

A yellow map of Missouri with black outlines for county boundaries, set against a purple background. The text is overlaid on the map.

MO DANCES

Volume II

Contra Dances by
Missouri Choreographers

A Perfect Tin	Linda's Lovely Smile
Aback	Mae's Maze
Alternating Current	March Fours
An Arm and a Leg	Martha's Hot & Spicy
Birds of a Feather	NEFFA in my Wildest Dreams
Bob's High Quality Bologna	Reel Macho Revisited
Captain Kirk's Halibut	Rick O'Shay's Hey
Caveman	Rolling in the Dough
Double Dip	Seesaw Surfer
Double Play	Shaking Out the Bees
Down Stream	Sleeping with the Hounds
Drama in Middle School	Stimulus Package
Girls of St. Louis	The Big Chit Chat
Groundhog Daze	The Hive
Gypsy in the Hey	The Square English Contra
Heyllamande	Wagon Wheel
Invertro Flirtilization	Wild Hemp
Lauren's Lagniappe	Willow Ware
Lavender and Lilac	

A Perfect Tin by Bob Green

duple ccw Becket double progression

A1 Long lines F&B (8)

Right hands across star (8)

A2 Gents drop out, ladies by the right 1/2+ (4)

Neighbor swing (12)

B1 Give & take, ladies draw the men (8)

Partner swing (8)

B2 Circle left (8)

On the left diagonal, slide left, Calif. twirl (8)

Major end effects! At the top wait out on the right side, at the bottom wait out left. Let the other couple slide to you.

Aback by John Coffman

dupe improper **reverse progression**

A1 Neighbor Balance and Swing (16)

A2 Men Allemande Left 1 ½ (8) Partner Swing (8)

B1 Right and Left Through {across}(8)

Ladies Chain {to neighbor}with Extra Courtesy* (8)

B2 Neighbor See Saw ¾ to make a wavy line across the set

Balance the Wave (R,L)(4), Missouri Twirl** (4)

Notes *B1: The "ladies chain with extra courtesy" starts like a normal for another 180 degrees, so both dancers end up facing outside the set {with the

lady on the right as you face outside the set}. ** A Missouri Twirl has much of the feel of a California Twirl, with this exception: you and neighbor start facing opposite directions, and you end up facing opposite directions.

Alternating Current by John Coffman

Duple, Improper

A1 Neighbor Balance and Swing (16)

A2 Right and Left Through (8)

Men Roll Neighbor Ladies Away with 1/2 Sashay (4),

Ladies Roll Same Man Away with 1/2 Sashay (4)

B1 Ladies Allemande Right 1 1/2 (8)

Partner Swing (8)

B2 Balance the Ring (4) Spin 1 Place to the Right (4)

Balance the Ring (4), California Twirl (4)

<http://sites.google.com/site/capecontradance/home/contra-dances-by-john-coffman>

An Arm and a Leg by John Coffman

Duple, Becket

- A1 Left Diagonal Right and Left Through (8)
Ladies Chain {across}(8)
- A2 Left Hand Star 1X (8)
With Old Neighbors, Right Hand Star 1X (8)
- B1 Ladies Turn In, Old Neighbor Gypsy and Swing
(16)
- B2 Men Allemande Left 1 ½ (8)
Partner Swing (8)

<http://sites.google.com/site/capecontradance/home/contra-dances-by-john-coffman>

Birds of a Feather by John Coffman

Duple, Improper

- A1 Promenade Across {men pass left shoulders} (8)
Mad Robin {ladies on inside first} (8)
- A2 Neighbor Balance and Swing (16)
- B1 Men Allemande Left 1 ½ (8)
Partner Swing (8)
- B2 Ladies Allemande Right 1 ½ to Face New Neighbors (8)
With These New Neighbors, Allemande Left 1 1/2 (8)

<http://sites.google.com/site/capecontradance/home/contra-dances-by-john-coffman>

Bob's High Quality Bologna by John Coffman

Duple, Improper

A1 Circle Right 1X

Zag Right (2), Zig Left (2) to meet new neighbors, With these new neighbors, Circle Left $\frac{1}{2}$ (4)

A2 Ladies Turn In, Neighbor Gypsy and Swing (16)

B1 Men Allemande Left $1 \frac{1}{2}$ (8)

Partner Swing (8)

B2 Ladies Chain (8)

Long Lines Forward and Back; on the way back out, ladies roll their neighbor man away with $\frac{1}{2}$ sashay. (8)

Captain Kirk's Halibut by John Coffman

Duple, Improper

A1 Neighbor Balance and Swing (16)

A2 Hands Across Star Left 1X (8)

Ladies keep left hands to Allemande Left 1 ½ WHILE the Men push off and loop over their own right shoulder (8)

B1 Partner Gypsy and Swing {meltdown} (16)

B2 Long Lines forward and back (8)

Ladies Chain across (8)

Notes: In my experience, the men loop right needs to be demonstrated with an emphasis on using about 8 beats of music. Otherwise, men tend to stand around waiting on their partner.

<http://sites.google.com/site/capecontradance/home/contra-dances-by-john-coffman>

Caveman by Jim Hemphill

Duple Becket

A1 Long lines forward, Gents take your neighbor back & swing

Long lines forward, Gents take your partner back & swing

B1 Right Left thru, then roll the ladies away

Right hand star 3 places

B2 Next men allemande left 1 1/2

Scoop your partner, star promenade then butterfly twirl

Source of dance notes: <http://www.childgrove.org/mo-dances/jims-dances.html>

Double Dip by Ted Steele

A1 Do-Si-Do Neighbor
Swing Neighbor

A2 Ladies Chain, over & back

B1 Circle-L $\frac{3}{4}$
Swing partner

B2 Circle-L $\frac{3}{4}$
Balance Circle & pass-thru

Double Play by John Coffman Duple, Becket

- A1 Circle Left 3/4 (8)
 Neighbor Swing (8)
- A2 Men Allemande Left 1 1/2 (8)
 Partner Swing {end in lines of four facing down the hall} (8)
- B1 Down the Hall in lines of four (8)
 Turn Alone and Come Back Up the Hall {in lines of four} (8)
- B2 Invert the Line {Couple #2 makes an arch; lady #1 leads her partner under the arch and swings her partner on their original side as the #2 couple walks to their original side and swings} (16)

Slide left to start the dance over with new neighbors

<http://sites.google.com/site/capecontradance/home/contra-dances-by-john-coffman>

Downstream by John coffman

Duple, Improper

A1 Neighbor Balance & Swing {end facing down hall} (16)

A2 Down the Hall in Lines of 4 (8)

Bend the Line and Circle Left $\frac{3}{4}$ (8)

B1 Partner Gypsy and Swing {end facing up hall} (16)

B2 Up the Hall in Lines of 4 (8)

Circle Right $\frac{3}{4}$ (6), California Twirl (2)

<http://sites.google.com/site/capecontradance/home/contra-dances-by-john-coffman>

Drama in Middle School by John Coffman

Duple, Improper

A1 Neighbor Balance and Swing (16)

A2 Circle Left $3/4$ (8)

Balance the Ring (4), Inside Turn to a Right Hand Star (4)

B1 Star Right 1X (8)

Partner Swing (8)

B2 Long Lines Forward and Back (8)

Ladies Chain (8)

Girls of St. Louis by John Coffman

Duple, Becket

- A1 Pass Through to an Ocean Wave (4), Balance the Wave {R,L} (4)
Partner Allemande Right $\frac{1}{2}$ (3), Men Allemande Left $\frac{1}{2}$ (2), Neighbor Allemande Right $\frac{1}{2}$ (2) Walk Forward to New Neighbors (1)
- A2 New neighbor balance and swing (16)
- B1 Long Lines (Forward and Back) (8)
Circle Left $\frac{3}{4}$ (8)
- B2 Partner Gypsy and Swing (16)

Groundhog Daze by Jim Hemphill

Becket

A1 Gypsy your shadow, Partner swing

A2 Circle left 3 places

Balance the circle, 1's make an arch, 2's dive thru

B1 Next neighbor balance and swing

B2 Long lines F&B

Ladies allemande right halfway, partner allemande
left three quarters

Gypsy in the Hey by Jim Hemphill duple improper

A1 Men pass right shoulders start 1/2 hey

Neighbor swing

A2 Right Left thru

Ladies pass right shoulders start 1/2 hey, Gents
gypsy in the middle

B1 Partner balance and swing

B2 Neighbor right hand balance. and box the gnat

Right hand star 3 places

Notes: Progression, Have the men look into the next set to identify the person they will pass right. The ladies need to turn in a loop over their left shoulder to enter the hey by passing left shoulders with your partner as he crosses in the hey..

Heyllamande by Jim Hemphill duple improper

A1: Long Lines Forward; on the way back, gents Roll your Neighbor Away with a half sashay
Men Allemande left 1 ½ to an Ocean Wave

A2: Balance the Wave (right and left), Swing Through (Allemande- half by the right, half by the left)
Balance again, Swing Through (half by the right, half by the left)

B1: Gypsy and Swing your partner

B2: Circle Left three quarters and Swing your neighbor

Invertro Flirtilization by Jim Hemphill duple improper

A1 Neighbor balance and swing

A2 Down the hall in lines of 4, middle gent turns both ladies, right hand high, left hand low and up the hall you go

B1 Invert the line, 1's arch, lady 2 lead thru and swing your partner

B2 Circle left 3 places
Balance the circle and California twirl

Lauren's Lagniappe by John Coffman

Duple, Becket, Counterclockwise

- A1 Ladies Allemande Right 1 1/2 (8)
Neighbor Swing (8)
- A2 Long Lines Forward and Back(8)
Left Diagonal Ladies Chain {to your shadow}(8)
- B1 Circle Right 1X (8)
Shadow Allemande Left 1 1/2 (8)
- B2 Partner Balance and Swing (16)

Start the dance over with the neighbors now across from you.

Lavender and Lilac by John Coffman

Duple Improper

- A1 Neighbor Balance and Swing (16)
- A2 Men Allemande Left 1 ½ {to partner}(8)
Partner Swing (8)
- B1 Long Lines Forward and Back (8)
Ladies Chain (8)
- B2 Balance the Ring (4), Petronella Twirl 1 Place to
Right (4) Balance the Ring (4), Petronella Twirl 1
Place to Right {with a little extra twirl} to face new
neighbors & start the dance over (4)

Linda's Lovely Smile by John Coffman

Duple Improper

A1 Neighbor Allemande Right $\frac{3}{4}$ to form short wavy lines (4), Balance the Wave {R,L}, (4)

$\frac{1}{2}$ Hey {Neighbor pass Right shoulders to start –men do slightly more than $\frac{1}{2}$ hey} (8)

A2 Neighbor Gypsy and Swing (16)

B1 Men Allemande Left $1 \frac{1}{2}$ (8)

Partner Swing (8)

B2 Ladies Chain (8)

Star Left 1X (8)

Notes: A1: After the Neighbor Allemande Right $\frac{3}{4}$, all will end in a short wavy line; men will have left hands in the center, and all will have right hands with their neighbor;

Mae's Maze by John Coffman Duple, Improper

A1 Hands Across Left Hand Star 1X (8)

Men push off and loop out over their own right shoulder WHILE Ladies Allemande Left 1X(8)

A2 Neighbor Pull By with Right Hands (2), Men

Pull By with Left Hands (2), Partner Swing (12)

B1 Men Allemande Left 1 1/2 (8) Neighbor Swing (8)

B2 Ladies Allemande Right 1 X (8)

Ladies keep Right Hands for a Hands Across

Right Hand Star 1X (8) {Men step in BEHIND your partner to start the right hand star.} After turning the right hand star, push off to look for new neighbors to start the dance over.

Notes: In B2, men allow the ladies to allemande right 1X, then fall in behind their partner {in front of their neighbor} to start the hands across right hand star.

March Fours by Bob Green

(4 facing 4)

A1 Pass thru and box the gnat with the one you meet (8)
(on the ends, turn alone)

Pass thru and box the gnat with your original neighbor(8)

A2 Balance your corner & swing (on the ends, neighbor is
across from you, in the center, they are next to you)

B1 Form a ring of 8, balance the ring & roll the Left-
hand ladies away. Form a ring of 8, balance the ring &
roll the left-hand ladies away

B2 Balance the ring & swing your partner, end facing
original direction.

Martha's Hot & Spicy by John Coffman

Duple Improper

- A1 Zig Left (3), Zag Right (3), Zig Left (2) to meet new neighbors #3 {see notes}
Allemande Neighbor #3 Right 2X {1X optional} to return to Neighbor #2 (8)
- A2 Neighbor #2 Balance and Swing (16)
- B1 Men Allemande Left 1 1/2 (8)
Partner Swing
- B2 Right and Left Through {across} (8)
Circle Left $\frac{3}{4}$ (8)

NEFFA in My Wildest Dreams by Bob Green

longways Becket

A1 Mad robin (8)

New neighbor mad robin (8)

A2 Partner balance and swing (16)

B1 Circle left $3/4$ (8)

Neighbor swing (8)

B2 Circle left (8)

New neighbors circle right $3/4$ (8)

Reel Macho Revisited

by John Coffman

Duple, Becket, COUNTERCLOCKWISE, Double Progression

- A1 Circle Left $\frac{3}{4}$ (8)
Neighbor Swing (8)
- A2 Left Diagonal Ladies Chain {to shadow} (8)
Push Back $\frac{1}{2}$ Hey (8)
- B1 Men walk into the middle to make a long wavy line down the center [men should have their backs to their shadow] (4),
Balance the line [R, L] (4)
Men Reel the Line (dropping left hands); allemande Right $\frac{1}{2}$ (3)
with the next man allemande left $\frac{1}{2}$ (3 counts), with the next man allemande right $\frac{1}{2}$ (2 counts), to face Partner
- B2 Partner Balance and Swing (16)

Rick O'Shay's Hey by Jim Hemphill duple improper

A1 Men start a full ricochet hay, end in a wavy line with men in the middle by the right

A2 Balance right then left, men slide right and swing your partner

B1 Men allemande left 1 1/2
Neighbor swing

B2 Long lines forward and back
Right hands across star once around

Notes, B2 the progression, men should look into the next set for the next guy, ladies release the star and loop over left shoulder to enter the ricochet hey with the next. <http://www.childgrove.org/mo-dances/jims-dances.html>

Rolling in the Dough by John Coffman

Duple Improper

A1 Circle Right 1X (8)

Neighbor Allemande Left 1 1/2 (6)

A2 Ladies Chain {to partner} (8)

Mad Robin {ladies on inside first} (8)

B1 Partner Balance and Swing (16)

B2 Long Lines Forward and Back (8)

Circle Left $\frac{3}{4}$ (6) Men Roll Neighbor Ladies away with
 $\frac{1}{2}$ Sashay {to face new neighbors} (2)

Seesaw Surfer

by Jim Hemphill

duple Becket

A1 Slide left, Circle left 3 place & swing neighbor (16)

A2 Ladies chain w/ a courtesy fling*(8)

Seesaw to an ocean wave (8)

B1 Balance left, right slide left (8)

Balance right, left slide right (8)

B2 Balance & swing your partner

*courtesy fling= courtesy turn where you turn just far enough to keep hold of left hands, extend your arms, and end facing up & down the line instead of across the set.

Shaking Out the Bees *by John Coffman*

Duple, Improper

- A1 Neighbor Right Hand Balance (4), Box the Gnat (4)
Right Hand Star 3/4 {wrist hold star} (8)
- A2 Ladies Turn In, Partner Gypsy and Swing (16)
- B1 Men Allemande Left 1 1/2 (8)
Neighbor Swing (8)
- B2 Balance the Ring (4), Petronella Twirl 1 Place to
Right (4)
Balance the Ring (4), Petronella Twirl 1 Place to
Right {with a little extra twirl} to face new neighbors
and start dance over (4)

Sleeping with the Hounds by John Coffman Duple, Becket

- A1 Circle Left $\frac{3}{4}$ (6), Pass Through {up and down by right shoulders} (2)
NEW Ladies Allemande Left 1X WHILE Men Orbit clockwise $\frac{1}{2}$ way to cross to the other side of the set to meet his Partner (8)
- A2 Swing Through {allemande partner right $\frac{1}{2}$, then men allemande left $\frac{1}{2}$ } (4), Neighbor Swing (12)
- B1 Ladies Chain (8) Star Left 1X {hands across star} (8)
- B2 Ladies Turn Out {over right shoulder}, Partner Gypsy and Swing (16)

Stimulus Package by John Coffman

Duple, Becket

- A1 Balance the Ring (4), Spin over Right Shoulder, and
move one place to the Right {as in Petronella} (4)
Neighbor Allemande Left 1 1/2 {to progress}(8)
- A2 {New} Neighbor Balance and Swing (16)
- B1 Ladies Chain {to Partner}, Men Roll Partner Lady
Away with 1/2 Sashay (8)
Right Hand Star {1X}(8)
- B2 Ladies turn in} Partner Gypsy and Swing (16)

The Big Chit Chat by John Coffman Duple, Becket, co unterclockwise

A1 Ladies Chain(8)

Promenade Up/Down Set {see notes} (8)

- A Lady walks forward and weaves to inside of man directly in front while the man rolls out over right shoulder to meet the lady immediately behind him {the lady does NOT pass the man in front of her during the promenade – she weaves TO this man} (2) and Swing this neighbor (14)

- B1 Take hands in one large oval {Everybody in the line holds hands – a Chainsaw}, and {big} circle (Chainsaw) to the Left (8)Ladies look for the lady that just swung your partner, these ladies allemande right 1 ½ to their partner (8)

B2 Partner Gypsy and Swing (16)

Notes: In A1, after the ladies chain, have dancers face up and down the set in promenade position with men's left shoulder to the center.

The Hive by John Coffman

Duple, Becket

- A1 Left Diagonal Right and Left Through (8)
Straight Across, Ladies Chain (8)
- A2 With the neighbors now across from you, Circle Right 1X {all the way} (8)
With old {previous} neighbors, Circle Left 1X {these old neighbors are the same neighbors dancers did the left diagonal right and left through with in A1 – see notes} (8)
- B1 Old Neighbor Gypsy and Swing {same old neighbor dancers did the left diagonal right and left through with in A1 – see notes}(16)
- B2 Men Allemande Left 1 ½ (8)
Partner Swing (8)

The Square English Contra by Jim Hemphill

Duple Proper

A1 Neighbor allemande right 1 1/4 to a wave (8)

Ends swing thru (8)

A2 Gypsy and Partner Swing (16)

B1 Circle left 3 place, neighbor swing (16)

B2 1s half figure 8 Partner right hand balance & pull by,
neighbor pull by left, on to next neighbor (16)

Wagon Wheel by Bob Green Becket

A1 Circle left (8)

Star by the left (8)

A2 Ladies allemande right 1/2+ (8)

Neighbor swing (8)

B1 Men allemande by the left 1 1/2 (8)

Partner swing (8)

B2 Star by the right (8)

Circle left half way, slide left to new neighbor (8)

Wild Hemp by Jim Hemphill duple Becket

- A1 (8) Right and left through
 (8) Ladies Chain with a courtesy fling

- A2 (16) Pull by left to a next Neighbor swing

- B1 (16) Down the hall, four in line. right hand high, left
 hand low, swap ladies, then up the hall

- B2 (8) Invert the line (2s arch)
 (8) Partner swing

Willow Ware by Bob Green

Becket

- A1 Ladies by the right 1 1/2 to swing neighbor (16)
- A2 Chain to partner & allemande 1 1/4 (16)
- B1 Men face CCW on the outside, women CW on the inside around the large oval, Leave your partner & go single-file, pass two more, then give left hand to your shadow(the 3rd person), allemande 1/2 (men now on the inside) return single-file to partner (16)
- B2 Balance and swing partner, slide left

Childgrove Country Dancers

St Louis, Missouri

*Promoting traditional music and dance since 1978.
Visit us on the web at <http://childgrove.org>.*

Come dance with us!

