

Square Dancing Made Easy



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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.

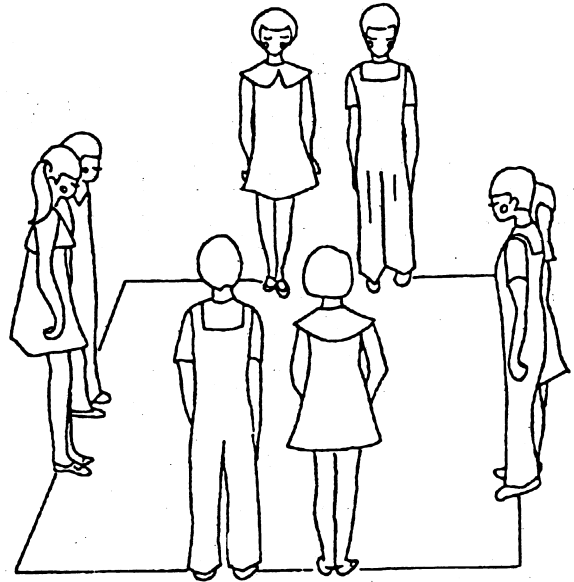
1. SQUARE YOUR SET

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

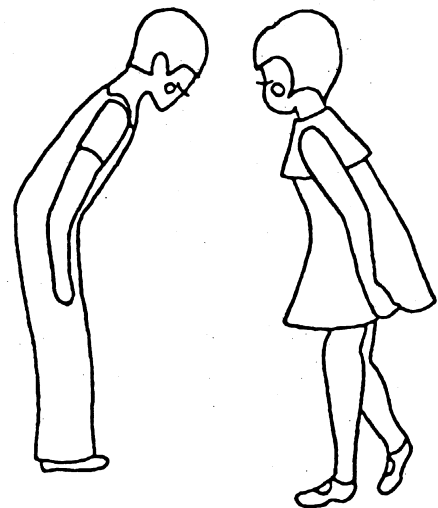
Head couples are couple #1 (with their backs to the music) and couple #3 (opposite couple #1 and facing the music). Side couples are couple #2 (on the R of couple #1) and couple #4 (on the L of couple #1 and opposite couple #2).

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 (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. (New style: Nod slightly.)



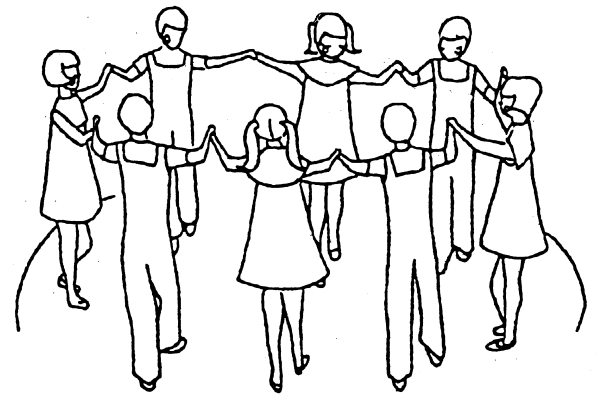
3. CIRCLE LEFT (OR RIGHT)

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.



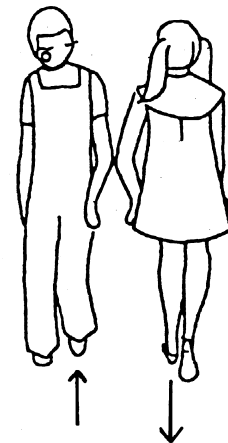
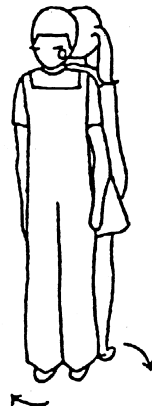
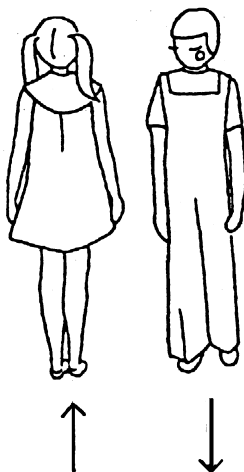
4. ALL INTO THE CENTER

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.



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 fore arms 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.)



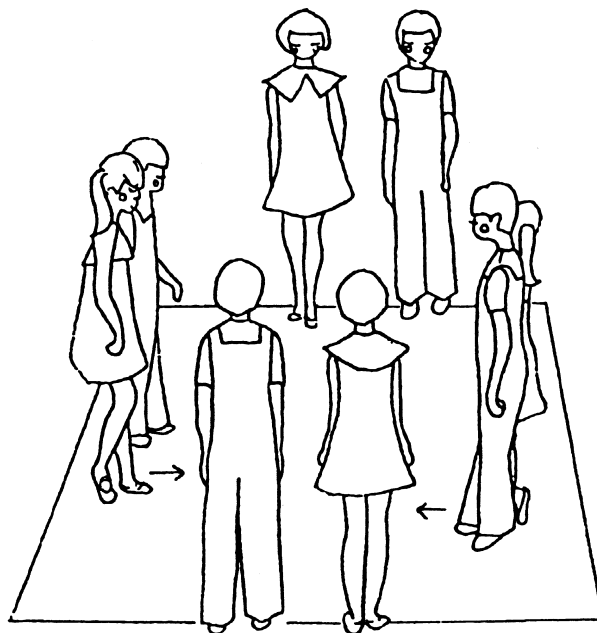
7. PROMENADE

Partners (or comers, as designated by call) cross hands in skating positing, 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.)

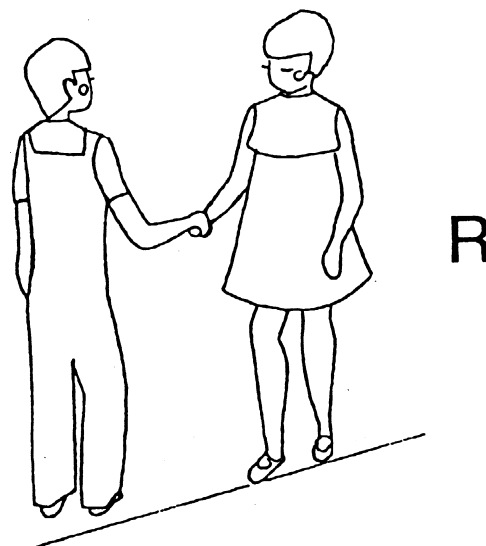
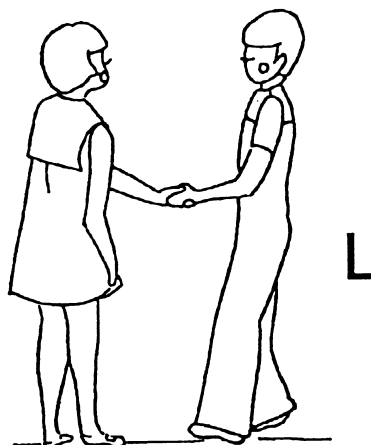


9. ALLEMANDE (pronounced Al-uh-m-and)

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

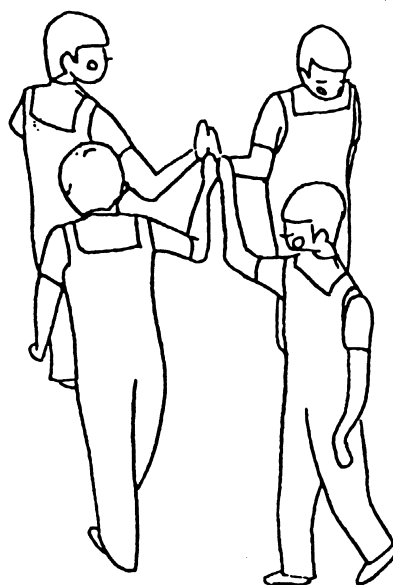
Allemande Right (Your Partner)—Partners face and take R hands, walk around each other, and return to starting position.

The step may also be done with a forearm grip position.



10. STAR (RH Star or LH Star)

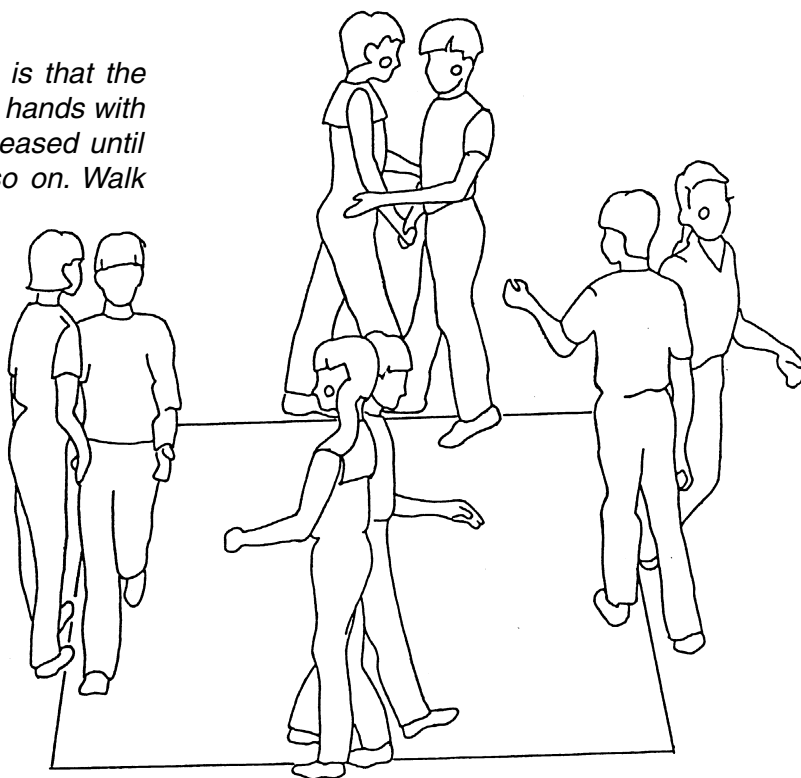
Two or more couples as indicated by call join right hands (forming a RH star) or left hands (forming a LH star) in the center of the square. Hands are held at about shoulder level. Persons forming the star walk around in the line of direction—clockwise for a RH star, counter clockwise for a LH star. 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.



11. GRAND RIGHT AND LEFT

This is a walking movement around the circle. Partners face, join R hands, and walk or “pull” by their partner, passing R shoulders. (Boys are moving counterclock wise, girls clockwise.) Extend LH to the next person and join L hands - only then do you drop the RH.* Walk by, passing L shoulders. Continue, alternating RH and LH, until dancers meet own partner. Then listen for the next figure.

**Note: The key to success in doing this figure is that the joined R hands are not released until you join L hands with the next person. Then the L hands are not released until you join R hands with the next person, and so on. Walk through the figure very slowly at first.*



Old Dan Tucker

(FORWARD & BACK) 2:24

Music: Old Dan Tucker (arranged by Del Casher) **Formation:** Sets of 4 couples forming squares

ACTIONS

CHORUS (counts 1-16): SING and PANTOMIME the words

OLD DAN TUCKER WAS A MIGHTY MAN, • Flex R arm like Popeye, placing LH on R bicep.

HE WASHED HIS FACE IN A FRY~G PAN, • Pretend to wash face.

COMBED HIS HAIR WITH A WAGON WHEEL, • Pretend to comb hair.

HAD A TOOTHACHE IN HIS HEEL. • Place one hand on cheek (~toothache”), then slap heel once.

VERSE 1 (counts 1-16): FORWARD & CLAP, BACK & CLAP

Walk FORWARD 4 steps to center of square and CLAP 4 times.

Walk BACKWARD 4 steps, away from center, and CLAP 4 times.

Repeat this pattern.

REPEAT CHORUS as above (counts 1-16)

VERSE 2 (counts 1-16): SING and PANTOMIME the words

GET OUT THE WAY, OLD DAN TUCKER (sing 3 times) • Push palms of both hands forward 4 times (“Get out the way”).

YOU’RE TOO LATE TO GET YOUR SUPPER. • Shake R index finger 4 times.

Repeat.

REPEAT WHOLE DANCE.

Variation:

Do the dance in one large CIRCLE, hands not joined.

Possum Stomp

(INTO THE CENTER & BACK, CIRCLE LEFT & RIGHT) 3:26

Music: Possum Stomp (original by Del Casher) **Formation:** Squares, hands not joined **ACTIONS** Introduction: HONOR YOUR PARTNER ...HONOR YOUR CORNER

Part 1 (measures 1-8): STOMP, SLAP & CLAP

“STOMP” (step in place, making a stamping sound) 4 times.

SLAP LEGS twice and CLAP HANDS hands twice.

Repeat whole action 3 more times.

Part 2 (measures 9-16): CIRCLE LEFT & INTO THE CENTER & BACK

All join hands and CIRCLE LEFT, walking 16 steps clockwise around the square and returning to home position.

Keeping hands joined, walk INTO THE CENTER 4 steps, gradually raising hands overhead.

Walk BACK 4 steps, gradually lowering hands. Repeat.

Repeat Parts 1 & 2, CIRCLING TO THE RIGHT this time.

REPEAT WHOLE DANCE.

Notes:

- This dance gives young children a chance to move to new-style square dance music.
- In Part 1, a younger class may clap hands 4 times instead of doing the slap-clap pattern. An older class may wish to make their own clapping pattern.

Brass Wagon

(CIRCLE LEFT/RIGHT and INTO THE CENTER & BACK) 2:32

Music: Old Brass Wagon (arranged by Del Casher)

Formation: Sets of 4 couples forming squares

WORDS

SQUARE YOUR SET . .
HONOR YOUR PARTNER . .
HONOR YOUR CORNER . .

ACTIONS

Make sure the set is square.
Nod to your partner.
Nod to your corner.

Then SING and do the actions:

1. CIRCLE TO THE LEFT, OLD BRASS WAGON (repeat 2 more times) YOU'RE THE ONE, MY DARLIN.
All join hands and walk clockwise in circle, starting with L foot.
INTO THE CENTER, OLD BRASS WAGON, • Keeping hands joined, walk forward INTO THE CENTER of the circle 4 small steps, slowly raising hands to shoulder level.
ALL GO BACK, OLD BRASS WAGON, • Walk BACK 4 small steps, away from center of circle, slowly lowering hands.
INTO THE CENTER, OLD BRASS WAGON, - ALL GO BACK, MY DARLIN'.
Repeat above actions.
2. CIRCLE TO THE RIGHT, etc. All join hands and walk counterclockwise in circle, starting with R foot.
3. BOUNCIN UP AND DOWN, etc. Stand in place, flex knees, and "slouch" to alternate sides, pretending to bounce up and down while riding in the wagon.

REPEAT ALL.

Variations:

- Do in one large CIRCLE or several smaller circles.
- Older classes may walk forward INTO THE CENTER 3 steps and bow or hold, and walk BACK 3 steps and bow or hold.
- Encourage children's CREATIVITY in "Bouncin' up and down."

YEE-HA! by Henry "Buzz" Glass

(CIRCLE and INTO THE CENTER & BACK) 2:49

Music: Yee-Ha! (original by Del Casher)

Formation: Squares

CALLS

Part 1 (measures 1-4): **CIRCLE L**

CIRCLE LEFT AND AWAY WE GO,
CIRCLE LEFT AND DON'T BE SLOW;
CIRCLE LEFT AROUND THE WHEEL,
READY NOW, LET'S HEAR YOU SQUEAL.

Part 2 (measures 5-8): **LASSO**

YEE-HA! YEE-HA!
YEE-HA! YEE-HA!

ACTIONS

Join hands and **CIRCLE L** with 16 walking steps, starting with L foot.

Dropping hands, face center and say "YEE" while circling imaginary lasso overhead: on "HA" cast RH forward as if throwing lasso.

YEE-HA! continued

CALLS

Part 3 (measures 9-16): **FORWARD & BACK and PLAY FIDDLE**

HEY DIDDLE DIDDLE, GO INTO THE MIDDLE,

COME RIGHT BACK AND STOMP TO THE FIDDLE,
1, 2, 3, 4, 5, 6, 7, 8.

Repeat.

ACTIONS

Take 4 steps INTO THE CENTER, starting L.

Take 4 steps BACK
Pretend to play Middle.

REPEAT WHOLE DANCE.

Variations:

- In Part 2, relax body and flex knees.
- In Part 3, stomp one foot while playing fiddle.
- Do the dance in one large circle.

FLOP-Eared Mule Novelty Square Dance

(FORWARD & BACK, CIRCLE LEFT/RIGHT; DO-SA-DO) 2:50

Music: Flop-Eared Mule (original by Del Casher) **Formation:** Squares, hands not joined

ACTIONS

Introduction: Wait in place

Part 1 (measures 1-8): **FWD & FLOP EARS, BACK & WIGGLE**

All couples WALK FORWARD 4 steps. Placing both hands up by sides of head like floppy ears, FLOP the ears 4 times. WALK BACK 4 steps and WIGGLE hips 4 times (like a mule shaking its tail).

Repeat.

Part 2 (measures 9-16): **CIRCLE LEFT & RIGHT**

All join hands and CIRCLE L (clockwise) 16 steps, then CIRCLE R (counterclockwise) 16 steps, ending in home position.

Part 3 (measures 1-8): **DO-SA-DO & DRIVE THE MULE**

Face CORNER and DO-SA-DO, face center and DRIVE THE MULE” 8 counts (bending elbows and flexing knees up and down, pretend to hold reins and drive mule).

Face PARTNER and DO-SA-DO, face center and “DRIVE THE MULE” 8 counts.

REPEAT ALL.

WHOOPIN' IT UP

(DO-SA-DO, HEAD/SIDE COUPLES FWD & BACK, PROMENADE, SWING) 2:58

Music: Whoopin' It Up (original by Del Casher) **Formation:** Squares, hands not joined

ACTIONS

Part 1 (measures 1-8): DO-SA-DO, MARK TIME, & PULL WHISTLE

DO-SA-DO PARTNER in 8 steps, MARK TIME in place 4 steps. Raise RH, hold partner's RH high; together pretend to PULL TRAIN WHISTLE down 2 times, bending knees each time you pull.

DO-SA-DO CORNER in 8 steps. MARK TIME 4 steps and face partner to PULL WHISTLE twice again.

Part 2 (measures 9-16): FORWARD & BACK

HEAD COUPLES (#1 and #3) walk FORWARD 4 steps and BACK 4 steps.

SIDE COUPLES (#2 and #4) walk forward and back.

Repeat.

Part 3 (measures 17-24): PROMENADE & SWING

Join hands with partner in skating position and PROMENADE around the square.

Return to home position and do a RH SWING with your partner.

REPEAT ALL.

HAPPY SQUARE

(FORWARD & BACK) 3:57

Music: Worried Man Blues (adapted & arranged by Del Casher) **Formation:** Squares, hands not joined

ACTIONS

Part 1 (measures 1-8): BOYS/GIRLS FORWARD & BACK

Boys walk forward 3 steps, pause and smile.

Boys walk back 3 steps, pause and smile.

Repeat this action. (Girls stay in place and mark time throughout.)

Girls do the above action. (Boys stay in place and mark time.)

Part 2 (measures 9-16): CLAP WITH PARTNER & CORNER

Do clapping pattern with partner:

Slap legs twice, clap own hands twice, clap partner's hands three times. Repeat.

Face corner and do same clapping pattern with corner twice.

REPEAT ALL.

Note:

- In Part 2, a less experienced class may do the clapping pattern 4 times with their own partner. More experienced children may wish to develop their own clapping pattern.

OH SUSANNA

(FORWARD & BACK, DO-SA-DO, SWING, & PROMENADE) 2:19

Music: Oh Susanna (arranged and adapted by Del Casher)

Formation: Squares, hands not joined

ACTIONS

Introduction: HONOR YOUR PARTNER HONOR YOUR CORNER.

Part 1 (measures 1-8): **FORWARD & BACK, DO-SA-DO & SWING**

Starting with L foot, walk FORWARD 3 steps and stamp, walk BACK 3 steps and stamp. Repeat. Face partner and DO-SA-DO, passing R shoulders, moving back to back, passing L shoulders, and returning to place (in 8 steps.)

SWING partner around once with R forearm swing in 8 steps.

Part 2 (measures. 9-16): **PROMENADE & SING**

All couples join hands in skating position and PROMENADE around the square and back to place while SINGING:

OH SUSANNA, OH DON'T YOU CRY FOR ME,

I'VE COME FROM ALABAMA WITH MY BAN10 ON MY KNEE.

Interlude (music only for 8 counts): **MARK TIME** Mark time in place, facing center and dropping hands.

REPEAT WHOLE DANCE.

Note:

- In this square dance, the caller sings the words of the song and doesn't give any directions or "calls."
So be sure to teach the whole dance first before doing it with the music.
- An older class may CHANGE PARTNERS on the Interlude: Partners drop hands and the boy marks time in place as the girl walks forward to the next boy as her new partner.

BASKETBALL

Novelty square dance FOR UPPER GRADES

(HEAD/SIDE COUPLES FORWARD & BACK, DO-SA-DO) 4:17

Music: Basketball (original by Del Casher) **Formation:** Squares

ACTIONS

Introduction: HIGH FIVE YOUR PARTNER (do a "HIGH FIVE" with partner)

HIGH FIVE YOUR CORNER (do a high five with corner)

Part 1 (measures 1-8): **HEAD/SIDE COUPLES FORWARD & BACK**

Two HEAD COUPLES take 4 steps FORWARD, pretending to DRIBBLE ball, and 4 steps BACK, continuing to dribble.

Two SIDE COUPLES do the same.

Repeat all.

Part 2 (measures 9-12): **DO-SA-DO PARTNER & CORNER**

DO-SA-DO partner, DO-SA-DO corner.

Part 3 (measures 13-16): **SLAP, CLAP & SHOOT**

SW knees, CLAP hands, then pretend to hold ball in both hands and make a ONE-HAND SHOT high into the basket.

Do this pattern 4 times.

Interlude: On the word "Ready," lean forward with hands on knees.

• • • •

BASKETBALL continued

REPEAT Parts 1 & 2, then on Part 3 do a CHEST PASS.

SLAP, CLAP, pretend to hold ball at chest level with both hands and do a TWO-HAND PASS forward, stepping forward with one foot and then bringing it back to place.

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REPEAT Parts 1 & 2, then on Part 3 do a BOUNCE PASS.

SLAP, CLAP, pretend to hold ball in both hands and bounce the ball forward, stepping forward with one foot and then bringing it back to place.

DO THE WHOLE DANCE AGAIN.

Note:

- Teacher or student may DEMONSTRATE the high five and basketball moves (dribble, one-hand shot, chest pass, and bounce pass), teaching the proper basketball terminology and moves.

Variation:

- In Part 1, the players not moving forward or back may stand in CROUCH POSITION, as if GUARDING (feet shoulder width apart, knees flexing, elbows bent, body bent slightly forward at the waist). Feet remain still, but let the body move as if guarding.

HOT TIME

*Square dance from the standard repertoire FOR UPPER GRADES
(SWING, PROMENADE, ALLEMANDE, STAR, DO-SA-DO, GRAND R & L) 4:12*

Music: Hot Time in the Old Town (arranged by Del Casher)

Formation: Squares

WORDS

Introduction:

HONOR your partner . . .
Honor your corner . . .
SWING your partner . . .
Swing your corner . . .
PROMENADE . . .

ACTIONS

Honor your partner.
Honor corner.
Swing partner.
Swing corner.
Promenade partner around square and back home.

CHORUS 1:

First couple ready! FIRST COUPLE RIGHT,
YOU CIRCLE 4 HANDS 'ROUND,
ON TO THE NEXT AND
CIRCLE 6 HANDS 'ROUND,
ON TO THE NEXT AND
CIRCLE 8 HANDS 'ROUND,
THERE'LL BE A HOT TIME
IN THE OLD TOWN TONIGHT.

Cpl 1 walks to Cpl 2. All join hands and circle CW.
Cpls 1 & 2 go to Cpl 3, join hands and circle CW.
Cpls 1, 2 & 3 go to Cpl. 4, join hands and circle CW.
All return to original position.

"The boy of Cpl 1 is the leader throughout Chorus 1. After Cpl 1 circles with each Cpl, he drops hands with the girl of the last Cpl and goes on to the next Cpl. (In Chorus 2, Cpl 2 leads and Cpl 2 boy is the leader, etc.)"

("Figures" or steps:)

Allemande left! ALLEMANDE LEFT WITH THAT
SWEET CORNER GIRL,

Allemande L with corner.

continued

HOT TIME continued

WORDS

THEN STAR RIGHT WITH YOUR
PARTNER LADY NOW,
ALLEMANDE LEFT WITH THE
CORNER GIRL AND THEN
YOU GRAND RIGHT AND LEFT
'ROUND THE TOWN.
WHEN YOU MEET YOUR HONEY,
YOU DO-SA-DO AROUND,
STEP RIGHT UP AND SWING,
YOU SWING YOUR LADY 'ROUND,
NOW PROMENADE HER HOME,
SHE'S THE CUTEST GIRL IN TOWN,
THERE'LL BE A HOT TIME
IN THE OLD TOWN TONIGHT.

ACTIONS

Star R with partner.

Allemande L with corner.

Face partner, join R hands
and begin Grand R & L.*

Continue until meet partner, then
do-sa-do partner.

Swing partner.

Promenade around circle
with partner.

End in home position.

CHORUS 2:

Second couple! SECOND COUPLE RIGHT,
YOU CIRCLE 4 HANDS 'ROUND, etc.

Cpl 2 goes to Cpl 3, joins
hands and circles CW.

Continue as in Chorus 1, except that now Cpl 2 is leading the action. Otherwise all figures are the same.

CHORUS 3:

Third couple! THIRD COUPLE RIGHT, etc.

(Now Cpl 3 leads the action.)

CHORUS 4:

Fourth couple! FOURTH COUPLE RIGHT, etc.

(Cpl 4 leads the action.)

• • • •

Note:

- *This is an old-time "visiting type" square dance, done up-to-date. It's pretty long, but it isn't really hard.*
- *Don't expect children to do the dance all the way through at first. Practice it in sections instead: Chorus 1, then Choruses 1 & 2, etc.*

**Practice the Grand Right and Left before doing the dance. Begin it very slowly and gradually increase the speed. (See Definitions section for other teaching suggestions)*

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