CONTRAC

1, 3, 5, etc., couples active and crossed over. Music: Shaw 155

---, With the one below you do sa do, ---, Now just the men you do sa do, ---, Now just the ladies do sa do,

- - - . Active couples swing in the middle,

- - - . Down the center four in line.

---, Turn alone come back to place,
---, Bend the line and circle four,

- - - . Star by the left the other way back.

by Richard Castner

1, 3, 5, etc., couples active and crossed over. Music: Title tune or any 64 count tune you like.

- - - , Active couples down the center,
- - - , Below two then up the outside,
- - - , Actives do sa do in the middle,

---, With the one below do sa do,
----, With the one below balance and swing,

---, Put her on right half promenade,
---, With the music right and left thru.

QUIET CONTRA

1, 3, 5, etc., couples active and crossed over. Music: Shaw 189.

- - - , With the one below do sa do,

---, - Same girl swing,

- - - . Put her on right then right and left thru,

---- Right and left thru back,

---, With the music two ladies chain,

---, -- Chain them back, ---, -- Slow square thru.

(Right two cha cha cha), (left two cha cha cha), (Cadence calls, not prompts)

by Jerry Helt

(use any good 32 meas. waltz) "Double Weave Mixer", Shaw # 3318 is GREAT!

1, 3, 5 active and crossed

Start: Face corners, join crossed hands, left hand on top

Step swing out, step swing in, slide out, slide out (4 meas.)
Repeat in opposite direction (4 meas.)
Bal. together, apart, swat the flea (4 meas.)
Bal. together, apart, box the gnat (4 meas.)
Star right (4 meas.); star left (4 meas.)

Half promenade (4 meas.); cross-trail, bow to new corner (4 meas.)

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