

Get Off Your Seat and Move Your Feet

Wednesday Evening Extension Session

1. Personal space—
 - a. Feierabend Move It (Respighi)
 - b. Moving through personal space:
Hersey activity: (Car Wash or Jai Ho)
2. Circle/ Double Circle
 - a. Los Machetes
 - b. Cripple Creek Mixer
3. Partners/ Quartets
 - a. D’Hammerschmiedsgesellen
4. Line Dance
 - a. Virginia Reel
5. Double Line Country
 - a. I Love a Rainy Night
6. 4 Wall Dance
 - a. Achy Breaky Heart

HERSEY CREATE *scattered personal space*

Keep beat on your chest—how many beats all together (16)
Now walk quarter notes (they’re getting the beat in this music)
Walk half notes—then gallop 16 beats
Put all 3 together
Add a grapevine—4 beats to right/ 4 beats to left & repeat
Add 16 beats freestyle if time

CRIPPLE CREEK *double circle*

Intro then In 3 steps and bow
Out 3 steps and bow
Right hand turn all the way back to your spot
Left hand turn same
Both hands turn all the way around
Do-si-do right
Do-si-do left continuing past your partner to the next person
Promenade (right hand—LH under) for 16 steps and start over

LOS MACHETES *Sanna Longden DVD#4*

A: Walk CCW, hitting sticks on each beat at eye level. Turn CW on cts 13-16 Repeat in opposite direction end facing center
B: Hit sticks: (1) under one leg, (2) above that leg, (3) under other leg, (4) above that leg, (5) behind back, (6) in front, (7&8) e hits—uno, dos, tres!
Repeat 3X (Do pattern 4X in all)
C: Move sideways to R while twirling stick in R hand above head. Feet: side-steps (R close L, R close L, R close L, R stamp L) hit sticks together above head on final beat Repeat to the left

ELECTRIC SLIDE

Take four steps to the right starting with right foot (right, left, right together)
Take four steps to the left starting with the left foot (left together, left together)
Go four steps backwards starting with the right foot (right back together, right back together)
Step forward with the left foot on 1, leaning forward a little and picking up the right foot (rocking motion) then step backwards a little onto the right foot picking up the left foot this time.
Step forward again onto the left foot picking up the right but now turning to the left and stepping out to the right with your right foot stepping into step one of the very first step at beginning. (Rock forward, back, step kick). You are now facing the wall that was on your left when you began the step.

VIRGINIA REEL *Riley Backwoods*

Two lines of six couples

Join hands and forward 4 steps and bow on 4th beat, 4 steps back Repeat
Allemand right with partner to switch spots
Allemand left with partner to return to original position
Take both of your partner’s hands and go all the way around and back to spot
Do-s-do (pass right shoulders)
Head couple sashay down and back
Head couple REELS the set (right elbow swing your partner, left elbow swing 1st person in opposite line, etc. to end of set)
Sashay back to the head and cast off
Form an arch all go through sashaying back towards the front

LOVE A RAINY NIGHT: *Longden #5*

Virginia Reel formation DOUBLE LINE COUNTRY

1: Weight on both feet: R toe points out, in, out, in, out, in, out, in (8 beats)
2: Stand on L; Tap R in front, in front, in back, in back, front, back side, lift R knee (8 beats)
3: R to side, L together or cross in back, R to side, touch L (clap). Repeat with opposite footwork to L
4: Point R shoulders, pass back-t-back: R foot to side, L together, R to side, hold on R and pivot CW to face partner, back into partner’s place on L, R, L, hold
Simplified: 1: use either foot; 2: Tap with R or L 7 times & raise same knee on beat 8; 3: 3 steps in place & clap on beat 4 repeat; 4: join both hands with partner, change places, clap 3X

D’HAMMERSCHMIEDSQESELLEN *Blacksmith*

Partners in 4’s scattered or in a circle

A: face partner clap own hands 3X then partner’s hands 3X B: tour first to the right all the way around then to the left one step per measure
A: “me, me, me, right, left, clap”
A: “cross, down clap, you, you, you”
A: “cross, down, clap, right, left, clap”
A: Put two pairs together—north+south join east+west one group starts on cross/down other starts on right/left leaning in and then out
B: Do the tour with 4 sort of like a right hand star adding step hop rather than just stepping