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AAHPERD Meeting Report

Cal Campbell was invited to make a 2-hour presentation of dancing at the American Alliance for Health, Physical Education, Recreation and Dance Convention held in Chicago during April 2005. His "Reels, Circles and Squares Dance Workshop for Busy People" was attended by 50-55 mostly PE and music teachers. Almost all had active dance programs of some kind going on in their schools and had used traditional square dances and the Virginia Reel. Very few had tried anything in the area of Modern Western Square Dancing. Cal danced them in a big circle, squares, contra lines, trios, Sicilian and mescolanza formations. Only 7 square dance basics were used for the entire 2-hour session. After covering about a dozen dances he discussed adapting this type of material for use by classroom teachers. The attendance indicated, and numerous comments confirmed, that teachers are looking for this type of material and variety.

Part of the requirements for the presentation was the preparation of a 5-page white paper, which was printed in the National Dance Association (NDA) Proceeding for the convention [sic]. This described the purpose and contents of the presentation. Cal also made available a .pdf file of the dances presented. So far, 20 teachers have requested this .pdf file.

A search of the over 300 vendors in the exposition revealed only 3 books and/or videos related to square dancing including "Dancing for Busy People" with

CD, a video & CD, and 2 pages in "Rhythm Dancing" published by Kendall/Hunt. This would indicate an obvious market place waiting for good products.

The 30 presentations made on dancing included only 3 related to square dancing including Cal's. Al & Yona Chock presented "Dancing Through Colonial American History which covered 3 dances. Mary J. Danielle from Northern Illinois University presented a program called "Contras, Squares and Modified Country Western Dances". Cal was unable to attend this, but the paper did not indicate that any square dancing was included.

Cal comments, "it was an eye opener". He expected to find more printed material and more presentations related to team and pattern dancing. The excellent attendance at the sessions by Cal and Yona indicate that the desire for this category exists. However, resources and experts are few and far between. If we want square dancing and several other related dance forms to survive, this has to change.

Yona and Al have made presentations at each of the last 3 conventions, which indicates AAHPERD/NDA approval of their program. Cal is scheduled to present a 2-hour workshop at the Central District of AAHPERD Convention in Broomfield, CO in March 2006. The next National Convention for AAHPERD will be in Salt Lake City in April 2006, and both Cal and Yona are again scheduled to make presentations.

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Adapt to Suit

The dances suggested in this journal belong to the folk dance category and as such represent a snapshot of an evolving dance form. Except when historical accuracy is important, feel free to adapt these ideas to suit the circumstances of your dance. Beginning on the second page we present three versions of the Bunkhouse Reel as a demonstration of how folk dances evolve. Mix and match the ideas there to suit your application. The Sagebrush Shuffle and Round About also use ideas from other dances.

Traditional Square Dance

Bunkhouse Reel Historical Dance (Hamilton, Ontario Area, 1837)

Source: *The Northern Junket*, October 1958, Volume 6, Number 6, Page 16 (See article on page 3)

Formation: Square Set of 4 couples

Music: "Bunkhouse Jig (Cayman Island)", LS 192

This recording has 9 x 64 beats so there is enough for 4 repeats of the 96 beat figure plus 3 breaks of 64 beats. It is fast (134 beats per minute) so consider slowing it.

Prompts: This was called in a chanting style rather than the pre-cued style usually shown in the CD Journal. It is tightly timed so be prepared to allow more time.

Intro: Your choice

Figure: (4 beats per line, 96 beats total)

**1-16 First couple turn back to back
Go half way round the outside track
Opposite Swing when you get there
And line up four with the corner pair**

**17-32 Forward eight and Back like that
Four Ladies Grand Chain across the track
Opposites left and Star Right back
Turn once and a half -**

**33-48 Then the gents Star Right
Opposites Left, you're doing fine
Star Right back to the same old line
- - - -**

**49-64 Head couple reel, a right hand reel
Back to the sides, a left hand reel
Reel in the centre when you get back
A once & a half, go across the track**

**65-80 For a left hand reel, and don't look back
Into the centre again with a once & a half
Everybody Allemande Left with your left hand
Right to your partner, Right & Left Grand**

81-96 (Right and Left Grand full around)

Repeat for each couple in turn

Description:

1-16 The dancers in Couple #1 turn away from each other, walk forward around the outside of the square passing the side couples, and Swing with their original opposite dancer ending with the lady on the right. Those 2 couples face each other and join the stationary side couples to make facing lines of 4.

17-32 Lines of 4 go Forward and Back in 4 beats. For the Grand Chain all 4 ladies put their right hand into the center to Star Right diagonally across the set. The gents give the approaching lady their left hand for a Courtesy Turn. Then the ladies go back into the center to Star Right diagonally back across the set to the partner they had before. Partners Left Arm Turn once and a half around to put the men into the center.

Styling Note: Who knows what styling was actually used in 1837, but this might have been danced with ladies using skirt work during this whole action. If so, they would have held their long skirts up at arms length into the center during the Right-Hand Star and continued to hold their skirt out to flare around during the Courtesy Turn. (All done with appropriate modesty of course.)

33-48 The men Star Right diagonally across the set to Left Arm Turn the opposite lady. Then the men Star Right diagonally back across the set adjusting to end in their original spot facing in.

Description of the Reel:

In all 3 variations, after the set up section there are facing lines with the active couple standing on the far end from their home beside their original opposite dancer. The inactive couples are on the near end standing close to their original home position. Completing this in 32 beats will require some practice.

49-64 The two active dancers Right Arm Turn once around adjusting for a Left Arm Turn with the next dancer in their own line (their original opposite). The active dancers return to the center for a Right Arm Turn once and a half around thus crossing the center to the other line.

65-80 The actives Left Arm Turn with the next dancer in the opposite line. The active dancers complete the reel by Right Arm Turning each other once and a half around ready for an Allemande Left with their original corner. All the Arm Turns involve opposite sex pairs.

Right and Left Grand was full around in 1837

81-96 Right and Left Grand at that time would have been all the way around with partners passing right hand by each other on the far side and meeting at home. This takes 16-20 beats of music so dancers should finish just as the next call is given for either a repeat of the figure or a break.

Bunkhouse Reel

From "Burleson's Encyclopedia" #726

Prompts: (This is a pre-cued interpretation of the listed definition.)

Intro -- Couple #1, Split Two around 1 to a line

- 1-8 Line of 4 Forward, Others Right & Left Thru**
- 9-16 - - - - , Same 4 Right and Left Back**
- 17-24 - - - - , Line of 4 Half Sashay**
- 25-32 Bend & join on the end, -- Forward and Back**
- 33-40 - - - - , Active couple begin right-hand reel**
- 41-48 Once around - - , back to outside with left-hand**
- 49-56 Right to partner once & a half across, - - - -**
- 57-64 Next one left-hand reel, Partner right once & a half**
- 65-72 - - - - , To corner Allemande Left**
- 73-80 -- Couple #2, Split Two around 1 to a line**

Description:

- 1-8 Couple #1 Split the opposite couple & separate around 1 to make a line of 4. The line moves forward into the center to an I formation.
- 9-24 Inactive couples at the sides do a Right & Left Thru around the line (Lady go along the right side, Gent go along the left side). Same 4 dancers Right & Left back to home again around the line.
- 25-40 In the line of 4 the men back up & those ladies Half Sashay by sliding across in front of the man to their right to end on his right side. To Bend & join on the end, those 2 couples turn to face each other backing up to form new lines of 4 at the sides with the active couple at the far end from their home. Two lines of 4 go Forward and Back.
- 41-80 Active Couple Reel (See previous description but use 40 beats).

Bunkhouse Reel

Modern version in 64-beat phrasing and pre-cued

Break: (Modified 2nd & 3rd parts of 1837 original)

- - - - , All Four Ladies Chain across**
- - - - , Ladies Star Right back to partner**
- Turn Partner Left once & a half around**
- - - - , Gents in for a Right Hand Star**
- Pass Partner to your corner Allemande Left**
- - - - , - Come back to Swing**
- - - - , -- Promenade the ring, - - - - , - - - -**

Figure: (1st, 4th & 5th parts of 1837 original, see that description)

- - - - , - First couple Separate**
- Go half way around -, - Swing the opposite**
- And line up four, -- Go Forward & Back**
- - - - , Actives begin right-hand reel** (40 beat
- Once around - -, back to outside with left-hand** version of
- Right to partner once & a half across, - - - -** the reel.)
- Next one left-hand reel, Partner right once & a half**
- - - - , To corner Allemande Left**

Description of Break: This uses the ideas of the original 2nd part but applies it to a square so the Ladies Chain and Star Right back directly across the square. Modernizing it, the men Star Right all the way around to their corner for an Allemande Left then Swing & Promenade partner.

Internet Resource

The Northern Junket Digital Collection

Between April 1949 and July 1984 Ralph Page produced 165 issues of *The Northern Junket* magazine. These are being scanned and digitized as a project of The Digital Library at the University of New Hampshire with funding from a bequest made in the name of Jean and Ted Sannella. Currently the project is up to October 1976 and can be found at the following web page: www.izak.unh.edu/dlp/NorthernJunket/pages/

This is a 35-year treasury of directions and tunes for squares, contras and folk dances as well as editorials, folk songs, recipes, riddles and other folk-life traditions from the northeastern section of North America.

Ralph Page was a lifelong resident of New Hampshire who began calling in December 1930 and became one of the top authorities on New England Country Dancing. He taught and called traditional squares and contras for 54 years in the New Hampshire and Massachusetts area with a sideline interest in international folk dances. His calling career included being a featured caller at the 1939 New York World's Fair, recording on Disc and Folk Dancer records, teaching at dance camps around New England as well as in California, Georgia and Canada, and teaching contras in Japan and in England.

In 1977 he received the "Granite State Award" acknowledging him as an outstanding citizen for his talents as a dance teacher, caller, and musician, as well as for his community contributions.

In 1980, CALLERLAB honored Ralph in a Miami Beach ceremony with the "Milestone Award."

Couples Dance

Sagebrush Shuffle

By Kit Galvin

To help with the 1-8 footwork, note the rocking action. Also it is possible to simplify the shuffles as quick triple steps: 1,2,3,-; 1,2,3,-; etc.

Formation: Couples in a circle, facing counterclockwise, in Cape Position (Varsouvianna with hands at shoulders). Identical footwork.

Music: "Sold", John Michael Montgomery, ATL 7-87105 or try a polka or schottische.

Prompts:

- 1-2 Left heel, Step
- 3-4 Right toe, Touch
- 5-6 Right heel, Step
- 7-8 Stomp twice
- 9-16 4 quick forward shuffles

Description:

- 1-2 With the weight on the right foot, and bending only the right ankle and knee, tilt body back touching the left heel forward to the floor. Keep the left leg, torso and head in a straight line. Return to vertical position and step on left beside right.
- 3-4 Bending only the left ankle and hip joints, tilt body forward touching the right toe backward to the floor. Keep the right leg, torso and head in a straight line. Return to vertical position and touch toe of right foot to instep of left foot (no weight change).
- 5-6 Repeat beats 1-2, but extend the right heel forward and then step beside left foot.
- 7-8 Stomp twice with left beside right without changing weight.
- 9-16 Four quick Two-Steps (Step forward on left, step beside left on right, step forward on left, hold. Step forward on right, step beside right on left, step forward on right, hold. Repeat with left, close, left, hold; right, close, right, hold.)

Circle Mixer

Round About

By Cis Hinkle, Atlanta, Georgia

(A modification of "Ease About Mixer" by Gene Hubert)

Usage Comment: Saturday evening of the 2005 BDPLS in Louisville, several callers attended a contra dance prompted by Bev Bernbaum from Toronto. Bev used this delightful, easy mixer.

Music: Traditional music with a strong 8-beat phrasing, jigs work well.

Formation: Big circle of couples facing in, ladies on the right of partner.

Prompts:

Intro: - - - -, Partner Balance & Swing

- 1-8 - - - -, - - - -
- 9-16 - - - -, - Promenade around the ring
- 17-24 - - - -, - - Promenade In
- 25-32 - - - -, - Ladies Weave to the right
- 33-40 (in past 1, out past 2), - - Forward & Back
- 41-48 - - - -, - Gents Weave to the right
- 49-56 (in past 1, out past 2), - Partners Star Right
- 57-64 - - - -, Move ahead, Balance & Swing

Description:

- 1-8 Dancers face their partners joining both hands to Balance (forward, touch, back, touch) then Swing. The first time through Balance in 4 beats and Swing 12 beats. After that it will take 2-4 beats for the move ahead leaving time for a 4-beat Balance and an 8-beat Swing.
- 17-24 Promenade (8 beats)
- 25-32 Couples turn to face in, Promenade in 3 steps and touch, then back up 3 steps and touch to end in a big Circle with couples facing in.
- 33-40 All ladies weave to their right around two men who stand still. Each lady walks in front of her corner, and behind the next man into the vacant spot beside him. (8 beats)
- 41-48 All go forward 3 steps in & touch then 3 steps back & touch.
- 49-56 All gents weave to their right around 2 ladies who stand still. Each gent walks in front of the first lady, and behind the next. (8 beats)
- 57-64 Dancers make a two-hand Right Hand Star with their most recent Promenade partner. Turn once around. Release hands and move forward to the next dancer (see timing in 1-8). The Gents move counter clockwise around the circle, the Ladies move clockwise.

Contact Us

Our goal is to publish three issues of the Community Dance Journal each year. Please send suggestions and articles to:

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We regretfully report that Kit Galvin has resigned as editor.