

FOLK DANCE STEPS

Kay Richards



WALTZ

1. Listen & clap.
2. Running waltz -- down, toe, toe
3. Hesitate
4. Box

Record #2565A

Decca

American

TWO-STEP -- BADGER GAVOTTE

Open social position.

1. Outside foot: heel, toe, 2 step, & 4 walk steps (starting with inside foot) & turn.
2. Repeat back.
3. Eight 2 steps -- on the 8th, the girl turns under arms.
4. Repeat dance.

#B116-Kismet Record -- "Tamara."

BAVARIAN POLKA

Partners--hold inside hands & face.
Start with outside foot.

1. 2 pas de basque.
4 push-off steps -- travelling fwd. around circle.
2. 2 pas de basque.
4 push-off steps -- travelling back.
3. Walk 4 steps fwd & stamp on the 4th.
4 walk steps back.
4. 4 walk steps fwd.
4 pivot turns in social position.

Imperial Record #1006A

BLACK HAWK WALTZ

Couples-social position.

1. Waltz balance twice & then 2 waltz steps.
2. Repeat #1 eight times.
3. Starting with outside foot cross over & cross other foot over & then cross outside foot again & then take three quick steps--side, back, point. Repeat starting with inside foot. Repeat step 2 more times.
4. Start dance again.

Call: Balance, balance, waltz, waltz

Repeat	"	"	"	"
"	"	"	"	"
"	"	"	"	"

Cross, cross, cross, step, back, point

"	"	"	"	"	"
"	"	"	"	"	"
"	"	"	"	"	"

Kismet.

Barnacle Bill -

K-1566

CALICO KICKER

Inside hands joined. Partners facing LOD.
Start on outside foot.

1. Two-step-1; two-step-2. Join both hands & take 4 slides in LOD
2. Change hands & repeat #1 in RLOD
3. Drop hands & take ^{o clap} 3 buzz steps in small circle away from partner (Man goes Left; Lady goes Right)
4. Repeat # 3, Man to Right & Lady to Left.
S. Balance - R v L
5. Lady takes 2 two-steps fwd. to next partner
Man takes 2 two-steps around in small left circle to meet new partner.

Calls:

- ~~1. Two-step-1; two-step-2~~
 1. And-a- 2-step; and-a-2-step
and-a- slide, slide, slide
 2. And-a-2-step; and-a-two-step
and-a-slide, slide, slide
 3. Buzz, buzz, buzz, ~~buzz~~ ^{clap}
Back, buzz, buzz, ~~buzz~~ ^{clap}
Balance - R v L
 4. And-a-two-step and a two-step and a two-step to a new partner.
- Man goes to...*

Record No. 2094A

Decca Record

Record # T2066A

Standard Record

CALIFORNIA SCHOTTISCHE

Couples -- butterfly position -- start with right foot.

1. Right foot pointing--cross in front & then out to side, then step back with right foot & to side with left & fwd. with right
Repeat pattern with left foot.

2. Repeat #1 one more time.

3. Long step fwd. with right foot & then left foot & 3 quick steps turning & hold.
Repeat same pattern but backing up.

4. Repeat #3 one more time.

Call: Left-Point, front, side; back, side, together.

Repeat above.

Fwd., fwd., turn; back, back, turn

Kismet Record #130B
Palestinian

CHERKESSIA

Big circle -- all hands joined.

1. Fall fwd. on R. foot & then step back with quick L,R,L. Repeat 4 times.
2. Step R. & swing L. foot to L. side & then back of R. foot, & on rise on right foot & repeat step. Do step 8 times.
3. Repeat #1.
4. Step hop going to right.
5. Repeat #1
6. Feet together & travel to R. with toe, heel, movement.
7. Repeat #1.
8. Kicking fwd. rotating feet.
9. Repeat #1.
10. Kicking back -- rotating feet.
11. Repeat #1.
12. Bend knees & travel to right with walking step.
13. Repeat dance.

Victor Record #25-004B (2066B)
Swedish

CIRCLE SCHOTTISCHE (Standard)

Circle progressive.

1. All join hands & take step, close, step, hop to the right & repeat back & take 4 step-hops in place, swing one foot over the other.
2. Face partner & take schottische step to right & clap on the hop & repeat back to place then take shoulder-waist position & turn with partner.
3. Repeat schottische step to right in & then travel with schottische step diagonally to your left to a new partner & take shoulder-waist position & do step-hops around.
4. Repeat whole dance.

Col. 0196x

Eso So -- Eso No.

GORRIDO

Double circle, with boys with back to center, in closed soc. posit. clockwise on side close steps & all others C.C.W.

1. 10 side close, traveling clockwise.
2. 15 grapevine dips, stamp, stamp.
Inside foot fwd. & outside to side & inside in back (dipping low on forward & back).
Do $6\frac{1}{2}$ times & stamp, stamp.
3. 4 slide closes.
4. Soldado -- 4 walk steps toward center of circle & 4 out. Do $2\text{-}3\frac{1}{4}$ times & 2 stamps.
5. 15 grapevine dips.
6. 10 side closes.
7. 2 dips with one turn.
Standing facing partner & cross L foot over R. & step, step in place, repeat back with R. foot. 4 walk steps turning.
Repeat 3 times.
8. 4 side closes.
9. Soldado.
10. Ladies double turn: Hold R hands & boy does same step as #2 & girls does one complete pattern of #2 & then takes 4 count turn. Repeat $2\text{-}3\frac{1}{4}$ times.

11. 10 side closes.
12. 15 grapevine dips & stamp, stamp.
13. 4 side closes.
14. Soldado.
15. 15 grapevine dips: but hold inside
hands & girl turn out & in on dips.

Imperial #1045B
American

COTTON EYED JOE

Social position.

1. Point fwd & back to other foot & then take 2 steps.
2. Repeat -- reverse direction.
3. 4 two-steps circling away from partner.
(Boys left; girls, right)
4. 4 push-off steps & 4 back (to boys' L & girls' R)
5. 4 two-steps in social position.
6. Repeat dance.

(Push-off -- walk & step then faster till pushing with foot)

Call: Heel, toe, slide, slide

Repeat

4 two away; 4 push; 2-step together.

Victor Record #20075A
American
Veleta Waltz

DORIS WALTZ

Russian position.

1. Step swing, step swing, 4 walk steps turning on the 4th.
2. Repeat back, girl turn under arm & face boy on 4th.
3. Balance back, fwd., & back & come together in social position & waltz 4 steps. On the 4th, the girl turns under arm & takes original position.



DOWN SOUTH

Partners facing, both hds joined, fac. LOD.

For Man: (lady opp.)

1. Point L toe to floor at L side, close L foot to R. Repeat. Take 3 slide steps to L in LOD, starting L ft.
2. Repeat #1, starting M's R, move RLOD
3. Step to L side on L ft., tap R toe to floor in back of L ft; step to R. side on R ft. tap L toe to floor in back of R.
4. Repeat #3
5. Do-sa-do. Start M's L ft., partner pass R. shoulders by walking fwd with 4 walk steps, then walk bwd starting M's L ft. passing partner L shoulders. M & Lady both veering to their R as they back up to receive new partner.

Calls:

1. Point, close; point, close; slide-2-3, close.
2. " " " " " " " "
3. Side, tap back; side, tap back
" " " "
4. Do-sa-do; fwd; back up; to the right.

Five F's

From post + facing out

Both start L -

Two-step - ; Two-step

Walk - 2 - 3 -

Two-step - ;

Walk - 2 - break +

(on break, release L hand, H makes 1/4

R-face turn + faces out, step L-R ;

W makes 1/4 - face turn + faces in - step L-R

Still holds out H's R-hand.

Balance out - change in

(L-R-L)

R-L-R

Break with your L, turn in again

Release L hand, still hold R hand

R hands, make 1/4 step, both feet

Make 1/4 step, H's R hand out

Break with R, face now out

FOUR HORSEMAN SCHOTTISCHE

Four sets.

1. Step, step, step, hop
step, step, step, hop
2. Head couple step hop under arms of
second couple & change places. Repeat
thru 1 & 2.
3. Repeat #1.
4. Head couple step hop to the outside to
change places.
5. Repeat 3 & 4

GLOW WORM

1. Inside hands joined.
3 walks fwd & point. Repeat.
2. Side schottische -- grapevine style --
facing partner. Repeat back.
3. Inside hands joined -- change places with
partner. 3 walk steps, woman going under
arch. Repeat back to place.
4. 4 two-steps with partner turning.
5. Repeat half of #1.
Sashay & cut. Repeat.
6. Woman turn with six walk steps under man's
arm & dip on seven.
(Without "&" man starts R)
7. Three two-steps then, 4 two-steps)

Call:

Georgia Polka

GEORGIA POLKA

Double circle. Partners facing LOD, inside hands joined. Start outside foot.

1. Walk - 2-3-swing inside foot fwd.
2. Back up beginning on inside ft, 3 steps & tap outside foot or hold.
3. Turn away from partners with 3 steps (Man to L; Lady to R). Face partner & clap on the "hold."
4. Repeat #3 in opp. direction.
5. Semi-closed ballroom posit., face LOD. Walk-2-pivot turn-point.
6. Repeat #5 travelling RLOD.
7. Two rotary two-steps & Man twirls lady fwd. to new partner with 4 walk steps. (Lady goes under her own R arm)

Calls: Start outside foot

1. Walk-2-3-swing; back-2-3-tap
2. Turn-2-3-clap; Back-2-3-clap
(ballroom posit)
3. Walk-2-turn-point; Walk-2-turn-point
4. Two-step; two-step; & twirl the lady on

GREEN SLEEVES

Two couples in set, one behind other.
All face LOD. Start outside foot.

1. 16 walking steps fwd.
2. 1st couple turn back, give R hand to other couple in R-hand star- 8 counts back with L-hand star -- 8 counts
3. 1st couple backs thru 2nd couple's arch. Complete over & under, coming back to orig. couples.
Repeat. Walk fwd. 4 steps.
4. Face partner, hold hands, slide 4 LOD
Turn back, walk 4, slide 4.
5. Do over & under step (No. 3).
6. Repeat dance.

Call:

1. Walk ---- 16
2. Star, Right; Star Left
3. Arch & back.
4. Walk-2-3-4; Slide-2-3-4
5. Other way walk-2-3-4; Slide-2-3-4
6. Arch & back

Korobushka

Circle -- double, boys inside.

Hold hands

Schottische.

1. Out: 1-2-3- hop. In: 1-2-3- hop;
Out: 1-2-3- hop. Cross, side together.
2. Each to own right with step, turn, step,
clap & back to left -- step, turn, step,
clap.
3. Balance fwd., balance back & cross over.
4. Rt. 2-3- clap; Left-2-3- clap.
Balance, balance & cross over.

Imperial #1006B
American

LACES AND GRACES

Holding partner's hand.

1. Point fwd., point side, & turn completely around using a catch step.
2. Step, swing right foot over left.
Step, swing left over right.
3. Slide 4 steps (back)
4. Walk four steps (fwd.)
5. Repeat all.
6. Two-step-- back to back, face to face
7. Social position & two-step.
8. Repeat whole dance

MEXICAN WALTZ

Couples social position.

1. Start outside foot--two step-hops, & step, stamp, stamp.
2. Repeat.
3. Join hands & right foot back & balance. Arms straight, & out & straight & clap, clap.
4. Repeat again start away, together & away & claps overhead.
5. Four two-steps turning.

Call: Start Left

1. Step, swing; step, swing; step, clap, clap.
Repeat R.
Repeat all.
2. Away, together, away; clap, clap
Together, away, together; clap, clap
3. Waltz

Record #25061B, Album A-525
Decca Record
American.

MOON WINKS

Social dance position.

1. 3 slides fwd & change directions & take
3 more slides.
2. Turn 3 steps & dip; boy back & girl fwd.
3. Repeat dance.

Variations on #2

1. Walk 3 steps & dip.
2. Girl turns under arm 3 counts & then both
dip.

NARCISSUS

Social position.

1. Point side, back; point side, back.
3 slides & draw.
2. Repeat other way.
3. Step, bow; step, bow.
Step, swing, step, swing.
4. 4 two-steps & on last two, swing girl on
to man in front.

Old Gray Bonnet
Single circle, led on Goff R.

Hairs: 1000.

All start L - grape vine to L then R (R)

1. L-back; L-front; L-back; L-swing
2-R " " R " " R-hold

(Bring Lpt to R but keep wt. on R.)

3. Drop hands to center with:
L-R-L-swing R & clap hands on swing

4. Gait out with
R-L-R-Stamp L (Keep wt. on R.)

5. Repeat 3 & 4

6. Rt. Elbow hook - walk around partner
in 8 pts - starting L & tap R (8 pts)

L-R-L-R-L-R-L-tap R

7. Left elbow hook - walk around partner
in 8 pts - starting R & tap R (8 pts)

R-L-R-L-R-L-R-tap R

8. Repeat 3, 4, & 5

Rustic Schottische
Starlight Schottische
Calif. Schottische.

OKLAHOMA MIXER

Social position -- open (Vars.)

1. Two step left & then right.
2. Four walk steps fwd.
3. Heel, & toe, & girl takes 3 walk steps $\frac{1}{2}$ way around boy & then heel, toe, & walk back to next boy.
4. Repeat dance.

Call:

1. Step, together, step, &, step, tog., step.
2. Walk-2-3-4
3. Heel, toe, lady goes in
4. Heel, toe, & back to a new partner.

PATTY-OKE POLKA

Social dance position. Circle. Girl on outside.

1. Heel, toe; heel, toe & 4 slides L.O.D.
2. Repeat opp. direction.
3. Face partner & Rt. hands clap 3 times.
Left hands, clap 3 times.
Both " W " "
Own knees " " "
4. Join right elbows & skip around 4 steps & girl goes on to her left to a new partner.

PROGRESSIVE VARSOUVIENNE

Take butterfly position.

1. Cross, step, close; cross, step, close;
cross, step, step, step.
2. Repeat #1.
3. Cross, step, step, step. Repeat back.
4. Repeat #3.
5. Progress—p cross, step, step, step.
(girl moving out until facing boy).
Repeat back with girl coming under the
arch.
Repeat out again.
Repeat step but girl travels on to the
man behind her partner.
6. Repeat dance.

Reco: #1005A
Imperial Record
Scotch.

ROAD TO THE ISLES

Russian position.

1. Point left foot out & then take 3 walk steps with the lady crossing to other side of man.
2. Repeat again starting with right foot.
3. Point foot fwd., back, & walk 3 steps & hop, 3 steps & hop; turn 3 steps & hop turn, & 3 steps in place.
4. Repeat dance.

Point back step together & point back step together.

Point fwd. & back 1,2,3, hop 1,2,3, turn
back 2,3, turn stamp, stamp, stamp.

Reco: #2090A
Decca Record
American

RYE WALTZ

Social position.

1. Heel, toe, heel, toe, slide, slide, slide, turn.
2. Repeat back.
3. Repeat #1 & #2.
4. Waltz 8 patterns
5. Repeat whole dance.

Victrola Record #20085

SCANDINAVIAN WALTZ

Double circle -- inside hands joined.

1. Balance fwd., balance back, & turn away from partner & around.
2. Repeat #1.
3. Take social position & waltz step 8 times.
4. Repeat dance.

SHOO-FLY

Shoo-fly, don't bother me;

" " " " "

" " " " "

For I belong to somebody

I do, I do, I do, Yes, indeed I do

For, I belong to somebody

Yes, indeed, I do.

Single circle, hands joined. Lady to R.

1. Walk 4 steps twd center, raised hands over head; walk back 4, hands down.
2. Repeat #1
3. Partners join hands & swing or walk around
4. Man "shoos" his partner to the next man on his left. Lady passes in back of man & joins hands with the next man to the L

Call:

1. Lady goes back; man ahead.

(Man releases R hand. Lady releases L hand & make circle again)

Veleta Waltz
Beautiful Lady in Blue
Imp. #1036A

SPINNING WALTZ

1. Step swing twice -- start M's ~~h~~ --
& lady turns under. (M- step. draw -)
2. Repeat #1 but man turns under.
3. Step draw, step draw to M's left & then
repeat back.
4. Four waltz steps.
5. Repeat dance.

ST. BERNARD WALTZ.

Social dance position -- to boy's left & girl's right.

1. 3 slides & stamp.
2. 2 slides (opp. direct.) &
3. Walk toward center 2 steps & out 2 steps.
4. Lady does 2 waltz steps turning under man's arm.
5. 2 balances & 2 waltz or 4 waltz

Lili Marlene

SUSAN'S GAVOTTE

LOD

Double circle, inside hands joined, facing
Start OUTSIDE foot.

1. Walk fwd 4 steps; slide fwd in 4 slides in LOD (hands joined).
2. Repeat #1, moving RLOD. Start lady's L; Man's R. (inside hands joined)
3. With both hands joined, take 4 step-swings in place (Man, step L, swing R, etc. Lady, starts stepping R & swing L, etc.)
4. Inside hds joined, walk fwd. 3 steps; swing free foot fwd. on 4th step (Man: L,R,L, swing R. Lady, opp.)
5. Changing hds, walk RLOD 3 steps, start on outside foot, swing free ft. fwd. on 4th count.
6. Inside hands joined, take 4 two-steps, moving face-to-face & back-to-back.
7. Drop hands & Man turns to Left to move back to a new partner. Lady turns in place R (4 two-steps)
8. Repeat dance

Man back L @

lady in place R.

Callis:

1. Walk-2-3-4. Slide, slide, slide, step-draw

2. Back-walk-2-3-4. Slide, slide, slide, step-draw.

3. Step-swing; step-swing; step-swing; step-swing.

4. Walk-2-3-swing; Back-2-3-swing.

5. Face-to-face & back-to-back; & face-to-face & back-to-back

6. Man moves back & the lady turns.

TING-A-LING

1. Balance fwd. & back & fwd. & back.
2. Waltz 2, 3, & turn, 2, 3, draw, draw.
3. Repeat.
4. Slide, slide & lady turns under.
5. (back) Slide, slide, & lady turns under.
6. Away, together, away, together.
7. Two waltz & 1 turn

WOODEN SHOES

Join inside hands.

1. Walk 8 steps fwd. & turn.
2. Walk 8 steps back to place.
3. Right hand star & walk 8 steps around.
4. Reverse & do left hand star.
5. (Music) and then stamp, stamp, stamp.
(Music) and then clap, clap, clap.
Shake right hand & then left.
Girl swings -- turning completely around
& boy ducks.
6. Repeat #5 but end with boy swinging & girl ducking.
7. Take Russian position & do 16 2-steps starting with left foot.
8. End with boy walking fwd. to new partner.
9. Repeat whole dance.



Decca Record #2565A

BADGER GAVOTTE

1. Walk 4 steps fwd. & then take step & curtsy, step curtsy
2. Repeat #1 in same direction.
3. Step close, step hold, & repeat back.
4. Two 2 steps & girl turn on 3rd & curtsy on 4th.
5. Repeat dance.

TWO-STEP

1. Step, together, step.

L R L

2. Walk out

3. To music -- without partner