

No-Partner Dances / Line Dances, Mixers / Easy Round Dances

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This seminar is about using "no-partner (solo) dances, line dances & mixers / easy round dances" in your club. This can be useful for both square and round dance clubs, and certainly for a club that has both square and round dancing.

What would be the purpose of introducing these dances or types of dancing to your dancers?

- It relaxes the dancers by using a different form of dancing, but with some familiar or similar figures.
- A mixer can be used to mix-up set squares.
- For open houses, they are simple, easy to learn movements that will get the dancers moving to the music and teaches them to listen to calls or cues.
- Helps to teach dancers to walk to the beat.
- Helps callers, cuers to learn to call, cue to the beat.

NO-PARTNER (SOLO) DANCES / LINE DANCES, MIXERS

Solo (no-partner) / line dances

- Hully Gully / Rocky Mountain Scramble
- Alley Cat
- Easy Spirit
- Stay Young ("great circle" dance)

Partner dances

- Cotton-Eyed Joe (this can be done with single couples or 2 couples)

Mixers

- Shuffle (cha-cha) mixer
- San Antonio Stroll
- The Barn Dance

Easy Round Dances

- Dance 1
- Dance 2
- Dance 3

Almost all line (solo) dances are taught by demonstration from floor. These dances should take about 5 minutes to teach.

One "disadvantage" of a lot of solo/line dances, is that they are not written in 4 measure sequences. When you are dancing it often makes no difference, but there are some people that will feel "off beat" with these types of dances.

Easy Round Dances

There are no actual round dances that could be taught in the "5-minute" time given here. Being that a round dance is a fixed choreography, to a complete song, where you don't change partners, more figures are used. You could use a mixer and not have the dancers change to a new partner.

SINGLE (NO-PARTNER) / LINE DANCES

Hully Gully – written by Ben Highberger

Some line dance routines can also be adjusted to fit different popular tunes or different groups. The original dance was done to "Little Black Book" by Jimmy Dean (Columbia 13-33051.) The same routine works well to the singing call tune "Pink Cadillac" (Red Boot RB-3017.)

Formation: Scattered around the floor all facing the same wall to start.

Music: RB-3017 "Pink Cadillac " or Col 4-42529 "Little Black Book". These are available from Palomino, or from the Internet (sometimes a different version; for "Pink Cadillac", I like Natalie Cole, CD: Everlasting, track 6.)

Description:

Lines, everyone start with the right foot free. (For RDing this teaches a vine)

1. vine right – step side right, behind left, side right, kick left across.
 2. vine left – step side left, behind right, side left, kick right across.
 3. 2 slow steps forward
 4. 3 quick steps; RF turn on the 3rd quickstep & kick forward with the L ft on the 4th count.
 5. Back up 3 steps and wait 1 beat with the weight on the left foot.
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Rocky Mountain Scramble written by Calvin & Judy Campell

Note: this is **very** similar to the Hully Gully.

Formation: No partners. All start facing the same direction in loose lines.

Music: YR 102 "Poppo Hoedown" or Columbia "Wild Man" 38-74748 or just about any country/western music. Examples:

"Queen of Hearts" by Juice Newton; this is **fast**

"Girls Just Wanna Have Fun" by Glamarama; this is slower

Description: Lines, everyone right foot free (For RDing this teaches a vine) Note: the figures "diamond touch" is done to the right ending with a close, but to the left ending with a touch. This could be confusing to some people.

1. vine right – step side right, behind left, side right, touch left.
 2. vine left – step side left, behind right, side left, touch right.
 3. forward 3 (right, left, right) & swing (left foot forward)
 4. backward 3 & touch (left, right, left, touch right)
 5. diamond touch right (touch right toe to the floor 3 times, moving in a diamond pattern (forward, to the side, then to the back) & close
 6. diamond touch left (touch left toe to the floor 3 times, moving in a diamond pattern (forward, to the side, then to the back) & **touch**
 7. walk (slow) 2 (left, right)
 8. run 3 & turn 1/4 LF (keep right foot free ready to start again)
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Alley Cat

The original music is Alley Cat, but you can use the music "Popcorn" which is a bit more modern. This dance does use 8 measure sequences.

Formation: All start facing the same direction in loose lines.

Music: Atco 62-6059 "Ally Cat" or Collectables 3170B "Popcorn", both records are available from Palomino, as well (a different version) on the Internet. (I use Popcorn by "Crazy Frog".)

Description:

Lines, everyone starting with the right foot free. (for RDing this teaches the figures close & touch)

1. (RF) point forward, touch, point forward, close
2. (LF) point forward, touch, point forward, close
3. (RF) point back, touch, point back, close
4. (LF) point back, touch, point back, close
5. (R knee) knee in front, touch, knee in front, close
6. (L knee) knee in front, touch, knee in front, close
7. R knee in front, close, L knee in front, close
8. clap, wait, jump & turn 1/4 RF, stand on left foot

Easy Spirit

When viewed from above, while a large group is doing it, it looks like a giant amoeba moving around.

Formation: All start facing the same direction in loose lines, right foot free

Music: "Spirit in the Sky", by the Kentucky Headhunters

Description

1. Vine right brush (**1/4 right turn**) step side right, behind left, side right, brush left
2. Vine left brush (**no turn**) step left, behind right, side left, brush right
3. Step brush right - 2 beats (Step to the right with right foot. Brush with left foot.)
4. Step brush left - 2 beats (Step to the left with left foot. Brush with right foot.)
5. Step brush right - 2 beats (Step to the right with right foot. Brush with left foot.)
6. Step brush left - 2 beats (Step to the left with left foot. Brush with right foot.)

After the dance is learned, add:

Put hands on the shoulders of the person in front of you.

When you do the turn, put your hands on the shoulder of the new person who is now in front of you.

Stay Young written by Jerry Helt

This is a "great circle dance"

Formation: Single circle, everyone left foot free

Music: MCA 52310 "Stay Young"

(this music is rather slow, but it is a song that people often like)

Description: (For RDing this teaches a side, close)

1. circle left 4 steps
2. face center & side, close to the left twice
3. circle left 4 steps
4. face center & side, close to the left twice
5. on the diagonal (left) walk to the center **3 steps** & clap
6. back out (same path) **4 steps**
7. on the diagonal (right) walk to the center **3 steps** & clap

8. back out (same path) **4 steps**

Note: diagonal in & out should be danced in a V-shaped pattern.

PARTNER DANCE'S

Cotton-Eyed Joe

Formation: There are at least 2 different ways to do this dance. We will describe first the 2-couple starting position, then the single couple

Music: "Cotton-Eyed Joe", from almost any version; there are many offered at Palomino. The music I have is from the Lloyd Shaw Foundation.

Description: (for RDing this teaches a side 2-step)

2-couples

in a normal CCW circle formation, 2 normal couples, man on the left, standing in front of each other. Outside hands are joined low with the person in front or back. Inside hands are joined with your partner

Everyone start with the left foot free.

1. Heel, toe, side 2-step – repeat 3 times for a **total** of 4 times
2. forward 2-steps – 8 times. After the first 4 times the couple in front releases joined inside hands & circles around to the back (using the other 4 forward 2-steps), so the other couples leads.

Description:

single couple

in a normal CCW circle formation, normal couples, man on the left, Hands joined in promenade position.

Everyone start with the left foot free.

1. Heel, toe, side 2-step – repeat 3 times for a **total** of 4 times
 2. forward 2-steps – 8 times. After the first 4 times under joined hands the lady makes a right face twirl (using the other 4 forward 2-steps).
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MIXERS

Shuffle (Cha-cha) mixer written by Susie & Gert-Jan Rotscheid

Formation: (for RDing this teaches cha cha rhythm, vine, circle)

Facing Line of Dance (LOD), Man with left foot free, Woman with right foot free

Music: "I Like It Like That" (this I have from a dance CD); "Tequila Makes Her Clothes Fall Off" by Joe Nichols; or any strong-beat cha-cha music or any 4-count music. You may have to slow the tempo down.

Description: (3 steps for each cha-cha-cha)

1. Walk 2, cha-cha-cha
2. Walk 2, cha-cha-cha
3. Vine apart 3, kick
4. Vine together 3, touch
5. Knee, across, knee, close

6. Knee, across, knee, close
 7. Circle away 2, cha-cha-cha
 8. Circle together 2, cha-cha-cha (Man to Reverse LOD to a new partner)
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San Antonio Stroll

Record: MCA-60188 or Red Boot 195 "San Antonio Stroll" or from a Tanya Tucker CD.

Formation: Dancers in a circle, facing around the hall counterclockwise, man on the inside, Escort position (this is a slower dance)

Description: (for RDing this teaches a vine, touch & walk)

Everyone starting with the left foot free.

1. vine left – step side left, behind right, side left, kick right across
 2. vine right – step side right, behind left, side right, kick left across.
 3. side touch left & right – 2 times (step side left, touch right toe to left instep; step side right, touch left toe to right instep – twice)
 4. walk forward 3 & kick
 5. walk back 3 & touch
 6. man circle back 4 **slows** to new partner / girl goes forward 4 **slows** to new partner
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The Barn Dance

Formation: Circle, guys facing wall & partner. Butterfly position, man's left foot, lady's right foot (lead foot) ready.

Music: "Wild, Wild West" by The Escape Club

Description: (for RDing this teaches Butterfly position, lead foot, side 2-step, twirl & reverse twirl, vine apart & together)

Note: this dance could be a bit more difficult to teach in 5 minutes to dancers that only square dance, or to non-dancers.

1. (toward LOD) side, close, side, touch
 2. (toward RLOD) side, close, side, touch
 3. (toward LOD) man: side, behind, side, touch; lady: twirl RF, right, left, right, touch
 4. (toward RLOD) man: side, behind, side, touch; lady: twirl LF, left, right, left, touch (both turn to face LOD)
 5. step, brush (4 times)
 6. vine apart 3 & touch;
 7. vine together 3 to face new partner (man back, woman forward)
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EASY ROUND DANCES / MIXERS

I have put together some simple figures that could be used for either a Round Dance, so without changing partners, or as a mixer. You need to find the "right music" – not too fast nor too slow.

MIXER or RD 1

Formation: facing Line of Dance, inside hands joined, Man's Left foot, Lady's Right foot free
Suggested music: Shake Your Booty by KC & the Sunshine Band

Description:

1. walk 4 to face
 2. 2 sd closes (open)
 3. walk 4 to face
 4. 2 side closes (open)
 5. (& 6) walk & brush 4 times
 7. vine apt 3
 8. vine tog to new (or same) partner
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MIXER or RD 2

Formation: facing partner, man facing wall, Butterfly position, Man's Left foot, Lady's Right foot free.

Suggested music: Oh Lonesome Me

Description:

1. side touch left & right
 2. side, close, side, touch
 3. side touch right & left
 4. side, close, side, touch
 5. back away 3 & kick
 6. back away 3 & kick
 7. (&8) strut together in 4 slows to new (or same) partner
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MIXER or RD 3

Formation: facing partner, man facing wall, Butterfly position, Man's Left foot, Lady's Right foot free.

Suggested music: Sing A Long Song by Jimmy Jim; Coco Jambo by Mr. President

Description:

1. side touch left & right
 2. side, draw, close
 3. side touch left & right
 4. side, draw, close
 5. (& 6) box
 7. back away 3 & kick
 8. together 3 to new (or same) partner
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SOME WEBSITES

- <http://www.d4bp.com/>
- <http://homepages.apci.net/~drdeyne/stepsprt.htm>