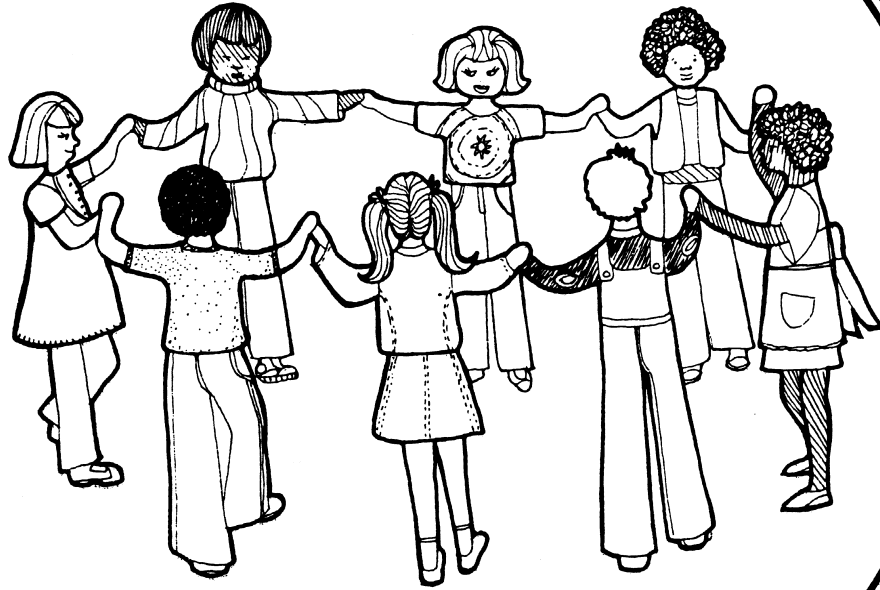


GET READY TO SQUARE DANCE!



by jack capon and rosemary hallum



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INTRODUCTION

This recording FILLS A REAL NEED for teachers and students wanting to learn how to square dance. Most "beginning square dance" albums are actually rather complex, assuming a knowledge of all the basic calls and presenting dances too difficult for beginners to do.

Get Ready to Square Dance gets down to basics. It INTRODUCES 10 BEGINNING SQUARE DANCE CALLS to primary teachers and students simply and sequentially.

Eight easy songs and movement games teach only one or two basic calls at a time. Thus students can master the calls gradually and build a foundation for future happy and confident square dancing.

The recording ends with two simple, COMPLETE SQUARE DANCES, one WITH SPOKEN CALLS for the student to follow, and one with SINGING CALLS in which the calls are sung rather than spoken.

Your students will have a thorough foundation and be READY TO SQUARE DANCE!

TEACHING SUGGESTIONS

- KNOW THE CALLS AND DANCES well before presenting them to the students. Study the DEFINITIONS and check the stick figure ILLUSTRATIONS.
- PRE-TEACH each call before doing the dance including the calls. This way the students will feel secure and will experience SUCCESS.
- Help the students learn the NAME of EACH CALL as they do the movements. Then students will easily and progressively build a SQUARE DANCE VOCABULARY.
- For optimum skill development, present the dances in SEQUENTIAL order as they are given on the recording.
- Do square dance activities REGULARLY throughout the school year. This way the students can learn gradually and appreciate their own improvement.
- Be ENTHUSIASTIC. Have FUN with the class!

VALUES

These square dance activities and easy dances have real values for teachers and students —

- They offer an enjoyable INTRODUCTION to square dancing, which is one of the important types of American dance.
- They are good SOCIAL ACTIVITIES.
- They promote LISTENING AND THINKING SKILLS, such as sequential memory.
- They foster GROUP COOPERATION and TEAMWORK.
- They promote RHYTHMIC COORDINATION and MOVEMENT CONTROL.

DEFINITIONS OF BASIC MOVEMENTS AND CALLS

There are many different ways of teaching and performing the basic square dance movements, and there are variations in square dance terminology in different areas of the country. This album uses STANDARD TERMINOLOGY and methods which are easy for students to follow and to master. ADAPT the materials as necessary.

The basic movements usually begin with the left foot, although it isn't mandatory.

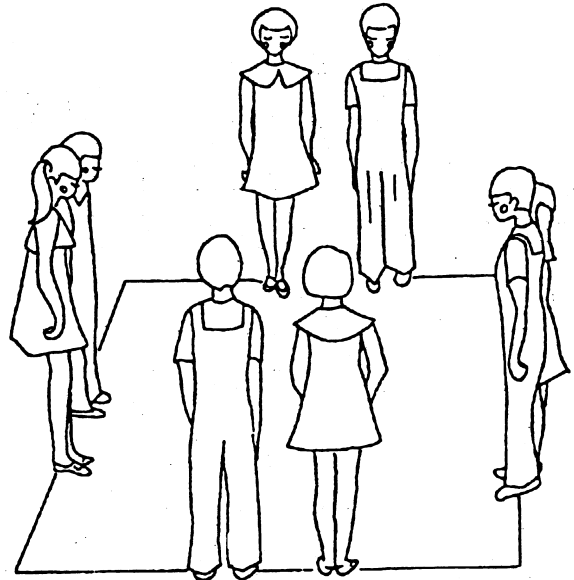
1. SQUARE YOUR SET

A **set** is a group of persons who dance together. In square dancing four couples form a square (set), with each couple standing on one side of the square with their backs to a wall of the room. Couples (partners) stand side by side, shoulder to shoulder, with the girl on the R side of the boy. To "Square Your Set" means to form the square properly.

Each person has a partner and a corner. The **partner** is the girl on the boy's R and the boy on the girl's L. The **corner** is the girl to the boy's L and the boy to the girl's R.

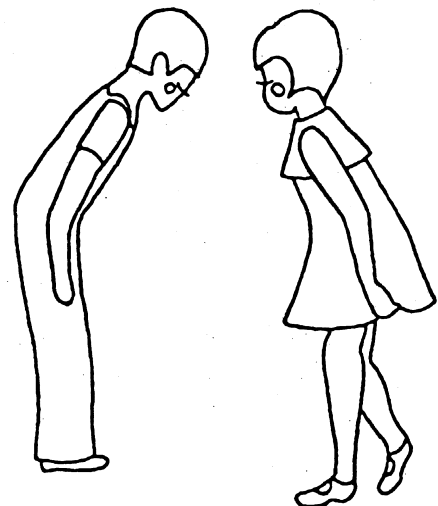
Head couples are couple #1 (with their backs to the music) and couple #3 (opposite couple #1 and facing the music). **Side couples** are couple #2 (on the R of couple #1) and couple #4 (on the L of couple #1 and opposite couple #2).

Home position is the starting position for each couple in the square.



2. HONOR YOUR PARTNER (OR CORNER)

Call will usually come to honor your partner or honor your corner. Designated persons face each other and the girl does a curtsy while the boy does a slight bow. To curtsy, the girl holds her skirt (or pretends to, if she's not wearing a skirt) places her R foot behind the L, and bends her knees. To bow, the boy leaves his arms hanging down by his sides and bends forward slightly at the waist.

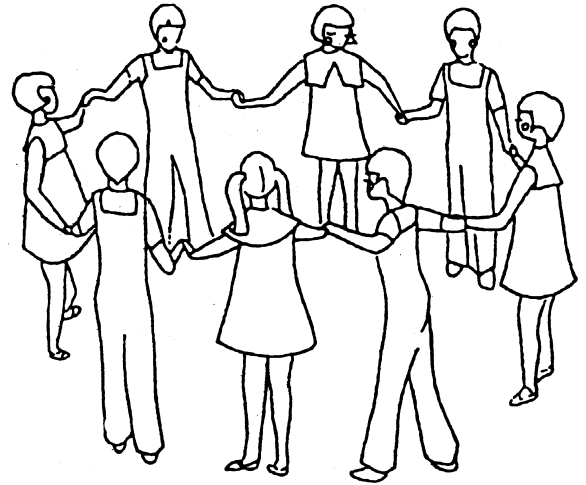


DEFINITIONS OF BASIC MOVEMENTS AND CALLS

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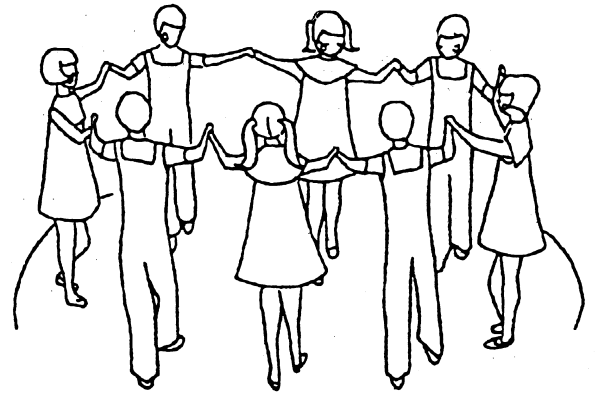
3. CIRCLE LEFT (OR RIGHT)

Couples as indicated by call all join hands in one circle and move to the L (or R) with an easy walking step (not a skip or shuffle). A sliding type movement is an enjoyable variation for participants.



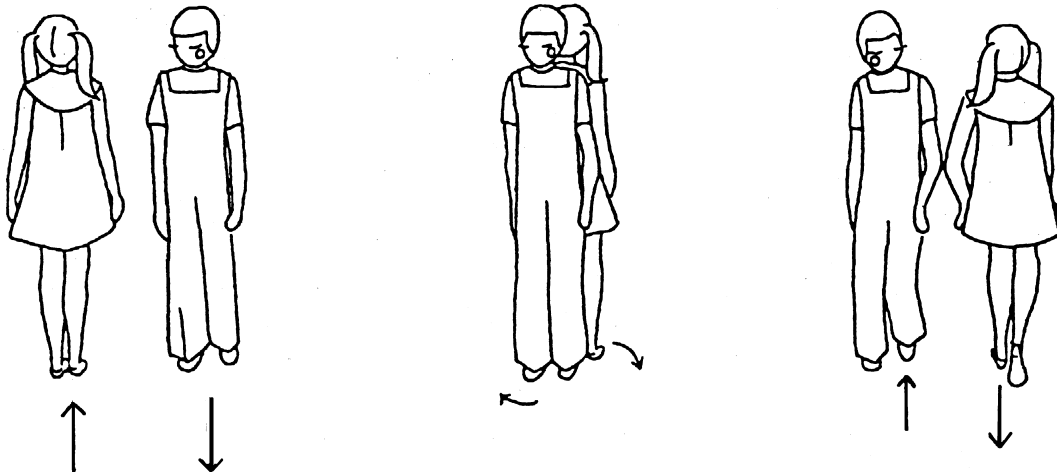
4. ALL INTO THE CENTER

Usually the call will follow "All join hands and circle left (or right)." With hands remaining joined, all dancers walk 4 steps to the center while slowly raising hands overhead, then walk backward 4 steps, with hands coming down slowly. (This call is sometimes done with 3 walking steps and a bow or pause, instead of 4 steps.)



5. DO-SA-DO (sometimes called DO-SI-DO)

Call will usually come to do-sa-do partner or do-sa-do corner. The two dancers face each other, walk forward and pass R shoulders. Each moves to the R in back of the other person without turning, then passes L shoulders walking backward to place.



DEFINITIONS OF BASIC MOVEMENTS AND CALLS

(Continued)

6. SWING

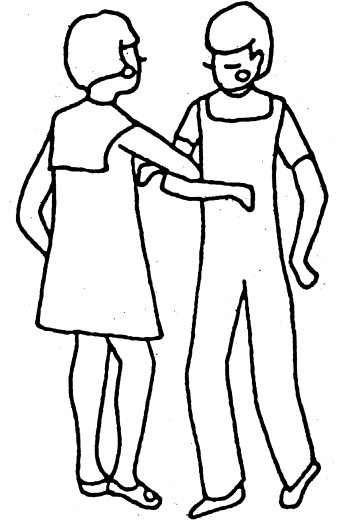
Call will usually come to swing your partner or swing your corner. There are two basic swing positions

1. Elbow swing—Two dancers link R (or L) elbows and move around each other with walking or skipping steps. Variations of the elbow swing include:

a. Forearm swing—Two dancers grip R forearms just below the elbow joint. Center of the turn is at the joined arms, so that each dancer is moving equally around the other. A walking step is correct and preferable, but young children may prefer skipping.

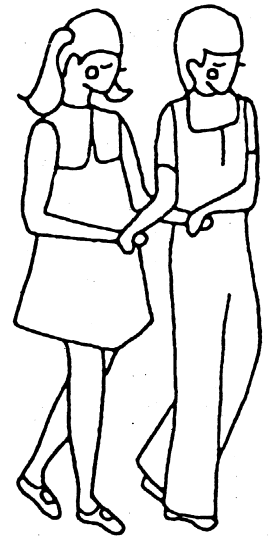
b. Hand swing—Two dancers simply join hands (as directed by the calls) rather than forearms, and move around each other.

2. Waist swing—Two dancers stand R side to R side, facing opposite directions. The boy holds the girl's RH in his LH and puts his R arm around her waist. The girl places her LH on his R arm or shoulder. A buzz (push) step or walk around step may be used as desired. (To do a buzz step, step on the ball of the RF and "shove around" on the LF as if on a scooter.)



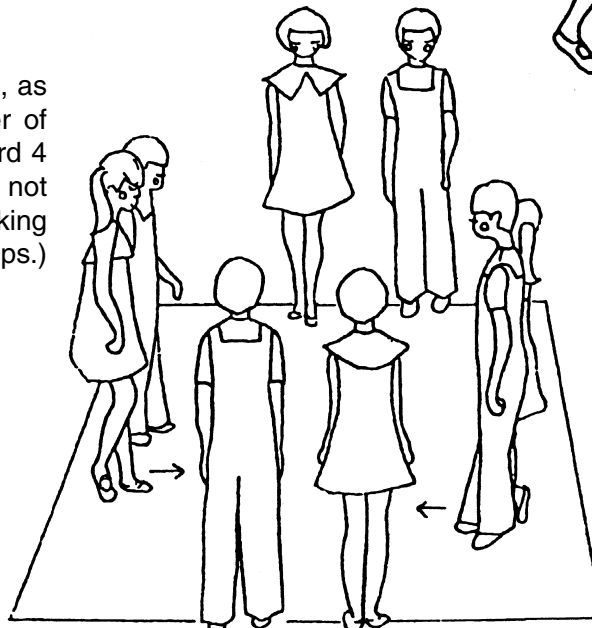
7. PROMENADE

Partners (or corners, as designated by call) cross hands in skating position, RH in RH, LH in LH, with the R hands on top. Dancers walk counterclockwise (to the R) side by side with the boy on the inside (on the girl's L). Couples walk around the square and return to home position (unless directed otherwise by the calls.)



8. FORWARD AND BACK

Couples or others (for example, gents or ladies), as directed by call, walk forward 4 steps to center of square, then still facing the center walk backward 4 steps to starting position. Normally hands are not held. (This call is sometimes done with 3 walking steps and a bow or pause, rather than with 4 steps.)



DEFINITIONS OF BASIC MOVEMENTS AND CALLS

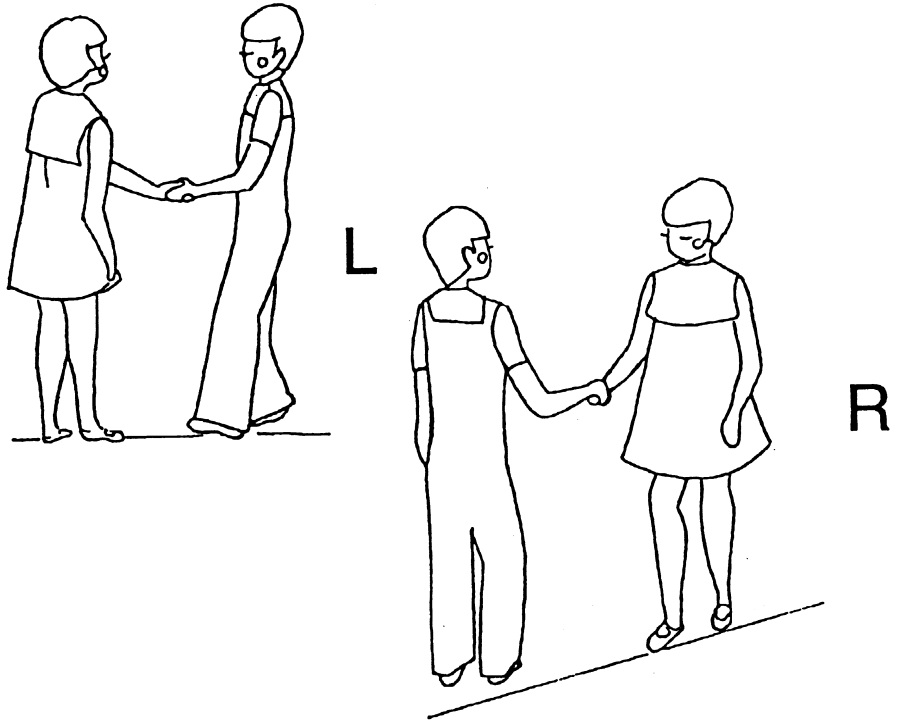
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9. ALLEMANDE (pronounced Al-uh-m-and)

Allemande Left (Your Corner)—
Corners face and take L hands, walk
around each other, and return to own
position next to partner.

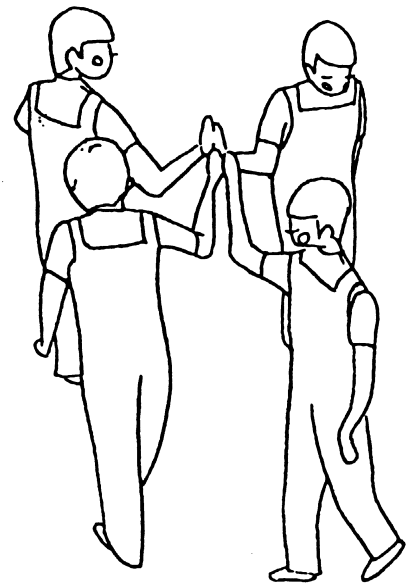
Allemande Right (Your Partner)—
Partners face and take R hands, walk
around each other, and return to
starting position.

The step may also be done with a fore-
arm grip position.



10. STAR (RH Star or LH Star)

Two or more couples as indicated by call join right hands (forming a
RH star) or left hands (forming a LH star) in the center of the square.
Hands are held at about shoulder level. Persons forming the star walk
around in the line of direction — clockwise for a RH star, counter-
clockwise for a LH star. The call may also be made for certain dancers
to form a star, for example, just the boys or just the girls, or for the head
or side couples.



Track 1

HONOR YOUR PARTNER

MUSIC: *Cotton-Eyed Joe*

FORMATION: Partners in a double circle, both facing counterclockwise (boys on the inside, girls on the outside), inside hands joined

ACTIONS

PART 1 (measures 1-4): Partners walk R (counterclockwise) in the circle 16 counts.

PART 2 (measures 5-8): Hold both hands and walk L (clockwise) around partner once. When you get back to place, stop, drop hands and face each other to HONOR YOUR PARTNER, boys bowing and girls curtsying.

Repeat all.

VARIATIONS:

- Do the more modern square dance HONOR — face your partner and slightly bow your head.
- Instead of walking in a circle, walk freely around the room, not bumping others.

NOTES:

- Caution children not to lean forward too much on the HONOR, in order to avoid bumping heads.
- It is traditional in square dancing for partners to be boy-girl. But if your class has an uneven number of boys and girls, then obviously some partners will be of the same sex. In that case one of the partners should take the boy's part and the other take the girl's part.

Track 2

CIRCLE LEFT/RIGHT and INTO THE CENTER AND BACK

MUSIC: *Oh Belinda*

FORMATION: Single circle, hands joined. No partners.

WORDS

CIRCLE LEFT, oh Belinda,
Circle left, oh Belinda,
Circle left, oh Belinda,
Circle left, my darlin'.

INTO THE CENTER, oh Belinda,
All go BACK now, oh Belinda,
INTO THE CENTER, oh Belinda,
All go BACK, my darlin'.

CIRCLE RIGHT, oh Belinda, etc.

INTO THE CENTER, oh Belinda, etc.

ACTIONS

All walk clockwise in circle (CIRCLE LEFT)

Walk forward INTO THE CENTER of the circle 4 small steps. Walk BACK 4 small steps (backward away from center of circle). Repeat.

Walk counterclockwise in circle (CIRCLE RIGHT)

Repeat actions of stanza 2.

VARIATIONS:

- Do in SEVERAL SMALLER CIRCLES.
- Do in SQUARES with partners.
- Older classes may walk forward INTO THE CENTER 3 steps and bow or hold, and walk BACK 3 steps and bow or hold.

Track 3

SWING YOUR PARTNER and CIRCLE

MUSIC: *Turkey in the Straw*

FORMATION: Sets of couples forming squares

ACTIONS

PART 1 (measures 1-4): Face partner and alternately stamp foot and clap hands — stamp on count 1, clap on count 2, etc.

(measures 5-8): SWING YOUR PARTNER — link R elbows (or R forearms) and walk or skip 16 counts around partner.

PART 2 (measures 9-16): All join hands and circle L (clockwise) 16 counts, then circle R (counterclockwise) 16 counts, ending in home position.

Repeat all.

VARIATIONS:

- Younger classes may hold both hands when swinging their partner. A more mature class may link R elbows and skip 8 counts around partner, then REVERSE DIRECTION to link L elbows and skip 8 counts around partner.
- When doing the dance the first time through, swing your PARTNER; the next time swing your CORNER. Continue alternating in this manner.

NOTE:

- This is the first dance using squares. Be sure to pre-teach SQUARE YOUR SET before doing the dance.

Track 4

INTO THE CENTER AND BACK and SWING YOUR PARTNER

MUSIC: *Shoo Fly*

FORMATION: Sets of 4 couples forming squares

WORDS

Shoo fly, don't bother me,

Shoo fly, don't bother me,

Shoo fly, don't bother me,

Cause I belong to somebody.

I feel, I feel,
I feel like a mornin' star,
I feel, I feel,
I feel like a mornin' star,

Soooo . . .

Repeat all.

ACTIONS

Walk 4 steps forward INTO THE CENTER of the square

Walk 4 steps BACK, away from center

Walk 4 steps INTO THE CENTER again

Walk 4 steps BACK again

Boys each SWING THEIR PARTNER in place, doing a RH swing

On the pause on the word "So," end with girl on the boy's right in the square to repeat all.

VARIATIONS:

- A less mature class could do the dance in one large circle, all facing center, hands joined, each girl on her partner's right side.
- Older classes may wish to do 3 steps (instead of 4) into the center and bow or pause, and 3 steps back and bow or pause.
- Older students may swing partners TWICE.

Track 5

PROMENADE and SQUARE YOUR SET

MUSIC: *Irish Washerwoman*

FORMATION: Sets of 4 couples forming squares

ACTIONS

PART 1 (measures 1-8): Take 4 steps in place, then clap 4 times. Do this sequence a total of 4 times.

PART 2 (measures 9-16): Partners PROMENADE — hold hands (crossed in skating position, R in R, L in L, with R hands on top) and walk counterclockwise (to the R) with the boy on the inside (on the girl's L). Walk around the square and return to original position (home position). Honor your partner and SQUARE YOUR SET (resume original positions), getting ready to repeat whole dance.

VARIATIONS:

- In a less mature class, partners may HOLD ADJACENT HANDS instead of using a skating grip.
- A more mature class can do a PROMENADE in measures 9-12 of Part 2 and then DO-SA-DO around their partner on measures 13-16.

Track 6

FORWARD AND BACK and SWING YOUR PARTNER

MUSIC: *Comin' Round the Mountain*

FORMATION: Squares

ACTIONS

PART 1 (measures 1-2): HEAD COUPLES (#1 and 3) walk forward 4 steps and walk backward 4 steps to home position.

(measures 3-4): SIDE COUPLES (#2 and 4) walk forward 4 steps and walk backward 4 steps to home position.

PART 2 (measures 5-8): Each boy SWINGS HIS CORNER with L elbow 8 counts and then SWINGS HIS PARTNER with R elbow 8 counts.

Repeat all.

VARIATION:

- Dancers not active may clap and/or tap their toe.

NOTES:

- This dance introduces the concept of HEAD and SIDE COUPLES, which is basic to square dancing. Explain Head and Side Couples before doing the dance (see Definitions section).
- This dance and the following ones may be too difficult for classes below first grade.

Track 7

Do-Sa-Do and Promenade

MUSIC: *Hinkey Dinkey Parlez-Voux*

FORMATION: Squares

	THE CALL	ACTIONS
	Square your set . . .	Square the set
Counts		
1 - 8	HEAD 2 COUPLES forward and back, Parlez-voux	Head couples (#1 and #3) walk forward 3 steps and bow to each other, then walk backward 3 steps to place and hold.
9 -16	Same 2 couples DO-SA-DO, Parlez-voux	Head couples walk forward 4 steps and DO-SA-DO THEIR OPPOSITE, passing R shoulders, moving back to back, passing L shoulders, and returning to place in 4 steps.
17 - 32	All PROMENADE around the square, Walk with your lady fair, Hinkey-Dinkey Parlez-voux.	All couples join hands in skating position and PROMENADE around the square and back to place. Square the set.
1 - 8	SIDE 2 COUPLES forward and back, Parlez-voux	Side couples (#2 and #4) repeat actions of head couples described above.
9 - 16	Same 2 couples DO-SA-DO, Parlez-voux	
17 - 32	All PROMENADE around the ring, Get back home and we all sing Hinkey-Dinkey Parlez-voux.	Repeat PROMENADE actions above.
	Repeat whole dance.	

NOTES:

- Preteach DO-SA-DO so that children have mastered it before doing the dance.
- You may wish to point out that this dance uses SINGING CALLS.

Track 8

ALLEMANDE LEFT/RIGHT and STAR

MUSIC: *Captain Jinks*

FORMATION: Squares

THE CALL	ACTIONS
Honor your partner Honor your corner	Bow to partner Bow to corner
1. Do-sa-do with your corners all, Your corners all, your corners all Do-sa-do with your partners all, Now listen to the next call.	Face corner and do-sa-do Face partner and do-sa-do
2. Allemande left with your corners all, Your corners all, your corners all, Allemande right with your partners all, Now ready for the next call.	Face corner, take left hands, walk around each other once and return to place. Face partner, take right hands, walk around each other once .
3. Boys up in a right-hand star And walk around so very far, Turn to make a left-hand star And then go back to where you were.	Boys walk to the center 4 steps, join right hands to form a RH star and walk clockwise 4 steps. Reverse direction to join left hands to form a LH star and walk counterclockwise 4 steps. Return to place in 4 steps.
4. Girls up in a right-hand star And walk around so very far, Turn to make a left-hand star And then go back to where you were.	Girls walk to the center 4 steps, join right hands to form a right hand star and walk clockwise 4 steps. Reverse direction to join left hands to form a LH star and walk counter- clockwise 4 steps. Return to place in 4 steps.
Repeat the whole dance.	

NOTE:

- Preteach RIGHT HAND STAR and LEFT HAND STAR before doing the dance.

Track 9

HOEDOWN

SQUARE DANCE WITH PATTERN CALLS

MUSIC: *Boil the Cabbage Down*

FORMATION: Squares

CALLS

ACTIONS

INTRODUCTION

Honor your partner
Honor your corner
All join hands and circle L

Circle R

Square your set

Honor partner
Honor corner
All join hands and walk L (clockwise)
in circle

Walk R (counterclockwise) in circle
back to home position

Square the set

DANCE PATTERN

Two HEAD COUPLES forward and back

Same 2 couples circle L
Circle R

Do-sa-do your corners
Swing your partners
Promenade

Square your set

Couples #1 and #3 walk 3 steps forward and bow.
walk 3 steps backward to place and hold

Same couples join hands and walk L in circle

Same couples walk R in circle, drop hands and
return to home position

All do-sa-do corner

All do R elbow swing with partner

Join hands with partner in skating position
and walk R in circle (counterclockwise)
to home position

Square the set

Track 9 *(Continued)*

HOEDOWN

SQUARE DANCE WITH PATTERN CALLS

CHORUS PATTERN

All join hands, circle L

Circle R

Do-sa-do your corners

Do-sa-do your partners

Square your set

All join hands and walk L in circle

Walk R in circle back to home position

Do-sa-do corners

Do-sa-do partners

Square the set

DANCE PATTERN

Two SIDE COUPLES forward and back

Couples #2 and #4 walk 3 steps forward and bow, walk 3 steps backward to place and hold, etc., side couples now doing the dance pattern

Same 2 couples circle L

Circle R

Do-sa-do your corners

Swing your partners

Promenade

Square your set

CHORUS PATTERN

All join hands, circle L

Repeat actions of chorus

Circle R

Do-sa-do your corners

Do-sa-do your partners

Square your set

Repeat whole dance (excepting the Introduction—i.e., Dance Pattern, Chorus, Dance Pattern, Chorus)

Track 10

TIE A YELLOW RIBBON

SQUARE DANCE WITH SINGING CALLS

MUSIC: *Tie a Yellow Ribbon*

FORMATION: Squares

WORDS

ACTIONS

INTRODUCTION

Square your set and here we go

Square the set

CHORUS 1

All join hands and circle left
Around the ring,

All join hands and circle L

When you get home
Get ready to swing

Swing with your partner
Go one time around,

Swing partner with R elbow swing

Now do-sa-do with your corner girl
Then come back to your own,

Do-sa-do corner

You promenade your partner
'Round the old oak tree.

Promenade with partner around
square

INTERLUDE

You tied a yellow ribbon
'Round the old oak tree,

Continue promenading, returning
to home position.

So square your set and
Get ready to circle right.

Square the set

CHORUS 2

All join hands and circle right
Around the ring,

All join hands and circle R

When you get home
Get ready to swing,

Swing with your partner,
Go one time around,

Swing partner with R elbow
swing

Now swing with your corner girl,
Then come back to your own,

Swing corner with L elbow swing

You promenade your partner
'Round the old oak tree.

Promenade with partner around
square

Track 10 *(Continued)*

TIE A YELLOW RIBBON

SQUARE DANCE WITH SINGING CALLS

INTERLUDE

You tied a yellow ribbon
‘Round the old oak tree,
So square your set and
Get ready to circle left.

Continue promenading, returning
to home position

Square the set

CHORUS 3

All join hands and circle left
Around the ring,

All join hands and circle L

Now back to your right
And get ready to swing,

Circle R

Swing with your partner,
Go one time around,

Swing partner with R elbow
swing

Now allemande left with your corner girl,
Then come back to your own,

Allemande L with corner

You promenade your partner
‘Round the old oak tree.

Promenade with partner around
square

INTERLUDE

You tied a yellow ribbon
‘Round the old oak tree,
So square your set and
Get ready to circle left.

Continue promenading, returning
to home position

Square the set

CHORUSES 4-6

Repeat choruses 1-3

Repeat actions of choruses 1-3

ENDING

You tied a yellow ribbon
‘Round the old oak tree,

Square the set

Bow to your partner,

Bow to partner

Bow to your corner,

Bow to corner

And that is all!



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