

## Dances for All Occasions

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**Cotton-eye Joe** (double circle in varsovienne position, start left) A - Left kick 2 times, triple step, repeat 3 times alternating feet. B - 8 polka steps forward C kick 2 times man moves to the opposite side maintaining varsovienne position, repeat 3 times, lady does a lasso move performing 4 polka steps, 4 polka steps forward (variation: men move forward to a new partner.

**Virginia reel** (longways set for 6 couples) 1. forward and back 2.rt elbow 3.lt elbow 4. 2 hand swing 5.do si do 6.head couple "sashay down" (slide to the foot of the set and back) 7. reel the set (head couple right elbow swing 1 1/2 times around, then elbow swing with the next person in the opposite line, back to the partner with a right elbow, left elbow with the next, etc.) 8.cast off(head couple separates and marches to the foot of the set) 9.form the arch (all other couples come together and duck under.

**La Raspa** (double circle) A -Everyone does 4 bleking steps starting on the right foot. B - right elbow swing 8 counts.- left.8 counts.-right.8 counts.-left 8 counts. C - repeat A; grand right and left for 32 beats ending with a new partner(or weave). Sequence is A-B- A-C

**Long Legged Sailor** (partners) Slap right, clap, slap left, clap, do the variation, slap right,clap, variation, left Clap variation, slap both hands. Repeat. Variations:

Long-legged = hands far apart and clap Short-legged = hands close together and clap

Cross-legged = jump and cross feet, jump and uncross feet Bow legged = bend legs with the knees apart and then straighten legs

**Pattycake polka** (double circle) Touch left heel (out to the side), touch left toe (cross in front), Repeat; slide left 4 times; repeat entire sequence; clap partner's right hand 3x, repeat left, repeat using both hands, slap knees 3x, right elbow swing and move diagonally to the next partner.

**Salty Dog Rag** (double circle, facing line of direction in promenade position)

Grapevine right, grapevine left, 4 step hops, repeat to end facing partner ; grapevine right, 3 step turn left, 4 step hops in a circle, repeat to end with the girl turning out clockwise to end facing the line of direction.

**Tennessee Wig Walk** (double circle, partners facing) Start left boys-right girls, step (out to side) close step (out to side) touch right, step right (out to side) close left, step right (out to side) touch left, repeat; swivel toes, swivel heels, repeat 3 times; both start left which moves them to a new partner doing step (out to side) step close step (out to side) step close; slap thighs, clap hands, clap partner's hands.

**Teton Mountain Stomp** (single circle, facing partner) Step left (out to side) step right (close), step Left (out to side) touch right.; repeat opposite step left (out to side) stamp right, repeat opposite ; walk 4 steps forward (in left reverse open position), walk 4 steps backward (in right reverse open position), pivot 1/2 and walk 4 steps for to a new partner; take 2 two-steps and 4 pivot steps turning clockwise.

**Stick Dance or Lummi Sticks** (partners sitting and facing) a. vertical tap-tap sticks upright b. partner tap-tap partner's stick right to right or left to left c. end tap-tilt sticks forward or sideways and tap on floor d. cross tap-cross hands and tap ends to floor e. flip-toss stick in air giving it 1/2 or full turn f. tap together-hold sticks parallel and tap together g. toss right(left)-toss right stick to partner's right hand while receiving partner's right hand stick h. pass-lay sticks

on floor and pick up partner's sticks i. quicksilver-hold hands crossed, leave sticks suspended in air, uncross hands and catch sticks

Lummi Indian Routine 2 people (perform each of the variations for a total of 24 beats)

1. vertical tap, tap together, toss right; repeat left (6 counts)
2. vertical tap, tap together, toss right, toss left (4 counts)
3. end tap forward, flip both sticks, vertical tap, tap together, toss right, toss left (6 counts)
4. end tap forward, flip both sticks, end tap forward; end tap to the side, flip both sticks,  
end tap to the side; end tap forward, flip both sticks, end tap forward; end tap forward, flip both sticks, vertical tap, tap together, toss right, toss left (12 counts)

Variation: perform with 4 people in a circle. One and three interact and two and four interact. One and three start on the first beat. Two and four start on the third beat.