool to find the speed of different tunes. Once members learn to find the beat in music, they can use this tool to categorize their music by speed.



Activity #2: Simon Says "Square Dance!"

Purpose: To practice common square dancing moves and recognize them by name.

Age Group: Everyone

Time Allotted: 30min

Preparation and Equipment: Music and equipment to play it (optional)

Instructions:

This fun twist on "Simon Says" uses square dancing moves as the active instructions. Because most square dancing moves require a partner, all of the club members should be paired up.

One senior member or the leader can be "Simon", while the other members of the group listen up. Simon should call square dancing moves, and the members are to follow them only if they are prefaced with "Simon says". If a pair follows an instruction given without Simon's go-ahead, or if they don't follow one of Simon's instructions they are out of the game. The last pair in the game wins.

Good Calls to Use

If in couples: Address or honour, allemande right and left, arch, balance, do-si-do, elbow swing, forward and back, half sashay, promenade, ring, swing, and tamarack.

If in groups of four: couple moves plus circle four, pass through, reverse / turn right back (after a circle or promenade call), right and left through, and right hands across / star.

If in a full square: the above plus circle eight, grand chain, and reverse call (after a grand chain call).

Alternatives:

- If you have a multiple of eight people, the members can be put into squares so that bigger and more complicated moves (like head couple Allemande left with your corner, or Grand Chain) can be incorporated. You may have to give the teams three strikes before taking people out of the team and making the competition between couples.
- When the members are more comfortable with the calls, try a musical chairs variation where all the calls are "live" (all members must complete all calls, none of which are prefaced with "Simon Says"). The pair who completes the call last is out. Depending on the mastery of the calls, you can either give members three strikes, or play "sudden death".

Debrief: Do you understand all of the common calls? What do you need to practice?



Activity #3: Announcing the Alphabet

Purpose: To practice speaking in front of a group.

Age Group: Everyone

Time Allotted: 20min

Preparation and Equipment: none

Instructions:

This activity is meant to ease members in to speaking in front of a group. The members take turns reciting the alphabet to the group. As the speaker does not have to concentrate on what they are saying, they are free to concentrate on the finer matters of public speaking. The speakers should concentrate on making eye contact, speaking at a comfortably audible volume, and inserting expression into their voice. Try making the string of letters questioning, assured, angry, sad, joking, or try to convey other meaning. Hand gestures and facial expressions may help. For example,

ABC? DEFG, HI, JK. LMNOP! QRS, TUV. WXY? Z!

Debrief: Are you comfortable speaking in front of a group? What is an important thing to remember when giving a speech?



Activity #4: Introduction to Judging

Purpose: To become familiar with the conventions of judging and the process used.

Age Group: Junior Members or members who are inexperienced judges

Time Allotted: 15min

Preparation and Equipment: 4 common items, paper and pens for members

Instructions:

Try judging some non-square dancing items to get used to judging and giving reasons. Practice judging items could be ballpoint pens, cookies, running shoes, or any other item that you have four of, and that the members are familiar with. The following scorecard could be applied to a selection of ballpoint pens.

Debrief: What is difficult about judging? How does one give reasons?

Ballpoint Pen Scorecard

Ink Quality

- ink flows easily
- ink does not bleed through the paper /25

Comfort of Use

- the pen is comfortable to hold, and easy to pick up /25

Aesthetics

- the pen has nice design details (ie. sleek shape, colours)
- the pen has few scratches or markings on its body /25

Mess Prevention

- pen has a cap or other means of preventing stains
- pen is in good condition and does not leak /25

Total /100



Chase the Lady

Type: Visiting Dance

Music: 4/4 time

Call:

**First couple out to the right,
Balance there with all your might.**

**Chase the lady 'round the two,
Lady go 'round and the gent cut through,**

[The first lady travels around the right of the second couple, while the gent travels between the gent and lady of the second couple]

**Chase the gent around the two
Gent go 'round and the lady cut through.**

[The first gent turns and travels right around the second couple, while the first lady travels between the second couple]

Swing in the middle, keep time to the fiddle,

[the first couple swings]

And six go around in a great big ring,
[the second, third and fourth couples circle six while the first couple swings]

And on to the next...

[the "chase" is repeated with the third and fourth couples]

Repeat for all couples

Notes and Modifications:

- This dance can be combined with Birdie in the Cage to form a longer visiting dance.



Meeting 2 - The History of Square Dancing

Meeting Objectives

1. Review skills learned last meeting.
2. Discuss square dancing history.
3. Discuss variations in dance and change combinations.
4. Learn a new change and breakdown.

Roll Calls

Do you know anyone who square dances often or belongs to a square dancing club?

How do you think square dancing has changed over time?

What is your favourite square dancing move?

Tips for Leaders

- Be aware that when teaching dances you are in a facilitating role. Try participating with the groups and make sure all the moves are demonstrated clearly.
- Try searching out local square-dancing “specialties”. You can do this easily by inviting square dancers from local groups to show your club a thing or two. These visiting dancers can also give you tips on teaching square dancing and can help you with steps you are unsure about. Even master dancers may find a new perspective or new technique from a visiting dancer.
- If the members are going to use the “Interview a Square Dancer” worksheet (found in the Record Book), be aware that not all members may know a square dancer. Identify some square dancers or square dance groups for the benefit of these members. You might also want

Possible Caller Sources

- Junior Farmer Groups
- The Canadian Olde Tyme Square Dance Caller’s Association (a good source of information as well):
<http://sca.uwaterloo.ca/cotsdca/>

Discussion Questions

1. Square dancing is known as a particularly polite and rule-based type of dancing. Do you think this is an appropriate reputation? Do you like or dislike this aspect of square dancing?
2. What ethnic groups influence Square Dancing where you are from? Are there specific calls or maneuvers that are derived from these groups?
3. Differences in location can mean big differences in calls. Do you think that some calls and moves should be standardized, or is this variety a good thing?



*Old Fashioned Square Dancing
4-H Ontario*

Sample Meeting Agenda - 2.75 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		10 min
Parliamentary Procedure	Minutes and Business	15 min
Topic Information Discussion	Putting it all Together: Changes, Breakdowns, Sets and Hoedowns	20 min
Activity Related to Topic Information	Activity #1: Dancing with Coins	20 min
Dances	"Birdie in the Cage"	70 min
	"Duck for the Oyster"	
Public Speaking/ Judging Activity	Activity #3: Judging Recorded Square Dancing Music	15 min
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Interview a Square-Dancer Handout and Practice new dance moves - Remind members to fill out their "Practise Records" sheet in their Record Books.	

Sample Meeting Agenda - 2 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	History of Square Dancing	10 min
	"Rules for Square Dancing"	10 min
Dances	"Birdie in the Cage"	60 min
	"Duck for the Oyster"	
Public Speaking/ Judging Activity	Activity #2: Two Truths and a Lie	15 min
Wrap up, Adjournment, Social time and Snacks		5 min
Dancing All Week Long	Interview a Square-Dancer Handout and Practice new dance moves - Remind members to fill out their "Practise Records" sheet in their Record Books.	



Topic Information

The History of Square Dancing

Square dancing as we now know it is the result of the merging of various European folk dances into a new form which is unique to North America. In the southern United States, square dancing shows strong Spanish influences, but in Canada, it shows a mixture of both French and English traditions.

The Round dances of England are some of the strongest roots of square dancing. These rounds were performed by an even number of couples, as many as wanted to dance at one time, in a large circle. Instructions were called to either even or odd couples and included breaks and fillers which involved the entire group.

The quadrille was the dance of the court of France and consisted of a series of five dances called changes. Like the round dances, it too required an even number of couples. In Canada the quadrille was changed somewhat. The five changes were reduced to three, the number which became the standard for square dancing. The term "quadrille" is often used interchangeably with "square dance" among older dancers.

English and French dance traditions met in Canada, particularly in the lumber camps of the North and in the East coast. During long winter nights, the men would entertain themselves by dancing to the fiddle, harmonica, and banjo tunes of their homelands. When the loggers returned home to their families in the spring, they brought new jigs, reels and new dances home with them. The square set became the standard for eight dancers (four couples) when the loggers rejoined their wives and girlfriends.

Square dance calls still retain traces of the French dances that they were derived from. Allemande comes from "à la main" ("to the hand") and do-si-do comes from dos-a-dos ("back to back").

As a result of varying ethnic backgrounds, different styles of square dance are practiced in different areas of the province. The basic dance step alone can vary from a shuffle to energetic clogging. The dominant ethnic group of the area often influences some of the standard calls.



Image: Seattle Municipal Archives
<http://creativecommons.org/licenses/by/2.0/>



Old Fashioned Square Dancing
4-4 Ontario

"Rules" for Square Dancing

In the early days of square dancing, rules of conduct were often posted at the door of the hall where the dance was being held. If a gentleman even loosened his tie or a lady chose to dance with the same partner all evening, the manager would promptly inform them of their unsuitable behaviour! Here is a list of rules from a guide written by J.W. Pepper in the nineteenth century.

Prompter's Call-Book and Violinist's Guide

1. A lady or gentleman should finish their toilet before entering the room for dancing, as it is indecorous in either to be drawing on their gloves, or brushing their hair. Finish your toilet in the dressing rooms.
2. A lady should have an easy, becoming, and graceful movement while engaged in a quadrille or promenade. It is more pleasing to the gentleman.
3. A gentleman should make himself sociable, easy, and agreeable in dancing.
4. A lady should never engage herself for more than the following set, unless by the consent of the gentleman who accompanies her.
5. It is very impolite and insulting in either lady or gentleman while dancing in a quadrille, to mar the pleasure of others by galloping around inside or outside the next set.
6. A gentleman who conducts a lady to a quadrille should remain until finished and not leave it to go into another set, as it is an insult to those you have left.
7. It is very indecorous and out of place to give way to immoderate laughing, sneering, or commenting at those who are present. It certainly shows a want of refinement.
8. Recollect, the desire of imparting pleasure, especially to the ladies, is one of the essential qualifications of a gentleman.
9. A gentleman, during a quadrille and when in society, should, in his salutations, make a slight bow, bending the body forward with ease and dignity; avoid bowing too low.
10. It is the duty of a gentleman having a place in a quadrille to have his lady with him, otherwise he forfeits his place.
11. Never take part in a quadrille without knowing something of the fingers; lead your lady gently taking her fingers, and not grasp her hand.
12. The customary honours of a bow and courtesy are given at the commencement of every dance, likewise at its conclusion, when the gentleman will conduct his partner to her seat, bow and retire, unless he chooses to sit beside her.

Today, of course, these rules of decorum are relaxed. Most square dancing clubs only expect that dancers be courteous, relaxed, and ready to enjoy themselves.



Putting it all Together: Changes, Breakdowns, Sets and Hoedowns

Once you have learned a few square dances, you may want to figure out how to work them into a cohesive set. In a set of dances, the separate figures are called changes. The quadrille originally consisted of five changes, which were reduced to three for square dancing. The parts of the set are generally known as the First change, the Second change, and a Breakdown. The set is usually followed by one of the traditional dances like the polka, schottische, or waltz.

The first and second changes are now virtually the same type of dance. They consist of a person or couple leading the figure around the square, visiting each couple in turn. The first couple starts, and is followed by the second, third, and fourth couples. Break and filler moves are usually called between each couple's actions. Dip and Dive is an example of this type of "visiting" dance that can be used as a first or second change.

A "pick-up" dance can also be included as a first or second change. In this type of dance, the first couple performs a move with the second couple, then both couple move on to the third couple, and finally on to the fourth couple. This means that at the end all four couples have become incorporated into the dance. "Birdie in the Cage" is a pick-up dance you can use as a change.

Some dances are done between the two couples in the head positions, and are then repeated by the side couples. These "heads and sides" dances can also be used as a change. "Chain the Ladies" is this type of dance.

In the breakdown, all the dancers dance the call together and exchange partners with each repeat of the figure. "Take Your Ladies Back to Back" is an example of a breakdown. The figures included in a breakdown can also be used as filler moves between changes or between repeats within changes.

A hoedown call may also be used by some callers. The hoedown consists of a variety of moves from all three changes called at his or her discretion. Generally, this means that each repeat of the change is done with a different dance. A caller will use a hoedown call to challenge the dancers to listen, or to add variety to the call. Each Change also has its own parts. These four fundamental sections appear in the same order in every square dance call. They are the Introduction, Body, Breaks, and the Ending.



Image: Seattle Municipal Archives
<http://creativecommons.org/licenses/by/2.0/>



Introduction: Each call has a beginning, where the tempo of the dance is set. The introduction gives the dancers a bit of time to familiarize themselves with the music and the caller. "Honour your partners, Corners address" is very common, although there are many more. *See next page for examples.*

Body: This is the part of the call from which the figure gets its name. It is the primary structure of the dance, and takes up most of the change. Dip and Dive, Chain the Ladies, and the like are all body sections. The body is the key difference between a visiting dance and a hoedown. A hoedown follows the same structure as a visiting dance, but changes the body with each repeat.

Breaks: After the Body is performed by the active couple(s), a break (or filler) will be inserted before repeating the body with the next couple(s). The break involves all members of the set and is meant to keep everyone moving and paying attention to the call. Allemandes, swings, and do-si-dos are all common break moves. A caller can make an infinite number of breaks by using combinations of the basic moves.

Ending: The caller lets the dancers know that the particular dance is finished with the Ending. A centre call or thank-you often closes the change. *See the following pages for examples.*

Visiting Dance or Hoedown	Pick-up Dance	Heads and Sides	Breakdown
- INTRODUCTION -			
First couple travels around	First couple picks up all couples	Heads	First partner switch
- BREAK -			
Second couple travels around	Second couple picks up all couples	Sides	Second partner switch
- BREAK -			
Third couple travels around	Third couple picks up all couples	Heads	Third partner switch
- BREAK -			
Fourth couple travels around	Fourth couple picks up all couples	Sides	Switch to original partner
- ENDING -			



Introductions

Music: 4/4 time

Call:

A.

Honour your Partner, Corners Address,
All join hands and away to the West,
Back you go, in a reversed style,
Lady ahead with a great big smile.
Back you go to your places all,
Break and swing with your own little doll.

B.

Honour your partners, corners salute,
All join hands go lickety scoot,
Around you go in a great big ring
While the roosters crow and the birdies sing
Your girl's pretty and so is mine,
You swing yours and I'll swing mine.

C.

Take off your coat, unbutton your vest,
all join hands and away to the West,
Halfway round, reverse the track,
Reverse and go the other way back.
When you get home just swing your own, and
Leave my dear little dolly alone.

D.

Honour your partner, corners address,
All join hands and away to the West.
Away to the West with a "How'd you do?"
The other way back with a "How are you?"
And when you get home you know what to do,
You swing her and she'll swing you.
Promenade, Promenade, 'round the hall,
All the way home with your own wee doll.

*Introductions cont'd on next page



*Introductions cont'd***E.**

Honour your partner, at your corner smile,
 Circle left for a little while,
 Gents circle back in single file.
 Meet your own, now don't you roam.
 Swing 'er twice and promenade home.

F.

All to your places, brighten up your faces,
 Tighten up your traces for a good long haul!

G.

Up the river, down the bend,
 Join your hands, we're gone again!

H.

All eight balance, all eight swing,
 Swing your partner, pretty little thing.
 And promenade around the ring.

I.

Honour your partner, sides address,
 Join your hands and circle left.
 Reverse back about a mile,
 Lady in the lead and the gent run wild.

J.

Swing your Partner high and low,
 Swing her 'till she hollers "Whoa",
 Then promenade around the row,
 Scratch your heel and save your toe.

Notes and Modifications:

- These stanzas are meant to act as introductions to a change.
- In ending E when the gents circle right (on line three), the ladies stay put. This is so when the couples meet they are on the opposite side of the square from their home.



Endings

Music: 4/4 time

Call:

A.

All join hands for a centre call,
Do it once more for the good of the hall.

B.

Thank your partner, thank your corner,
Wave to the lady across the hall.

C.

Now it's promenade off and I don't care where,
Just take her out and give her air.

D.

Promenade eight all over the hall,
Thank your partner, that's all.

E.

Promenade once all over the hall,
Then thank your partner 'cause that's all.

F.

[Requires a lead up of a Grand Chain]
Meet your honey and pass her by,
Wink at the next one, don't be shy,
When you get home you do-si-do,
Then swing your partner, around you go.
Promenade once all over the hall,
Then thank your partner 'cause that's all,

*Introductions cont'd on next page



*Endings cont'd***G.**

Places all, remember the call,
 Allemande left with your corner doll,
 Allemande right if you can at all,
 Allemande left with your corner again,
 Right hand to your partner and grand chain,
 Grand chain 'round like a little red wagon,
 One wheel off, and the axle draggin'.
 When you get home, you know what to do,
 You swing her and she'll swing you.
 Promenade eight all over the hall,
 Thank your partner, that's all.

H.

That's all there is, there is no more,
 Take your partners off the floor.

I.

That's the end, I do believe,
 Thank your partner before you leave

Notes and Modifications:

- These stanzas are meant to act as the ending of a change.
- Ending G has a double Allemande before a Grand Chain, which is a practice found mostly in the Ottawa Valley. If you wish to do a single Allemande, just omit "Allemande right if you can at all, Allemande left with your corner again".



Activities

Activity #1: Dancing with Coins

Purpose: To gain a better understanding of how dancers move within a square and figure. To learn how a dancing square should look, or how complicated moves look from the caller's perspective.

Age Group: Everyone

Time Allotted: 20min

Preparation and Equipment: Calls, assorted change or other tokens to represent dancers.

Instructions:

Try diagramming some calls using coins. Each member who is following along will need two pennies, two nickels, two dimes, and two quarters. Associate the pennies with the head couple, the nickels with the second couple, the dimes with the third couple, and the quarters with the fourth couple. Flip one coin over in each "couple" so that the "head" is associated with the lady, and the "tail" is associated with the gent. Keep the "ladies" on the right and the "gents" on the left.

After each member has their coins set up, you (or a senior member) can call moves and have each member follow along with their set of coins. After a number of moves, have the caller ask questions about where the dancers have ended up.

This is also a great way to help members visualize new calls. Members can be encouraged to read over next meeting's calls and try to work them out with this technique.

Example:

Head couple out to the right, right and left through with the second couple.

Second couple arch, first couple passes through and on to the third. Third and first couples circle half, third couple moves on to the fourth. Third and fourth go forward and back, third couple moves into the head space.

All couples half sashay. Circle eight halfway around.

Where is the first lady? (Answer: She is in the first gent's original position).

For senior members: Call so that the square ends asymmetrically and use calls which are less common.

Notes:

- If you don't have enough nickels or quarters, members can be given a mix of coins (with numbers written on with permanent marker) or can use bingo markers, poker chips, scrabble tiles, or a combination of the above.
- To make promenades and circle patterns less time consuming have the members set up the coins on a piece of paper and have them rotate the paper rather than all the separate coins.

Debrief: Have you gained a better idea of how Square Dancing moves work?



Activity #2: Two Truths and a Lie

Purpose: To practice speaking convincingly to a group.

Age Group: Everyone

Time Allotted: 15min

Preparation and Equipment: none

Instructions:

“Two Truths and a Lie” is a public speaking activity that requires members to be convincing in front of a crowd. Each member should make note of two true facts about themselves, along with one lie. Members are encouraged to be creative with these facts. Once the members have decided on their facts, they should take turns presenting them to the audience. The other members (in the audience) then vote on which fact they think is the lie. The presenter’s goal is to fool the audience into choosing a truth instead.

Variations:

- If your members are confident, you can turn it into a (friendly!) competition. Assign a point to the speaker for every person who guesses wrong, and assign a point to every audience member who correctly guesses the lie.
- Instead of having the members talk about themselves, have them recite facts about another subject. Ideas: “my family”, “my pets”, “my favourite book”, “4-H”, etc.

Debrief: What was easy about this activity? What was difficult about this activity? What makes a speaker convincing?



Activity #3: Judging Recorded Square Dancing Music

Purpose: To learn how to identify positive and negative aspects of music for square dancing.

Age Group: Everyone

Time Allotted: 15min

Preparation and Equipment: Samples of different music and equipment to play it

Instructions:

A good opportunity for judging in beginner's square dancing is judging square dancing music. Obtain a few different recordings of the same square-dancing song, and play them for the members. The members can then judge these tracks against each other using the scorecard below. The members are judging the same song, so they cannot be biased by one tune's beat or another's lyrics. If getting four copies of the same song is difficult, you also judge a few different songs on their potential to be used for square dancing.

Recorded Square Dance Music Scorecard

Clarity

- quality of recording
- clarity of sound /25

Tune and Pitch

- the instruments are in tune
- the instruments are at a pitch that does not conflict with the caller's voice /25

Pace

- the speed of the music's beat is appropriate for square dancing /25

General Effectiveness

- the music is enjoyable and upbeat /15

Musical Style

- the instruments are appropriate for traditional square dancing (i.e. fiddle, accordion, banjo, etc.) /10

Total /100



Birdie in the Cage

Type: Pick-up Dance

Music: 4/4 time

Call:

**First couple out to the right,
Birdie in the middle and three hands 'round**

[The first gent and second couple join hands around the first lady – the “birdie”]

Birdie hop out and hawk fly in,

[The first lady and first gent switch places]

Hawk fly out, give birdie a swing,

[the first gent leaves the circle and swings the first lady]

Two couples swing, two couples swing,

[both the first and second couples swing]

Take that couple up to the next.

Birdie in the middle and five hands 'round

[The first gent, second couple and third couple join hands around the first lady]

Birdie hop out and hawk fly in,

[The first lady and first gent switch places]

Hawk fly out, give birdie a swing,

[the first gent leaves the circle and swings the first lady]

Three couples dance and three couples swing,

[the first, second and third couples swing]

Take those couples on to the last.

Birdie in the middle and seven hands 'round

[The first gent, second, third, and fourth couples join hands around the first lady]

Birdie fly out and hawk fly in,

[The first lady and first gent switch places]

Hawk fly out, give birdie a swing,

[the first gent leaves the circle and swings the first lady]

And everyone swings,

Places all.

Repeat for second, third and fourth couples

Notes and Modifications:

- Instead of carrying each couple to the next position, just perform the first stanza at the third and fourth couples, which turns this pick up dance into a “visiting” dance.
- Be sure that each couple remains in their correct relative position in the square as the circles increase in size.
- This dance can be combined with Chase the Lady to form a longer visiting dance.



Duck for the Oyster

Type: Pick-up Dance

Music: 4/4 time

Call:

**First couple out to the right,
Join your hands and circle a half**

[Couples keep holding hands after circling in preparation for next move],

Duck for the oyster, duck

[the second couple forms an arch with their inside hands, and the first couple "peeks" through it]

Dig for the clam, dig

[the first couple forms an arch and the second couple "peeks" through]

Duck for the oyster, dig for the clam,

[the previous instruction is repeated]

Punch a hole in the old tin can,

[The second couple makes an arch and the first couple dives through as far as they can still holding hands]

Turn the tin can inside out,

[the first couple raises their inside hands and turn completely around (back to back) to face the second couple again]

Dive on through and onto the next...

[dropping hands, the first couple ducks through an arch formed by the second couple and moves on to the third couple]

Repeat with second, third and fourth couples

Notes and Modifications:

- Often used as a first or second change in a hoedown, along with "Dip and Dive"
- This call originated in the Maritimes



Take Your Ladies Back to Back

Type: Breakdown

Music: 4/4 time

Call:

Take your ladies back to back,

[Gents turn their ladies so that the ladies are in the centre of the square facing out]

Gents take a walk on the railroad track,

[the gents walk halfway around the circle]

Halfway 'round, come the other way back,

[after walking halfway, the gents turn and walk back to their original partner]

Meet your own and duck behind,

[Each gent turns his partner under his right hand so the set is square again]

Swing with the next girl that you find,

[the gent swings his corner girl]

And take that girl and promenade home...

[The gent promenades around the circle with his new partner]

Repeat 3 more times until each lady is with her original partner

Notes and Modifications:

- Can be repeated fewer times to mix up the couples.



Meeting 3 - For Those Who Want to Call

Meeting Objectives

1. Review skills learned last meeting.
2. Learn to use a microphone – senior members should aim to call at least one square.
3. Learn a new change and breakdown.

Roll Calls

What do you think is the most important skill that a square dance caller needs?

Which type of square dance do you like best?

Which type of square dance would you like to write?

Tips for Leaders

- If in the budget, purchase equipment for the members to record themselves calling; cheap computer microphones, copies of square dancing music, or blank cassette tapes. This way, they will have concrete records of their progress and can listen to themselves call, which will help them improve their calling skills.
- This is the perfect meeting to invite a guest caller. Ask around at local square dancing groups to find out who they like to have call at their gatherings. Is there anyone in the group who would like to demonstrate calling? Meeting with local groups is also a great opportunity to make connections for Achievement.
- When calling:
 - Get the groups into squares.
 - Request and expect the attention of the group. Don't allow too much horseplay or chatter.
 - Break the call down and into logical teaching units and continue one unit at a time. Finish by putting it all together for a final walkthrough.
 - Demonstrate. It is usually best to stay at the mike and direct a demonstration group that is centrally located and seems to understand how to execute the moves.
 - Move into the dance. If the group is making too many mistakes, watch for those mistakes that seem the most common. Stop the music and teach that part over again.
 - Don't worry about small mistakes. Wait until the dance is over to explain the correct maneuver.
 - Don't make it too difficult. People dance to enjoy themselves, and you should enjoy helping them.
 - If you notice that one group is mixed up or having trouble, try giving them a few individual directions. For example, if they have formed a line with the ladies in the middle rather than the gents get the couples to allemande in that group. This is an advanced technique, but if you are observant and quick thinking you can pull it off.

Discussion Questions

1. What skills do callers need? How can you improve your calling skills?
2. By now you are familiar with a number of different types of square dancing calls and music. What do you/ don't you like in a call? What type of music do you like to dance to? What music do you like to call to?
3. Most traditional square dance events have a live band playing with a caller. How do you think this would change the calling process? How should the caller and band relate to each other? What should you consider when hiring musicians for a square dancing event?



Old Fashioned Square Dancing
4-H Ontario

Sample Meeting Agenda - 2.5 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	Calling Basics	15 min
	Tips for Callers (Juniors)	20 min
	Calling: Developing your Skills (Seniors)	
Activity Related to Topic Information	Activity #2: Write a Call	20 min
Dances	"Take Your Ladies Back to Back"	60 min
	"Take Your Opposite"	
Public Speaking/ Judging Activity	Activity #3: Judging Recorded Square Dancing Calls	15 min
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Work on Writing a Call - Use the "Writing a Call" page in the members' Record Books. "Word Scramble" found in members' Record Books.	

Sample Meeting Agenda - 2.5 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		10 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	Calling Basics	10 min
	Using a Microphone	15 min
Activity Related to Topic Information	Activity #1: Using a Microphone / Practice Calling	20 min
Dances	"Take Your Ladies Back to Back"	60 min
	"Take Your Opposite"	
Wrap up, Adjournment, Social time and Snacks		5 min
Dancing All Week Long	Practice Calling at Home. "Word Scramble" found in members' Record Books.	



Topic Information

Calling: The Basics

A caller must be familiar with all of the elements of square dances and be able to combine them successfully. He or she must have a good sense of timing and rhythm, and a strong, clear voice. A caller is relied upon to communicate instructions effectively to the entire hall, so these skills are necessary. To be an excellent caller, one must also be able to adapt their calling to a specific hall and group of dancers. If a caller goes too quickly for a beginner group they will be left behind, but when calling for more advanced dancers a slow pace will leave them bored. This is a difficult path to tread, and practice is necessary to become a good caller.

The best way to begin to learn calling is by watching a good caller in action. Observe the technique used, and note how their voice works with the music and the dancers. Then, get yourself some music and practice until you get the feel of the music and call. Once you develop some confidence by calling alone (in front of a mirror or on tape), practice calling with your fellow 4-H members or another friendly group. With this practice you will be well on your way to becoming an expert!

Tips for Callers

1. Pitch your voice as low as you can without straining. This will help to save your throat over a long period of calling. This is especially useful for people with higher voices that tend to screech over a microphone. This also makes it easier for dancers to hear your instruction.
2. Learn the body of the dance first and familiarize yourself with how it looks. Know how to dance what you call so that you are better prepared to explain and teach it.
3. Practice with recorded music so that you can learn to call to the rhythm of the music.
4. Try to space your call so that you are giving the new instruction as the dancers are finishing the last instruction. This will give them time to process what you have said and move smoothly into the next move.
5. If you are calling for more than one square at a time, watch all the squares carefully as you call. This will help to keep the timing correct for as many dancers as possible. Try to call for the average square, as there are bound to be some sets that are quicker and some that are slower. You should try to achieve a balance.
6. Fill in your calls with patter as you feel more comfortable. The patter adds fun and individuality to your calling. Just be sure you don't neglect your duties! Continue to emphasize key phrases so the dancers know which lines are just chatter and which are instruction.
7. Don't try to introduce too many new dances to a group in one night or in one set. Teach each one thoroughly and save some surprises for the next time you call!
8. Know how to use a microphone or P.A. system. Try the "Using a Microphone" activity to become more familiar with your club's equipment. Keep the volume low and the music slow until the dancers are familiar with the call being used.
9. Relax and have fun! The dancers will reflect your attitude, so a grumpy or dull caller will make for an evening which isn't fun. Being an upbeat caller will make the evening fun for everyone!



Using a Microphone

Microphones (mikes) and public address (P.A.) systems are necessary in square dancing so that the caller can be heard above the music and the dancers. Using a mike will also help to save your voice over a number of sets. Here are some tips from the 4-H Ontario Leadership project to help you use the equipment effectively.

1. Test the mike by tapping it lightly with your finger or by saying a few words. Blowing into the mike is irritating and can damage the equipment.
2. Keep the mike in line between you and the audience. Don't step beside it or face away from the dancers. This will make your voice harder to hear over the mike, not to mention hurt your connection with the audience.
3. Keep the same distance between you and the mike. Varying the distance may cause some of your words to be unheard.
4. Keep your hands and papers away from the mike.
5. Adjust the volume before you start. Make sure you adjust it with the music!
6. A high-pitched squeal is called feedback. This is caused by the mike picking up the sound of the speakers or amplifiers instead of the person's voice. Correct this by moving the mike away from and behind the speakers or by lowering the volume of the speakers.
7. Observe previous speakers. Every microphone seems to have its own particularities. Some mikes require you to speak directly into them; others will sound better from an angle when you are "speaking across" the mike.



Thanks to Amelia Baynham, Grenville 4-H

Calling: Developing Your Skills (Senior Members)

Besides calling the figures, a caller is also responsible for teaching new calls, being Master of Ceremonies, Music Director, and doing many of the small jobs that make an event move smoothly. Teaching the attendees how to square dance is your most important role. It is best to assume that no one knows the figure, so walk through it once to explain the moves. Remind experienced dancers to help out less experienced dancers.

Don't be afraid to use notes when you are first learning to call. It's better to do this than to forget or mangle a call and confuse the dancers. Write down every new call, dance, or technique and take it home to try it out. Start your own square dance music and call collection (check the Resources for possible sources). All of these ideas, combined with practice, will make you an excellent caller!



Activities

Activity #1: Using a Microphone / Practice Calling

Purpose: To learn how to use a microphone.

Age Group: Everyone

Time Allotted: 20min

Preparation and Equipment: Microphone and amplifier or P.A. system, music and equipment to play it (optional)

Instructions:

After reading through the article on using a microphone, set up a microphone and amplifier or other P.A. system and have all the members try using it.

The members can read something from their Record Book, minutes or news articles from a previous meeting, their answer to a discussion question or a Roll Call. If they are especially shy, they can keep their participation down to announcing the next square or a snack. Senior members should be encouraged to try calling for the other members.

Debrief: How has this activity helped your public speaking skills? How has it helped your calling skills? What have you learned about using a microphone?



Activity #2: Write a Call

Purpose: To begin writing a call that can be called or danced at a later meeting. To improve knowledge of square dancing calls and how they are put together.

Age Group: Everyone

Time Allotted: 20min

Preparation and Equipment: Member's Record Books (Writing a Call page), music and equipment to play it (optional)

Instructions:

Try to write a rough draft of a square dance call before the next meeting. Junior members can write a visiting or heads/sides dance, while senior members can try a more difficult hoedown, breakdown, or pick-up dance. Try to keep in mind the length of time it takes to do each move, and write lines to match the number of beats that each move takes (always an even number, usually divisible by four). Members can try mapping out the moves using coins, and then writing a call to match their moves. Once the bare bones instructions of the call are there, then it will be possible to try rhyming the lines and to add patter and character.

Junior members may want to use the outline of the calls they have learned so far, and then try substituting similar moves and different patter.

At the next meeting, the members should bring their rough drafts and have another member read them over. The editing process should involve running through the call with coins and reading the calls out loud to music. Is the call paced well? Does it have rhythm? Do the moves flow together logically?

After being edited, the calls should be returned with notes for a second draft that can be brought to the following meeting. When the second draft comes back, the braver members can try teaching and calling their own personal call!

Writing Tips for Different Experience Levels

Introduction: Junior members may choose an introduction from the Dance Log. Senior members should try to write their own.

Verses: A visiting dance will have almost identical verses, just varying in the couple that it is addressing. A hoedown or breakdown will vary more and may be attempted by senior members.

Ending: Junior members may create a variation on an ending from the Dance Log. Senior members may attempt to write an original one.

Debrief: How easy is it to write your own call? What is the hardest part of writing a call? Does your call have all four parts (Introduction, Breaks, Body, and Ending)?



Activity #3: Judging Recorded Square Dancing Calls

Purpose: To learn to recognize a good calling style and a poorer style.

Age Group: Everyone

Time Allotted: 15min

Preparation and Equipment: Recordings of calls, music and equipment to play the recordings and music.

Instructions:

Record three or four versions of yourself (or a guest caller or youth leader) doing the same call and have the members judge these. You can call over the same music every time, or make judging the appropriateness of call and music a judging criterion.

The easiest way to prepare this judging activity is to make snippets using a computer microphone and Windows sound recorder (or similar program). Sound recorder will record anything on your sound card at the time, so you can get a clear copy of the back-up music. This method also allows members to replay certain segments of the calls quickly and easily. If this technology isn't available, just use a blank cassette and tape recorder. You can save your tape for future years' judging activities as well.

Debrief: What makes a good caller? How can you improve as a caller?

Recorded Square Dance Calls Scorecard

Voice Clarity

- the caller's voice can be heard clearly
- the caller's voice is not obscured by the music /30

Volume

- the caller's voice is loud enough to be heard above the music
- the music is audible and not drowned out by the call /30

Timing

- the call is on beat
- moves are given enough time to be performed /20

Quality of Patter

- the call is interesting
- the instructions are distinct from the patter /10

Music

- the call is well paired to the music
- the call is in harmony with the music (especially if it is a singing call) /10

Total /100



Take Your Opposite

Type: Heads and Sides

Music: 4/4 time

Call:

**Head two couples go forward and back,
Go forward again and take your opposite.**

[the head gent takes the third lady and the head lady is partnered with the third gent, and turn to face the side couples]

Split that set, The lady goes right, the gent goes left, for a line of four,

[the third gent and first lady split the second couple and step between them, while the first gent and third lady do the same with the fourth couple.]

Forward eight, fall back eight,

[the lines step forwards and then back]

Forward eight and pass through,

[the lines step forward and then walk through the opposite line; the lines are now facing the outside of the square]

Arch in the centre, ends dive through.

[the centre couples of the lines (formed of mixed first and third couples) form an arch which the ends dive through, the arched pairs do a California twirl to face the centre of the set once the arch is finished]

Circle four in the centre of the floor,

[the ends (second and fourth couples) meet in the centre, join hands, and circle]

Circle once around.

Pass through, split that set,

[the centre circle splits into original partners]

Lady goes right, gent goes left,

Form two lines of four.

[the partners split the side couples as before]

Forward eight and back you go,

Forward eight and pass through.

Arch in the centre, ends dive through.

[the second and fourth couples join inside hands and form an arch which the ends pass through.]

Circle four in the centre of the floor,

[the ends meet each other in the centre, join hands, and circle]

Circle once around.

Pass through to an allemande left,

[the centre circle breaks up to each allemande left with a member of the second and fourth couples. Each should allemande with their original corner, so as to face their home after this move is finished]

Right hand to your partner, grand chain.

[the couples meet their partners off the left allemande so they can right allemande with their partner and flow into a grand chain].

Repeat with side couples

Notes and Modifications:



Grapevine Twist

Type: Pick-up Dance

Music: 4/4 time

Call:

First gent take your lady by the wrist,

[The first gent takes his partner's left wrist in his left hand]

Round that lady with a grapevine twist.

[With the first gent leading, the pair travels between the second couple and around the second lady]

Back to the centre with a woah-haw-gee,

[the pair then travels into the centre where they circle and head towards the second couple]

And around that lad from Tennessee.

[After splitting the second couple again, the pair turns around the second gent. As they pass the first lady grabs the second gent's hand, and he grabs his partner.]

Circle up four in the middle of the floor,

[The first and second couples now join in a circle in the centre of the square]

On to the next and dance some more!

[The first gent drops the hand of the second lady, and leads the line towards the third couple]

Repeat to pick up the third and fourth couples, changing the fifth line each time to reflect the number of dancers circling.

Notes and Modifications:

- This dance was adapted from:
Square Dances of Today and How to Teach and Call Them. Richard G. Kraus. The Ronald Press Company.
New York, New York, USA. 1950. Pg 28.



Meeting 4 - Expanding Horizons

Other Traditional Dances

Meeting Objectives

1. Review skills learned last meeting.
2. Continue building public speaking skills.
3. Introduce other traditional dances.
4. Learn a new breakdown.

Roll Calls

What do you like/dislike about calling?

How can you improve your calling skills or the call that you are writing?

What do you think a good square dance costume looks like?

Tips for Leaders

- This meeting will be especially challenging if you do not have even numbers of males and females. Remember to be tactful, and get partners to switch after every dance. This is so that, for instance, one girl-girl partnership doesn't have to learn twice as much (because they are learning the women's and men's parts in order to take turns) as a boy-girl pair. This should relieve some tension and stress in the group.

Discussion Questions

1. Many traditional dance steps can be used in square dances (as in the Waltz Quadrille). What steps would you like to try in the calls you already know?
2. What other traditional dances do you know about? Do you think these dances could be used a square dance event? Could you apply the basic step to square dance calls?
3. How is your call working out? What is the hardest part about writing a call? Have you found any tips or tricks that make it easier?



Reference Book - Meeting 4

Sample Meeting Agenda - 2.5 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		10 min
Parliamentary Procedure	Minutes and Business	10 min
Activity Related to Topic Information	Activity #4: Make a Square Dancing Costume. Use the "Costume Design" page in the members' Record Books.	90 min
Public Speaking/ Judging Activity	Activity #6: Judging Square Dancing Costumes	20 min
Wrap up, Adjournment, Social time and Snacks		15 min
Dancing All Week Long	Finish costumes, if not complete by the end of the meeting	

Sample Meeting Agenda - 2.75 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	Traditional Dances: The Waltz, Two-step / Polka, and Schottische	20 min
Activity Related to Topic Information	Activity #2: Taking on the Two Step / Polka	30 min
	Activity #3: Steppin' the Schottische	30 min
Dances	"Dip and Dive"	45 min
Public Speaking/ Judging Activity	Activity #4: The Perfect Square Dancer	15min
Wrap up, Adjournment, Social time and Snacks		5 min
Dancing All Week Long	Practice new dances	

Sample Meeting Agenda - 2.5 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	Traditional Dances: The Waltz, Two-step / Polka, and Schottische	20 min
Activity Related to Topic Information	Activity #1: From Walking to Waltzing	30 min
Dances	"The Waltz Quadrille"	60 min
	"Texas Twirl"	
Public Speaking/ Judging Activity	Activity #5: The Perfect Square Dancer	10 min
Wrap up, Adjournment, Social time and Snacks		5 min
Dancing All Week Long	Practice new dances	

Old Fashioned Square Dancing 60
4-4/ Ontario

Topic Information

Traditional Dances: The Waltz, Two-Step / Polka, and Schottische

There are many more traditional dances than just square dancing! This meeting will introduce you to other steps and types of group dancing that can add variety to your square dances and square dance events.

The Waltz was once considered to be scandalous behaviour because the man holds the lady in what is almost an embrace! The couples were free to enjoy themselves privately, rather than dancing for an audience like many early dances. The waltz is a very graceful dance and is a popular break from the more energetic square dances.

When you listen to any waltz music, you will hear three beats repeating with more emphasis on the first beat. This is because the waltz is written in 3/4 time rather than the 4/4 time of polkas, jigs, and reels. Listen for this repeat and be able to hear it before attempting to waltz. Try the **"Finding the Beat"** activity from the first meeting with this new 3/4 time if you are having trouble.

The polka is another traditional dance that is often played at country dances. The basic step is the two-step. The step is relatively simple, but takes practice to do well. Once the two-step is mastered, however, it will help you to keep time with the music. Many square dancers "two-step" continuously throughout the dance. You may want to apply the two-step to some of the calls you have learned as well.

Yet another example of a traditional dance is the Schottische (pronounced shod-dish). The music for a schottische is also called "schottische" and it is written in 2/4 time. Two couples dance in a group of four with one couple leading, and the groups of four form a large circle. The fundamental step is a sort of running skip. You may want to try this dance at your Achievement Program when you have enough couples to make a large dance.



Activities

Activity #1: From Walking to Waltzing

Purpose: To learn the steps of the waltz, and how to dance to 3/4 music..

Age Group: Everyone

Time Allotted: 30 min

Preparation and Equipment: 3/4 music and equipment to play it

Instructions: The waltz is basically a repeat of a pattern done in four measures of three beats each (four 1-2-3 repeats). The basic steps are mirrored for the gent and lady as they are facing each other during the dance. The steps form a left and a right “box” which are repeated for the entirety of the song.

Left Box (two measures)	GENT	L Fwd	R Sdw	L Cl	R Bwd	L Sdw	R Cl
	BEAT	1	2	3	1	2	3
	LADY	R Bwd	L Sdw	R Cl	L Fwd	R Sdw	L Cl

Right Box (two measures)	GENT	L Bwd	R Sdw	L Cl	R Fwd	L Sdw	R Cl
	BEAT	1	2	3	1	2	3
	LADY	R Fwd	L Sdw	R Cl	L Bwd	R Sdw	L Cl

Legend: R – right foot L – left foot Fwd – forward Bwd – backward
 Sdw – sideways Cl – close step (bring the marked foot to be beside the other foot)

Once you have mastered the basic steps, try to incorporate a “rise and fall” action on the second and third beats of each measure. The rise and fall is done by lifting onto your toes on the second beat, and lowering on the third. Practice the step by yourself until you have it, and then try it with a partner.

The partners face one another, with the gent’s left hand holding the lady’s right. His right hand circles the lady’s waist, while her left hand rests gently on his right shoulder. She should stand very slightly to his right in order to follow his lead. Correct posture is important for the waltz to look graceful, so stand up straight while you hold this position. This is a closed hold, where the partners form a close position where they are facing one another.

Remember that the person in the gent’s position is leading the direction, and the person in the lady’s position is following. If you are in the gent’s position be decisive but not too forceful, and if you are in the lady’s position try not to “lead from the back”. The leading-following relationship can be likened to that of the conductor and orchestra. Both parties know the steps and what is happening, but the gent “conducts” the finer points of the dance.

Debrief: How difficult is waltzing? How can you improve your waltz step?



Activity #2: Taking on the Two Step / Polka

Purpose: To learn to dance the two-step and polka.

Age Group: Everyone

Time Allotted: 30min

Preparation and Equipment: Music and equipment to play it

Instructions:

The two-step is repeated over two beats. This means you can dance it to 2/4 or 4/4 music. The basic step is outlined below. The first set of steps (on beats one and two) are repeated for beats three and four. Remember to start on your left foot, and keep a bounce in your step. You are taking three steps for every beat of the music: first a step, then a bounce to the other foot, then a step with the first foot again.

Beat	1	2
Step	L step R quick step L step down	R step down L quick step R step down

To learn the polka, find a partner and play some polka music with a strong beat and practice. By adding spins and turns to the basic two-step, you can make the polka one of the most fun dances to learn. You can also try using the two-step as your square-dance basic step.

Leader Tips:

- Learning the two-step will be very easy for some members and almost impossible for others. Encourage the group to take each step slowly and to use the beat of the music to help them. It may help to line up the members in a straight line holding hands, alternating those who can two-step with those who are having trouble. The tighter the line is, the more likely those who are having difficulty will find themselves two-stepping without consciously thinking about what their feet are doing. Polka music with a strong beat can help too.

Debrief: Some dancers two-step throughout their square dance. Could you do this? How would it change your square dancing? What other “base” step could you use to square dance?



Activity #3: Steppin' the Schottische

Purpose: To learn to dance the schottische.

Age Group: Everyone

Time Allotted: 30min

Preparation and Equipment: Music and equipment to play it (optional)

Instructions:

The first thing that needs to be learned in the schottische is the basic step. It is sort of a running skip.

Measure	1	2	3
Steps	Left step Right step Left step-hop	Right step Left step Right step-hop	Left step-hop Right step-hop

While learning the basic step, count out each measure aloud and start not by running, but just stepping in place. Count: One-and-Two-hop, One-and-Two-hop, One-hop-Two-hop and repeat. After you have mastered the step while moving forward, try it with a partner. Partners dancing the schottische use an open hold where they are standing beside one another, with varying arm positions. You can use the hold you prefer for the square-dancing promenade.

While doing this step, the groups of four (two couples) move in the following way:

1. Swing partner and exchange positions with the other couple in the group of four (circle a half). [First two measures]
2. On the "step-hop" the partners turn away from each other and turn around to face the outside of the circle. [Third measure]
3. The partners join their inside hands and duck under their joined hands (known as "turning the dishrag"). The couples are now facing the inside of the circle again. [Fourth measure]
4. The first couple forms an arch and backs up for couple two to duck under and take their place. [Fifth and Sixth measures]

The leading couple is now the following couple, and these four moves repeat.

***Activity cont'd on next page**



Activity #3: Steppin' the Schottische cont'd

Variations:

The version we have just learned is just one variation of the schottische! Its basic step is similar to a Quadrille schottische step. There are other kinds of schottische to learn though, and if members really enjoy this dance, they can try some of the modifications below.

- Scandinavian: Repeat the third measure. This means that you will be repeating the step every four measures rather than every three measures. Count: One-and-Two-hop, One-and-Two-hop, One-Hop-Two-Hop, One-Hop-Two-Hop and repeat.
- Country: While country schottische is probably too much to add entirely to your schottische routine, you can easily add one part of it. Instead of the hop, you can try a brush. A brush is a forward kick while the heel scuffs on the floor. This brush is done where the hop goes in the first two measures. You can add it in the third measure as well, but don't think you're going to travel far! This is a basic step for line dancing. Count: One-and-Two-brush, One-and-Two-Brush, One-Brush-Two Brush.

There are also variations in the four movements – and in fact the entire set up of the dance! Some schottisches are done in couples without being paired up with a second couple, some are done in squares, some use a closed hold, and some are done with tap shoes and in kilts!

Debrief: How difficult is the schottische? Why do you think there are so many variations on this dance? How else could you use the schottische “base” step?



Activity #4a: Make a Square Dancing Costume - Women's Circle Skirt

Purpose: To make a skirt as part of a square dance costume for use at an exhibition or a competition.

Age Group: Everyone

Time Allotted: 70min

Materials (per skirt):

- 1-2m cotton fabric (if you make patterns before going to the fabric store, you can get the right amount of fabric!)
- Plain paper for pattern creating (freezer paper, craft paper, tracing paper)
- Pencil with string and/or dressmakers' chalk
- Matching thread
- Sharp scissors
- Sewing machine with accessories
- Serger with contrasting thread
- Pins
- Sharp hand-sewing needles
- Elastic in at least 1cm width
- An iron and ironing board
- A knitting needle or other "poking" tool (if making an elastic casing)
- Decorative notions: rickrack, small buttons, coloured felt, embroidery floss, ribbon, fabric paint, etc.



Instructions:

Old-Tyme or traditional square dancing doesn't have a fixed dress code. Many events simply request that you wear clean shoes! Other groups are stricter and have a more formal dress code. This activity is best for female members who are more experienced at sewing.

Leader Tips:

- If your sewing skills are a little rough, you can change it up for this meeting. Rather than having members sew their own skirts, you can buy (or have members bring) plain skirts and just work on trim. Members can cut out and appliqué felt shapes, sew on trim or rickrack, or add decorative buttons, bows and other bits and pieces. Check out the notions area of a sewing shop to pick up some things for this activity!
- If you run the costume activity as planned, be sure to have extra, experienced leaders or volunteers on hand. Sewing machines can be dangerous, and members (especially junior members) can easily work ahead of their skills. You may wish to divide the group into experienced and inexperienced members and have the inexperienced members follow the less intensive decorating-only suggestion above.
- You can source cheap fabric from Fabricland, Thrift stores (try used, clean bedding), or local fabric shops. Ask for plain broadcloth fabric. Knit or jersey fabric will be too stretchy and will not give the effect that you are looking for. 100% cotton fabric is better quality, but may be more expensive than a polyester blend. You will have to decide what type of fabric fits your budget and the needs of your members.

*Activity cont'd on next page



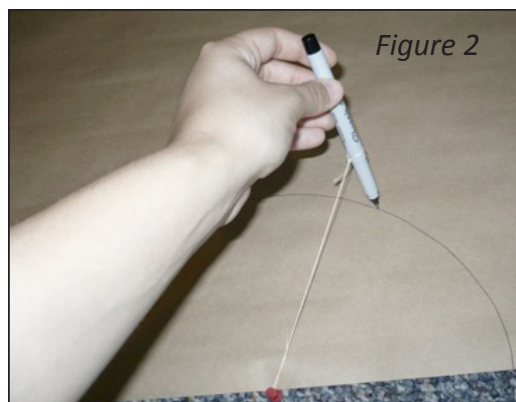
Activity #4a: Make a Square Dancing Costume - Women's Circle Skirt cont'd

Directions:

1. Make the pattern using the pencil with string as a compass (Figure 2). Draw a half circle on the pattern paper with a circumference of at least the measurement of the widest part of the hip plus 5cm of ease. Draw a second, bigger circle centered on the same point. The bigger circle should have radius of the first circle plus.

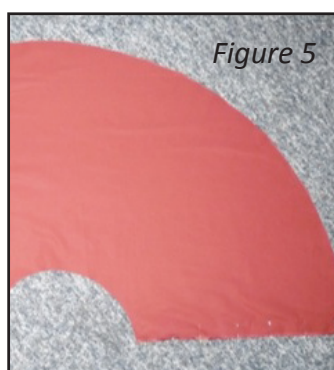
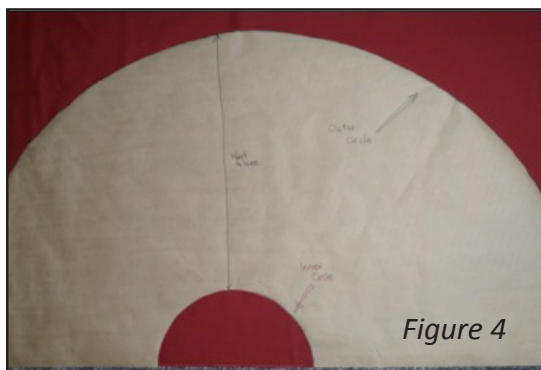
Measurements: To figure out the length of the compass string for pattern making. Remember that π can be approximated with 3.14

Measurement	String Length
Inner Circle	(Hip Measurement + 5cm) 2π
Outer Circle	Waist to knee measurement + string measurement of inner circle



2. A) Cut out this "half-donut" shaped pattern and pin it to ironed fabric which is folded in half (Figure 4). Cut out around it through both layers. If the pattern piece is rather small, pin it with the straight edge along the fold. If the pattern piece is larger, pin it with the straight edge along a selvedge (edge). Tall members may have to cut two separate pieces if their pattern does not fit on the folded fabric.

B) If you had a larger pattern piece and now have two half circle pieces (See Figure 5), pin along their straight edges with right sides together. Sew the straight edges together. Turn the skirt right side out.



Activity #4a: Make a Square Dancing Costume - Women's Circle Skirt cont'd

- Using the rolled hem option on the Serger, serge around the bottom edge of the skirt. You can use either a matching or contrasting colour of thread, depending on the look you are going for.
- Attach the elastic. There are two methods to do this:

Easy: Make a rolled hem around the top of the skirt. Turn the skirt inside out. Cut a strip of elastic to the length of the waist measurement plus 3cm (to allow for overlap of 1.5cm). Fold the elastic in 4 and mark the quarters with pins. Mark the quarters of the skirt waist with pins and match up the marks on the elastic to the marks on the skirt. Stretch and sew the elastic to the skirt with a zigzag or multi-zigzag stitch.

More Difficult: Make an elastic casing. Do this by cutting a rectangle of fabric that is 3 inches wide and has the same length as the waist of the skirt (hip measurement + 5cm). Fold this strip in half lengthwise (with wrong side in) and press. Pin the strip around the waist of the skirt, so the strips' edges are aligned with the raw edge of the inner circle. Make sure it is sewn with the casing on the outside of the skirt so the seam falls on the inside. Sew the casing to the waist and slip the elastic through the tube that is formed. It may be helpful to have a knitting needle or other blunt, skinny object to help thread the elastic through the casing. Sew the ends of the elastic together and stitch the opening in the casing shut.



- Decorate with notions. Sew on any decorations around the bottom edge of the skirt by hand.
- To cover the top of the skirt, you may also wish to make a decorative tie. Cut two rectangles measuring 10cm by 100cm plus the waist measurement. Pin the rectangles with right sides together, and sew around the border of the rectangles, leaving one short side open for turning. Turn the tie right sides out. Turn the raw edges of the open end in and sew shut. Press flat. For added neatness, the ends of the rectangles could be cut at a 45° angle before sewing. The tie can also be made from contrasting fabric. This same technique can be used to make a matching hair tie (though of course it would be both skinnier and shorter).



Activity #4b: Make a Square Dancing Costume - Men's Armband

Purpose: To make a armband as part of a square dance costume for use at an exhibition or a competition.

Age Group: Everyone

Time Allotted: 45min

Materials (per armband):

- 15cm wide strip of fabric
- 1cm wide Elastic
- Matching thread
- Sewing machine
- Pins
- Sharp scissors
- Optional: Rickrack, ribbon, or fabric paint.

Instructions:

Old-Tyme or traditional square dancing doesn't have a fixed dress code. Many events simply request that you wear clean shoes! Other groups are stricter and have a more formal dress code. This activity is best for male members with more sewing experience.

Directions:

1. Cut two pieces of elastic to the length around the bicep, and cut a rectangle of fabric that measures 15cm by twice the bicep measurement.
2. Pin the lengths of elastic along each long side of the wrong side of the fabric strip. Sew this elastic to the fabric using a zigzag stitch.
3. Pin the short ends of the strip with right sides together and stitch the ends together. Turn armband right side out.
4. Optional: Decorate the armband with ribbon, rickrack or fabric paint.

Leader Tips:

- If you run the costume activity as planned, be sure to have extra, experienced leaders or volunteers on hand. Sewing machines can be dangerous, and members (especially junior members) can easily work ahead of their skills. You may wish to divide the group into experienced and inexperienced members and have the inexperienced members follow the less intensive decorating-only suggestion above.
- You can source cheap fabric from Fabricland, Thrift stores (try used, clean bedding), or local fabric shops. Ask for plain broadcloth fabric. Knit or jersey fabric will be too stretchy and will not give the effect that you are looking for. 100% cotton fabric is better quality, but may be more expensive than a polyester blend. You will have to decide what type of fabric fits your budget and the needs of your members.



Activity #4c: Make a Square Dancing Costume - A Kerchief for Everyone

Purpose: To make a kerchief as part of a square dance costume for use at an exhibition or a competition.

Age Group: Everyone

Time Allotted: 30min

Materials (per kerchief):

- Cotton fabric approximately 35cm square. (Hint: If you buy fabric in the common 110cm width, you can merely cut 35 cm lengths and divide the width by 3).
- Matching cotton thread
- Sharp hand-sewing needles
- Sharp scissors
- Pins
- Decorative notions: rickrack, small buttons, coloured felt, embroidery floss, ribbon, fabric paint, etc
- Optional: Serger

Instructions:

Old-Tyme or traditional square dancing doesn't have a fixed dress code. Many events simply request that you wear clean shoes! Other groups are stricter and have a more formal dress code. This activity is best for members who are less experienced at sewing.

Directions:

1. Finish the edges of the square. You can do this either by using the rolled hem function on a Serger, or by folding over the edges twice and neatly securing them with a whip stitch. This small amount of sewing can be done by hand or with a machine.
2. Decorate with notions. Sew on any decorations by hand.

Leader Tips:

- If your sewing skills are a little rough, you can change it up for this meeting. Rather than having members sew their own kerchiefs, you can buy (or have members bring) plain kerchiefs and just work on trim. Members can cut out and appliqué felt shapes, sew on trim or rickrack, or add decorative buttons, bows and other bits and pieces. Check out the notions area of a sewing shop to pick up some things for this activity!
- If you run the costume activity as planned, be sure to have extra, experienced leaders or volunteers on hand. Sewing machines can be dangerous, and members (especially junior members) can easily work ahead of their skills. You may wish to divide the group into experienced and inexperienced members and have the inexperienced members follow the less intensive decorating-only suggestion above.
- You can source cheap fabric from Fabricland, Thrift stores (try used, clean bedding), or local fabric shops. Ask for plain broadcloth fabric. Knit or jersey fabric will be too stretchy and will not give the effect that you are looking for. 100% cotton fabric is better quality, but may be more expensive than a polyester blend. You will have to decide what type of fabric fits your budget and the needs of your members.



Activity #5: The Perfect Square Dancer

Purpose: To recognize positive traits of a square dancer, while speaking in a group.

Age Group: Everyone

Time Allotted: 15min

Preparation and Equipment: none

Instructions:

The members all sit in a circle, and take turns describing the “Perfect Square Dancer”. The first member says “The Perfect Square Dancer _____”, and the second member will have to repeat the first member’s trait, and then add their own trait. The third member recites both previous traits along with his or her own trait, and so on. This game is similar to “I’m going on a picnic” or some name memory games.

Possible Traits: Can dance all day and night, can read the caller’s mind, has shoes that never wear through, can swing without getting dizzy, etc.

Variations:

- Instead of going once around the circle, it can become a competition, where forgetting a trait gets a participant out of the game. The circle can continue as long as members remember the traits.
- Each trait must use a new letter of the alphabet. Ex. Allemandes with grace, balances neatly, has a cute curtsy, etc. Try to get through the entire alphabet!
- Rather than describing a square dancer, try describing a caller or 4-H member.

Leader Tips:

- Before beginning, remind the members that this can be a difficult activity and not to get discouraged. If you have a lot of members you may wish to separate senior and junior members (especially if you make the game a competition).
- Have the members write a few traits down before they begin so that they are not struggling for ideas.
- The perfect square dancer is neither male nor female – it is okay if members describe them as both wearing a skirt and a kerchief scarf. This activity is meant to be fun, not an exercise in semantics.

Debrief: Do you have any “Perfect dancer” traits? Do you think this dancer could exist in real life?



Activity #6: Judging Square Dance Costumes

Purpose: To learn to recognize what makes an appropriate square dancing costume.

Age Group: Everyone

Time Allotted: 15min

Preparation and Equipment: 4 Square Dancing costumes.

Instructions:

This meeting members can try judging a square dance costume. Whether they have completed the costume making activity or not, by meeting 4 the members should be able to understand what types of dress will be useful for square dancing. If it is too difficult to bring four full costumes to the meeting, you can bring four pictures of costumes, or you can just bring shoes for square dancing.

Debrief: What did the best costume have that other costumes didn't? How can you improve your own square dancing dress?

Square Dance Costumes Scorecard

Comfort

- everything fits properly
- shoes are appropriate for dancing (flats or cowboy boots) /30

Neatness

- outfit is clean (especially shoes)
- clothes have no tears or loose threads
- appliqué items are securely fastened /30

Appropriateness

- Ladies: full skirt with crinoline, white blouse (or full dress), black shoes or cowboy boots
- Gents: western style shirt, slacks kerchief or bolo tie, black shoes or cowboy boots /30

Coordination

- the costumes of the lady and the gent are of the same style (they match) /10

Total /100



Dip and Dive

Type: Visiting Dance

Music: 4/4 time

Call:

**First couple go out to the right,
Join hands and circle a half,
It's inside over and outside under,**

[second couple forms an arch, and the first couple dives through it. The first couple now faces the fourth couple]

Dip and Dive and go like Thunder

[first couple forms an arch, and the fourth couple dives through],

Dip and Dive in the Briny Sea

[fourth couple forms an arch and the second couple dives through],

Dip and Dive in couples three

[second couple forms an arch and the first couple dives through],

[couples continue in this way until couple 4 is back in place (two more dives: fourth couple through the first, then second couple through the fourth)]

Dive on through and on to the next

[second couple forms an arch, first couple dives through and leads on to the next couple]

[use this line when 1st, 2nd or 3rd couples are travelling]

Circle a half, then dive through and on to the last and circle a half

[if on 4th couple]

Repeat for second, third, and fourth couples

Notes and Modifications:

- The couple on the inside of the set always forms an arch for the outside couple to duck under.
- The couple in third position remains in place throughout the dance.
- When a move leaves a couple facing the outside of the set, the gent performs a courtesy turn or California twirl and turns his partner under his arm so they get back into the correct position.



Waltz Quadrille

Type: Breakdown

Music: 3/4 time

Call:

First couple down centre,

[the first couple waltzes to the third couple]

And there you divide.

[the first gent takes the third lady, the third gent takes the first lady]

The lady to the right, and

The gent to the side.

[The first gent waltzes home, while the first lady stays with the third gent]

All honour your partner,

And corner the same.

Take your corner lady,

[All partners switch to be partnered with their corner]

And waltz down the line.

[All couples waltz once around the circle (similar to promenading the circle, but with the waltz step and hold)]

Same gent with new partner,

Waltz down and divide.

The lady to the right,

and the gent to the side.

Honour your partner,

and don't be afraid,

To take that corner lady, and

Waltz promenade.

[The second verse repeats the movements of the first verse with the first gent again, at the end he is partnered with the first lady]

Repeat for second, third and fourth couples.

Notes and Modifications:

- The waltzing gent will go down the centre twice each repeat of the call.
- The basic step of this dance is the waltz step, rather than the traditional two-step based square dance step.
- The waltz quadrille is traditionally called to a song



Texas Twirl

Type: Breakdown

Music: 4/4 time

Call:

Allemande left and a right hand across,

[after the allemande, gents put their right hands to the centre of the square and form a star]

Ladies star behind your boss,

[the ladies step in behind their partner, and add their right hands to the star]

Ladies do a Texas twirl,

[The ladies step out of the circle, spin, and step in behind the next gent (originally their corner), the gents continue their star]

Whirl again you pretty girls,

[The ladies step out of the circle, spin again, and step in behind the next gent]

Whirl again and don't get lost,

[The ladies step out of the circle, spin again, and step in behind the next gent]

Whirl this time behind your boss.

[The ladies step out of the circle, spin and step in behind the next gent (their partner). The set returns to their original formation for the following two lines, which act as a break]

Allemande left with your left hand,

Right to your own, right and left grand.

Notes and Modifications:

- This is a variation on the popular "Texas Star" Breakdown
- The ladies can "twirl" fewer times to mix up the partners, which may be re-partnered by repeating the verse three more times.



Meeting 5 - Elements of Competition

Meeting Objectives

1. Review skills and dances learned last meeting.
2. Continue building public speaking skills with an emphasis on calling.
3. Discuss the necessary points for square dance competitions.
4. Introduce other square dancing styles (MWSD).
5. Learn at least two new dances.

Roll Calls

What would you look for when judging square dancers?

How would you decorate a square dance costume?

Of the dances you have learned so far, which style is your favourite?

Tips for Leaders

- If you'd like to participate in a square-dancing competition contact your local Junior Farmer's Organization. This group should be an excellent resource for music, callers, and youth to invite to a square dancing event your members may plan. In addition, the Royal Agricultural Winter Fair, Vankleek Hill Ontario, College Royal at the University of Guelph, and the Canadian Open in Dundalk Ontario all host traditional square dance competitions which are open to 4-H members.

Discussion Questions

1. What do you think about the differences between traditional and MWSD? Would you like to try MWSD? What are the pros and cons of both styles?

Resources:

Modern Western Style Square Dancing Groups

- Canadian Square and Round Dance Society (CSRDS): <http://www.csrds.ca/>
- Ontario Square and Round Dance Federation: <http://www.squaredance.on.ca/>
- Eastern Ontario Square Dancing Association: <http://www.eosarda.ca/>
- Square and Round Dancers of South-Western Ontario: <http://www.swosda.ca/>
- International Association of Gay Square Dance Clubs (IAGSDC): <http://www.iagsdc.org>



Sample Meeting Agenda - 2 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	Elements of Competition: Square Dancing and Calling Competitions	20 min
Dances	"Chain the Ladies"	60 min
	"Forward Four in Line"	
	"Down the Centre and Cast off Six"	
Public Speaking/ Judging Activity	Judge a Square of Dancers or a Caller	10 min
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Practise new dances- Remind members to fill out their "Practise Records" sheet in their Record Books. "Crossword" found in members' Record Books.	

Sample Meeting Agenda - 2.25 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		10 min
Parliamentary Procedure	Minutes and Business	10 min
Topic Information Discussion	Traditional vs. Modern Western Square Dancing Styles	20 min
Dances	"Chain the Ladies"	60 min
	"Forward Four in Line"	
	"Down the Centre and Cast off Six"	
Public Speaking/ Judging Activity	Have members perform a call they have written	20 min
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Practice Calling at Home - Remind members to fill out their "Favourite Recordings" page in their Record Books. "Crossword" found in members' Record Books.	



Topic Information

Traditional vs. Modern Western Styles of Square Dancing

In the 1950's and 60's square dancing had a huge jump in popularity. This sudden resurgence resulted in the development of the modern western style of square dancing. Modern western dance is similar to the traditional style that we use in this manual, but has a few fundamental differences that are outlined in the chart below.

Trait	Traditional/Old-Tyme	Modern Western (MWSD)
Standardization	<ul style="list-style-type: none"> Not standardized. The same calls and stanzas are repeated the same way each time, but can vary from area to area and caller to caller. Dances are older and were originally written before the 1960's. The Canadian Olde Tyme Square Dance Callers' Association records traditional callers and groups, but doesn't dictate dances or moves. 	<ul style="list-style-type: none"> In Modern Western Square Dancing (MWSD), the moves are standardized. There are over 200 moves that are known by the same name every time. There are no standard dances or figures. Moves are standardized by a central organization known as CALLERLAB. CALLERLAB keeps records of MWSD clubs and callers.
Choreography	<ul style="list-style-type: none"> The choreography is always the same. The calls are repeated in the same way. Traditional square dance calls were choreographed to be fun, but not to be particularly challenging. 	<ul style="list-style-type: none"> The calls are different every time. Because the moves and their names are standardized, the dances aren't walked through before they are danced. Some MWSD callers don't even write the calls before they call them, but instead call by sight! As dancers work towards harder and harder calls, the focus moves away from joy in dance to the joy of puzzle solving.
Lessons	<ul style="list-style-type: none"> Anyone with the wish to dance can attend a traditional event and have a good time. They may not be the most skilled at their first event, but because the dances are run through slowly before beginning, anyone can pick them up without lessons. 	<ul style="list-style-type: none"> The large number of moves to be learned means that new dancers need to take lessons before they can attend events. There are 4 main levels in MWSD. Dancers start with Mainstream, which covers the moves used in traditional square dance. Mainstream lessons take about 8 months, and can be followed by the Plus, Advanced and Challenge levels. Most groups dance at the Mainstream and Plus levels. Advanced and Challenge levels are danced at national conventions.

*Chart cont'd on next page

Trait	Traditional/Old-Tyme	Modern Western (MWSD)
Music	<ul style="list-style-type: none"> • Most traditional square dance events are played with live music and a live band. • The band is usually composed of instruments that might include a fiddle, piano, guitar, banjo, or accordion 	<ul style="list-style-type: none"> • MWSD is most often danced to square dance records. These records are used because their timing is standard, but also because many groups meet once a week or more. This makes it difficult and expensive to have live music. • MWSD music is generally similar to traditional music, but inventive callers have been known to call to hiphop, rock, pop, and other genres.
Dress	<ul style="list-style-type: none"> • There is no standard costume or dress for traditional square dancers. • Dress at big events is usually slightly formal, with women in skirts or dresses and men in dress shirts, but this isn't required. • Dress varies from location to location and event to event. 	<ul style="list-style-type: none"> • Women wear full-skirted dresses or circle skirts with a white blouse. Prairie skirts (or tiered skirts) are also gaining in popularity. The skirts have large crinolines that are usually a contrasting colour. • Men wear western-style shirts with a kerchief or bolo tie and dress pants. • Some couples who dance together coordinate their costumes. The men's kerchiefs or shirts match with the women's dress. • The shoes are usually the China flat style, though groups with a country look may wear cowboy boots.



Elements of Competition: Square Dancing Competitions

By now you may have reached a level of proficiency in Square Dancing that you may be asked to perform in exhibitions or to enter competitions. This means putting a bit of polish on your skills, so you can look as good as you are!

Square Dancing competitions are usually judged using the criteria in the score card on the next page. Let's take a step-by-step look at these elements:

Rhythmic Accuracy: Traditional square dancing uses a two-step as the basic action. 20 points of the total score is based on the set's ability to dance the call while keeping in perfect time with this step. The two-step is what we have learned as a polka step. Posture is important; your back should be straight but relaxed. You should have a light bounce in your step, though the "ideal" amount of bounce varies by region. Listen for the four beats of the music and start on your left foot. You should be taking 3 quick steps in every beat of the music.

Uniformity / Pattern: 20 points of the total score is devoted to the "look" of the set. Neatness counts, both in movement and dress. Your set should try to start and stop the called moves at the same time. It is helpful to use the first beat as the beat you start the move. Most of the calls should take a multiple of four beats to complete. If two couples are told to circle half, for example, the action should start on beat one and take the four beats of that measure to complete.

5 points are for the dress of the set. The ladies wear a traditional cotton print dress with a very full skirt. A crinoline is worn under the dress to provide extra colour, especially during spins. Square dance clubs have suppliers for dresses and crinolines, or you can find a pattern and make them yourself. This club has instructions for a basic circle skirt that can be worn with a white cotton blouse in many competitions or during practice. The most important aspect is for the dress to be both attractive and comfortable. The ladies in a competitive set should be dressed as much alike as possible. The gents outfit consists of a western style shirt and tie with trousers that match the other gents. The shirts are sometimes made of the same or matching material to the ladies' dresses. Some sets wear the "china flat" type of shoe, but any other flat shoe is suitable. Gent's dress shoes should be polished, and in a similar style to the ladies'. The comfort of the shoes is essential, so keep this in mind when you choose a square dancing shoe.

Ability (Basic Knowledge and Accuracy): Only practice can get a set the 30 points allocated for basic knowledge and accuracy. In a competition there are three or four standard calls which are set as compulsory figures. The set is expected to know these calls and filler moves to go with them. These calls are then randomly assigned to the sets competing, and each set is judged on its ability to perform the dance. It is very important to listen to the caller and complete the figures as called. Dancers should not anticipate any of the calls.

General Effectiveness: The 30 points of this last category come from a dance chosen by the set. It is usually made up of a combination of figures and breaks from standard calls. The set's dancing ability is marked for 20 points, and the caller's ability to develop and perform the call make up the other 10. Marks are given for difficulty of the figures danced and the enjoyment shown while dancing them. Being relaxed and having fun will always net more points. A fun set will be favoured by the audience and the judges!



Square Dancing Scorecard

Rhythmic Accuracy

- All dancers step in time
- Posture
- Bouncy step /20

Uniformity/ Pattern

- Neatness of Dress- Is clean and neat
- Neatness of Movements - All done neatly /15
- Dress (All members of the set are dressed in costume) /5

Ability

- Basic knowledge and accuracy while dancing the compulsory figures /30

General Effectiveness

- Dancing (Ability to dance the designed call) /20
- Calling (Creativity and quality of the designed call) /10

Total /100



Elements of Competition: Calling Competitions

Square Dance Callers are also judged in competition. A caller is given a score of 25 for his/her ability to call with the rhythm of the music. If the caller cannot keep to the beat of the music while calling, it is impossible for dancers to keep to the beat while dancing. The category of Ability consists of confidence and poise shown while calling, and the clarity of voice. Originality points are given for creative combinations of figures called and for the use of patter to make the calls more interesting. As for the dancers, the caller is judged for general effectiveness – the ability to make the demonstration an enjoyable performance.

Knowing these basic elements of competition will allow you to develop an award-winning set that shows off your creativity and skills. The small touches of timing, uniformity of style and dress, and the overall showiness of the set will add up to a champion performance.

<i>Square Dance Callers Scorecard</i>	
<u>Rhythmic Accuracy</u>	
• Calling with the rhythm of the music	/25
<u>Ability</u>	
• Confidence and poise	
• Voice clarity	/25
<u>Originality</u>	
• Creative combinations of figures	
• Use of patter	/25
<u>General Effectiveness</u>	
• General entertainment quality of the performance	/25
<u>Total</u>	<u>/100</u>



Activities

Activity #1: Performing Calls

Purpose: To improve calling skills.

Age Group: Everyone

Time Allotted: 40min

Preparation and Equipment: Music and equipment to play it

Instructions:

Members should take turns teaching and calling their own calls. To save time, you may want to restrict members to calling only one verse of their call. Have different music samples available so that members are able to choose a song that they feel goes well with their call.

Debrief: How have your calling skills improved over this project? How could you improve your call or calling skills?

Activity #2: Judging a Square of Dancers or a Caller

Purpose: To begin judging squares or callers. To improve judging skills.

Age Group: Everyone

Time Allotted: 30min

Preparation and Equipment: Music and equipment to play it, video or sound clips of squares or calls (optional).

Instructions:

This is a good meeting to try actually judging sets, dances, and callers using the criteria outlined in the meeting. If you can attend a square dancing exhibition or competition, this activity could easily be done while watching other groups.

Debrief: What makes a good square dancing set? Could you use this experience to improve your own dancing and calling skills?



Chain the Ladies

Type: Heads and Sides

Music: 4/4 time

Call:

Head two couples lead out to the right,

Circle four with all your might,

Head gents break to a line of four,

[form two lines of four, which face each other]

Forward eight, and fall back eight

[the lines walk towards one another, then back],

Forward again with a right and left through

[After the right and left through, the gents must courtesey turn the ladies so that they face the inside of the set again. The set should be facing each other in two lines of four].

Chain the ladies across the line

[Ladies grasp left hands with the lady opposite them, and chain across to the opposite line of four],

Chain the ladies down the line

[Ladies chain in their own line of four],

Chain the ladies across the line,

Chain the ladies down the line.

Forward eight, and fall back eight,

Forward again with a right and left through.

Join your hands and circle eight,

Circle eight 'till you get straight.

Repeat with side couples

Notes and Modifications:



Forward Four in Line

Type: Hoedown

Music: 4/4 time

Call:

**First couple go down the centre,
And split that set.**

[The first couple goes forward and passes between the third lady and gent]

**Lady go right and gent go left,
To form a line of four.**

[the line is ordered: first gent, third lady, third gent, first lady]

It's forward four in line,

[the line steps forward to the first couple's position]

Right and left through behind the line,

[the second and fourth couples do this]

Fall back four in line,

[the line steps back to the third couple's position]

Right and left through in front of the line,

[the second and fourth couples do this]

Forward four in line,

[the line steps forward]

Ladies chain behind the line,

[the second and fourth couples do this]

Fall back four in line,

[the line steps back]

Ladies chain in front of the line,

[the second and fourth couples do this]

Forward four and the ends turn in, Circle a half

[the line steps to the centre and the first couple moves to close the line into a square, which circles half]

Right and left through to your places all...

Repeat for second, third and fourth couples.

Notes and Modifications:



Down the Centre and Cast off Six

Type: Hoedown

Music: 4/4 time

Call:

First couple go down through the centre and cast off six,

[the first couple splits the ring]

Lady go right, gent go left around the outside of the ring

Swing when you meet, foot swing too,

Now down the centre and cast off 4, just the way you did before.

[the first couple goes down the centre and the lady goes through the space between the third couple and the second couple, the gent goes left between the third and fourth couples]

Swing when you meet, do it up neat,

Now down the centre and cast off two,

[the first couple goes forward and split in the centre of the square. The lady goes right and passes through the second couple, while the gent goes left and passes through the fourth couple]

Face your corner and Tamarack 'er down with your corners all,

Swing your partner, the belle of the ball.

Repeat this stanza, changing the number of the couple in the first line, and the instructions in the last two lines

Second couple's ending:

Balance to your partner, Balance all eight

All swing out the garden gate

Third couple's ending:

Meet your partner with a do-si-do,

All couples do-si-do.

Fourth couple's ending:

Face your corner and Tamarack 'er down with your corners all,

Swing away with the belle of the ball.

Notes and Modifications:

- Try this call with the traditional introduction (called introduction E in this log) and traditional ending (called ending G in this log).



Meeting 6 - Planning a Square Dance Event

Meeting Objectives

1. Review skills learned last meeting.
2. Increase the profile of 4-H.
3. Plan a square dancing event or achievement program
4. Learn a few new group dances.

Roll Calls

What makes a good Dance Event?

What did you enjoy most about this project?

What was your favourite dance of this project?

Tips for Leaders

- Check the resource list for dance music sources.
- This meeting is a great chance to visit a local square dancing group. This will help the group develop the confidence to host their own program, and increase 4-H's profile in your community.
- Some ideas for achievement programs:
- Organize a dance (this may be a fundraiser for the next club). Your club can demonstrate their skills at this event.
- Organize a competition among local 4-H and/or Junior Farmers clubs.
- Participate at a local fair, plowing match, local club, etc.
- Showcase of talent at a community event.

Discussion Questions

1. What dance would you like to see at your square dancing event? Is there any special element that you would like to see incorporated into your event?



Sample Meeting Agenda - 2 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		5 min
Parliamentary Procedure	Minutes and Business. Finish planning the Achievement Program and delegate any remaining responsibilities.	10 min
Topic Information Discussion	Planning a Square Dancing Event - Members can use their "Planning a Square Dancing Event" worksheet in their Record Books.	20 min
Dances	"Grand March"	70 min
	"Virginia Reel"	
	"Patty-Cake Polka"	
Public Speaking/ Judging Activity	Activity #1: Judging A Square Dancing Event (Discuss the judging criteria to help plan the best Square Dancing event. Members could even judge their own event once it is finished.)	30 min
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Practise new dances - Remind members to fill out their "Practise Records" sheet in their Record Books.	

Sample Meeting Agenda - 2 hrs

Welcome, Call to Order & Pledge		5 min
Roll Call		10 min
Parliamentary Procedure	Minutes and Business. Finish planning the Achievement Program and delegate any remaining responsibilities.	15 min
Dances	"Centres Fall"	80 min
	"Canadian Breakdown"	
	"Ladies Doce Balinet"	
	"Texas Star"	
Wrap up, Adjournment, Social time and Snacks		10 min
Dancing All Week Long	Practise new dances- Remind members to fill out their "Practise Records" sheet in their Record Books.	



Topic Information

Planning a Square Dancing Event

For your Achievement Program, you may wish to plan a square dancing event. This is a great opportunity to showcase your new square dancing talents. Here are some ideas that you can keep in mind when planning your event.

Organize for Planning: You cannot begin to plan a program without knowing the situation. You should first determine the purpose of your event. Are you trying to teach a skill? Promote community awareness? Choose a purpose first. Next you need to decide the cost of the event. What kind of money are you willing to spend? Where are you going to hold the event? How many people are expected to attend and will there be a cost? Do you have enough time to plan this project properly? If you are having lots of trouble making an event work you may want to consider alternatives. Is there a smaller but cheaper hall to rent? Can you partner with a local dancing group that might help with planning? You should decide on a method of evaluating your event now. You can choose to distribute score sheets, or written forms, or you may decide on a more informal method. This evaluation is crucial to improving future events and discovering what aspects of your event didn't work out as well as planned.

Analyze your Information: Once you have found out all the relevant background information, it must be put into a cohesive outline. For example, you may have found a hall and musicians to play. Your club's members have agreed to shoulder the costs of advertising and food. You have decided to gather an evaluation of the night in an informal discussion group. Remember to make a workable schedule for planning the rest of the details.

Develop Your Program to Meet Needs: From all the information you have gathered, you should have discovered the obvious "need" of your attendees: to have fun and square dance. However some needs of the attendees are harder to meet. A person may attend the program to meet hidden needs for affection, acceptance, and approval. You must consider these needs if you want to develop a successful program.

Set Objectives that are challenging, but doable: Your group will want to be challenged by the program, but they don't want to be frustrated. Making your program too easy, however, will fail to keep the group interested. To build group confidence you may want to start with some simple squares, then move to some more complex squares. You can work to meet the group's hidden needs by encouraging and praising the group on the development of their new skills.



Stick to the Plan (but remain Flexible): Your club will have to set deadlines to meet certain goals, but be aware of changing needs. If, during the event, you notice the squares are too easy or too challenging, the program may have to be modified to fit the attendee's needs. Don't lose sight of your original goals as they will help you to set new ones.

Evaluate the Program: evaluation is a crucial step in program-planning. Without evaluation, your club may not be able to determine if the program is meeting (or has met) your goals. Evaluation can show warning signs of future problems, determine if the method of presentation is in line with the group's needs, and allow members to express opinions and promote necessary changes.

What Dances Should We Use?

The dances included in this meeting may be useful for your event. These dances are quick to learn and a little quirky. They are particularly fun in larger groups!

The Grand March is a fun way to divide your group of dancers into sets. The Virginia Reel is both a tune (or a medley of tunes) and the dance done to it. It is done in a line of couples, gents on one side and ladies facing. This style of dance is known as contra dancing. If you enjoy the Virginia Reel you may want to look further into contra. Lastly, the Patty-Cake Polka is an example of a mixer dance. Each time the stanza is repeated the dancers switch partners. Depending on the size of the circle dancing this polka and the number of repeats, the dancers may end up with a different partner than they started with.

Think about adding different dances like these to your event. Different kinds of dances add variety and can make your event more fun.



Activities

Activity #1: Judging A Square Dancing Event

Purpose: To evaluate a square dancing event and learn how to improve planning and execution of an event.

Age Group: Everyone

Time Allotted: 30min

Preparation and Equipment: none

Instructions:

After attending or running a square dancing event for their Achievement Program, members may wish to think about what makes a successful event. This activity may also be a useful tool while planning your own event. Be sure to evaluate whether there are any criteria that the members feel should be added.

Debrief: Was your square dancing event a success? How could it be improved?

Square Dancing Event Scorecard

Caller

- the caller has a clear voice that is heard above the music
- the caller uses interesting but not overly difficult calls
- the audio equipment works properly /25

Music

- the music is varied and exciting
- most of the music is of the country / bluegrass genres
- Live band: the instruments can all be heard and are in tune /25

Organization

- the ticket purchasing system is quick and easy
- there is time allotted for breaks and refreshments
- there are chairs and tables available for attendees
- attendance is adequate for the event /25

Extras

- tasty snacks and drinks
- traditional non-square dancing dances are added for interest
- the atmosphere is cheery and enthusiastic /25

Total /100



Grand March

Type: March Formation

Music: 4/4 time

Call:

Couples promenade!

Couples to the right and left,

[As each couple reaches the head of the line, they turn and "cast off" to the foot of the line. The first couple goes to the right, the second left, the third right, and so on down the line.]

Down in fours,

[After meeting another couple at the foot of the line, the couples now march to the front in groups of four]

Fours to the right and left,

[the groups of four "cast off" alternately to the right and left as the couples did previously]

Eights down the centre,

[The fours meet another group of four at the foot of the line, who they join to march up the line one more time]

And form your sets!

[the eights "cast off" alternately as before, but rather than travelling to the foot, they move to an open spot and form a square for the first few dances]

Notes and Modifications:

- Couples start lined up behind one another, with ladies on the left and gents on the right.



Virginia Reel

Type: Contra

Music: 4/4 time

Call:

**Everybody forward and back,
Forward again and right hand over,**

[Partners grasp each other's right hands and change places]

**Forward again and right hand back,
Forward again and do-so-do,**

[Couples do-si-do]

Head couple sashay down and sashay back,

[the couple at the head of the lines uses a closed hold to take eight sliding steps down to the "foot" of the line, then slides back]

Head couple cross over and chain down the line.

[The head couple grasps their right hands and switch places, then "reel" down the line. This is done by alternately chaining their partner and the next person in line. For example, the head lady will chain left to the second gent, then chain right to her partner, then chain left to the third gent, and so on down the line. The gent is doing the same, but to the line of ladies.]

Meet at the foot and swing sashay.

[The head couple swings when they meet at the end, then slide step back to the head of the line]

**All the rest face front and forward march,
And the first couple makes an arch.**

[The head couple forms an arch which all the other couples walk under, so they become the new "foot" couple]

**Under the arch to your places all,
And all clap hands and back to the call.**

Repeat until all dancers have had a chance to be in the "head couple" position.

Notes and Modifications:

- The couples start in two rows which face each other. Six couples is a good length for this dance.



Patty-Cake Polka

Type: Mixer

Music: 4/4 time

Call:

Heel-toe, heel-toe, slide, slide, slide.

[the couples heel and toe twice, then take three sliding steps counterclockwise around the circle. The lady is heel-toeing with her right foot and the gent with his left]

Heel-toe, heel-toe, slide, slide, slide.

[the earlier steps are repeated in the opposite direction. The lady is heel-toeing with her left foot, and the gent with his left]

Right hands up – Clap clap clap!

[the couples break their hold to face one another and clap their right hands together three times]

Left hands up – Clap clap clap!

[the claps are repeated with the left hand]

Both hands up – Clap clap clap!

[the claps are repeated with both hands]

And slap your knees – Slap slap slap!

[Everyone bends slightly to slap their knees three times]

Swing your partner and move one down.

*[the gent swings his partner, then takes the girl to the left as his new partner]
Repeat until all dancers are in their original position.*

Notes and Modifications:

- The dance starts with the ladies in an outer circle facing inwards and the gents in an inner circle facing outwards. The couples hold each other in a closed dance position.
- Instead of yelling “clap” or “slap”, the caller can clap their own hands or slap their own knee. After a few repetitions the caller may not need to call the dance at all.
- The swing at the end may be replaced by an elbow swing, do-si-do, or yellow rocket.



Centres Fall

Type: Breakdown

Music: 4/4 time

Call:

Now it's into the centre and centres fall,

[All couples join hands and go to the centre then step back and drop hands]

**Swing away with the corner doll,
Promenade her all around the hall.**

[Break]

Up to the centre and back to the wall,

[All couples join hands and go to the centre then step back and drop hands]

**Swing away with the corner doll,
Promenade her all around the hall.**

[Break]

Now it's into the centre and centres fall,

**Swing away with the corner doll,
Promenade her all around the hall.**

[Break]

Up to the centre and back to the wall,

**Meet and swing your own wee doll,
Promenade her all around the hall.**

**Places all and listen to the call,
Allemande left all over the hall,
Allemande right when you hear my call,
Allemande left with your corner again.**

Right hand to your partner and Grand Chain all.

Notes and Modifications:

- In the Ottawa Valley it is traditional to do a double Allemande before a Grand Chain, but this is optional. Don't call the two lines beginning with "Allemande right when you hear my call" if you just want to do a single Allemande before the Grand Chain.
- Try finishing with this with the traditional introduction (called introduction D in this log) and ending (called ending F in this log).
- In this dance ladies will be switching partners and moving around counter-clockwise with each verse. Gents return home at each verse with a new lady.



Canadian Breakdown

Type: Heads and Sides, Breakdown

Music: 4/4 time

Call:

**Head two couples promenade, go 'round the outside ring,
Right and left through with the first couple you meet,**

[the first couple should meet the second, and the third couple should meet the fourth. The following instructions are done in these groups of four]

**Right and left back in the same old track,
[Right and left through]**

**The same two ladies chain across,
And chain right back.**

[couples promenade around each other, rather than a "full" promenade where they would promenade around the square]

Right and left through to your places all.

Repeat, alternating heads and sides for the first "promenade"

Notes and Modifications:

- In another traditional breakdown, the ladies cycle through each gentleman and the breakdown is completed four times to get them back where they started. To do this with the Canadian Breakdown, eliminate the "and chain right back" instruction.



Old Fashioned Square Dancing
4-4 Ontario

Ladies Doce Balinet

Type: Visiting Dance

Music: 4/4 time

Call:

**First couple lead out to the right,
Join your hands and circle a half,
Ladies do-ce balinet,**

[The ladies let their hands go and cross the circle, passing right shoulder to right shoulder, and rejoin the circle on the opposite side, now facing out]

Gents in the river and don't get wet.

[Gents drop their left hand and circle half with the lady on their right, then rejoin hands. Gents now face out and the ladies face in]

Right hand lady with the right hand around,

[First lady drops the first gents hand (in her left hand), and swings once with the second gent. Second lady does the same]

Meet your partner and promenade around.

[The first lady extends her left hand to her partner, who promenades her around the centre of the square, then on to the third couple]

It's on to the next and circle a half...

Repeat with third and fourth couples

Notes and Modifications:



Texas Star

Type: Breakdown

Music: 4/4 time

Call:

Ladies to the centre and back to the bar.

[Ladies all walk to the centre, clap hands, and walk back into place.]

Gents go in with a right hand star.

[Gents walk into the centre and form a star with their right hands inwards]

Right hand out, left hand back, make your feet go whickety-whack.

[Gents travel clockwise, then at "left hand back" turn and form a left hand star which travels counter-clockwise]

Meet your partner, pass her by,

Take the next one on the fly.

[Gents continue the star past their home and on to the next lady. The first gent should grab the second lady, the second takes the third lady, etc.]

Gents swing out and girls swing in,

[the gents drop their left hand from the centre and the couples rotate so the ladies are in the centre]

Form your Texas star again.

[The ladies lift their right hands to form a star again, and travel clockwise]

Break and swing this new girl 'round,

[When the gent's home is reached, each couple goes home and swings]

And promenade around the town.

Repeat until all dancers are with their original partner.

Notes and Modifications:

- This dance was adapted from:
Square Dances of Today and How to Teach and Call Them. Richard G. Kraus. The Ronald Press Company. New York, New York, USA. 1950. Pg 48.

