

# Easy Contra Dances, Compiled by Michael Fuerst

## Last updated Mar 20 2023

### Notes:

The dances here are in several formats but easy to read  
There is no shortage of other dances that would equally merit a place on this list.  
Dates a dance was written, notes about a dance and source are sometimes given.  
Email me with any errors you find

Here are links to threads on the Country Song and Dance Society callers discussion list which should be helpful to those seeking to call for groups with low experience dancers

(a) Identifying easy-peasy dances:

<https://lists.sharedweight.net/hyperkitty/list/contracallers@lists.sharedweight.net/thread/LMYDR3SAASHG2UR3GDSETSTTFK4YHKXO/>

(b) next steps between barn dance & contra, focus on fun figures

<https://lists.sharedweight.net/hyperkitty/list/contracallers@lists.sharedweight.net/thread/3CF6C65EDER634PRJTNIZPPACAFDCI4V/>

Very Basic Dances for new dancers

Dances with basic moves

(LL F&B, Alm, Chain, Circle, Swing, Down the hall, Circle Bal, California Twirl)

Dances with Heys

Dances with Mad Robins

Dances with connectivity which keep newer dances from wandering off

Dances I especially like

**Appetizer**     Improper     Scott Higgs

1-2 N's B&S

3: LL &B

4: W ch

5-6: W alm rt (4); P's swing (12)

7: Circle left 3 places

8: Bal the ring, pass N by right to progress

**Easy Peasy**     Improper     Diane Silver

1-2: N's B&S

3: LL F&B

4: M alm left 1 ½

5-6 P's B&S

7: Circle left 3 places

8: Bal the ring, California twirl

**Haste to the Wedding** Traditional Sicilian Circle

- 1-2: Circle left, Circle right
- 3-4: Star right, Star left
- 5: Partner dosido
- 6: Clap twice (2), Partners swing (6)
- 7: Neighbor dosido
- 8: Clap twice (2); Pass through (6)

Notes by Alan Prince Winston (edited):

Sicilian formation helps convey to new dancers get the idea of progression without having to deal with standing out and changing roles. The clap-claps part re-enforces things having to happen at the same time.

Source: <https://contradance.com/dances/670>

**Thursday Night Special #1** Improper Larry Jennings

- 1-2: Neighbor balance and swing, end facing down in a line of four
- 3-4: Down the hall, turn as couples, come back, bend the line
- 5-6: Circle left 3/4, Swing partner
- 7: Ladies chain
- 8: Long Lines

**The Nice Combination** Improper Gene Hubert

- 1-2: Neighbor balance and swing, end in a line of four facing down
- 3-4: Down the hall, turn as couples, come back, bend the line
- 5-6: Circle left 3/4, swing partner
- 7-8: Ladies chain, Star left

**Broken Sixpence** Improper Don Armstrong

- 1-2: N dosido, L dosido
- 3-4: M dosido,  
1s Swing, face down
- 5-6: Down hall, turn alone, come back
- 7-8: L Chain over and back

**The Baby Rose** Improper David Kaynor

- 1-2: N Balance and Swing
- 3-4: Circle L  $\frac{3}{4}$  Dosido P
- 5-6: P Balance and Swing
- 7-8: Ravens Chain (to N); Star L

**Jed's Reel** Improper Penn Fix

- A1 Dosido neighbor. Women dosido.
- A2 Men: balance; dosido; allemande right once-and-one-half.
- B1 Balance and swing partner.
- B2 Half promenade. Circle left three-quarters and pass through along the set.

**Hey In The Barn** Improper Chart Guthrie

- 1-2: N's B&S
- 3: W ch to P
- 4: 1/2 Hey, W start rt shoulders
- 5-6: P's B&S
- 7: W Ch to N
- 8: 1/2 hey, W start rt sh, and face new N

The Long Island dances are or were once held in a barn (in Syosset)

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_63.html](http://www.quiteapair.us/calling/acdol/dance/acd_63.html)

**Monday Night in Ballard** Improper Mike Richardson 1988

- 1-2: N's B&S

- 3: Long lines F&B
- 4: W alm rt 1 1/2
- 5-6: P's swing
- 7: M Dsd
- 8: Cir L 3/4, pass thru

Ballard is the N'shood in Seattle where a weekly open band/caller evening is (or was once) held

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_99.html](http://www.quiteapair.us/calling/acdol/dance/acd_99.html)

**Cedar Street Shuffle** Improper Penn Fixx 1983

- 1-2: N's B&S
- 3: W ch
- 4: Cir lt
- 5-6: Pass through across set, Ps Sw
- 7: W Ch
- 8: R&L thru

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_30.html](http://www.quiteapair.us/calling/acdol/dance/acd_30.html)

**Bluemont Reel** Improper Warren Hofstra

- 1-2: Cir lt, Ns sw on side
- 3-4: Cir lt 3/4, Ps sw on side
- 5-6: Dn the hall 4 in line, turn as a cpl, return
- 7: W ch
- 8: Long lines F&B

The book Zesty Contras by Larry Jennings contains a more interesting version

- 1. Circle lt 1/2
- 2. N's Sw
- 3. Circle lt 3/4
- 4. P's Sw
- 5-6: Line of four down the hall, turn as couple return (face across)
- 7: W ch to N
- 8: R&L through

**Roadblock Reel** Improper Bob Dalsemer

- 1: Long lines F&B
- 2: Pass through across set; Ns alm rt 3/4 to wave of 4, W in cntr
- 3: W alm lt 1 1/2 (or Bal wave, W alm lt 1/2)
- 4: Ps sw
- 5-6: Dn the hall 4 in line, turn alone, return
- 7-8: Cir lt 3/4; Ns sw

Bob named this dance after being stopped a police roadblock following a Charlottesville, Virginia Festival Saturday night dance. Bob thought the Charlottesville P.D. might be able to use it as a sobriety test for contra dancers!

Source: [http://bobdalsemer.com/Bob\\_Dalsemers\\_Web\\_Pages/Contras.html](http://bobdalsemer.com/Bob_Dalsemers_Web_Pages/Contras.html)

**Awesome Double Progression** Improper Double Progression Donna Calhoun

- 1-2: Dn hall 4 in line, 1's in cntr, turn alone, return Bend line,
- 3: Cir lt
- 4: Star lt
- 5-6: With new Ns, B&S, face across
- 7: Long lines F&B
- 8: 1's sw, end facing down

Source: [http://www.cambridgefolk.org.uk/contra/dances/midwest\\_folklore/adpd.html](http://www.cambridgefolk.org.uk/contra/dances/midwest_folklore/adpd.html)

**Double Your Pleasure** Improper Larry Smith

- 1-2: Long lines F&B; Ns sw
- 3: Long lines F&B
- 4: Rt hand star
- 5-6: W rt hand bal, pullby; Ps sw
- 7: W Ch
- 8: Cir lt

**Colorful Corner** Improper Tom Thoreau

- 1-2: Cir lt; Ns sw
- 3: Long lines F&B
- 4: M alm lt 1 1/2 to form wavyline of 4
- 5-6: Bal the line; Ps sw on W's side
- 7: Cir lt 3/4
- 8: Bal cir, Cal twirl

**Harmony Supper Table** Improper Jim Saxe 1987

- 1-2: Ns B&S
- 3: M alm lt 1 1/2
- 4: Ps sw
- 5-6: Dn hall 4 in line; turn as cpls, return
- 7: R&L thru
- 8: Cir L 3/4, pass thru

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_61.html](http://www.quiteapair.us/calling/acdol/dance/acd_61.html)

**California Contra** Improper Tony Parkes

- 1-2: Ns Dsd and sw
- 3: Long lines F&B
- 4: W Ch to P
- 5-6: Alm lt a shadow; Sw P, face across
- 7-8: Cir lt 1 1/4; Cal twirl

Source: <http://www.dancerhapsody.com/handouts/DancesMixedCrowds.pdf>

**Mustard Day Reel** Improper Scott Russell

- 1: Ns dsd 1 1/4 to line of 4, W in cntr
- 2: Bal, W alm lt once
- 3-4: Ns B&S, face across
- 5-6: Rt hand star 3/4, W turn back; Ps sw
- 7: Long lines F&B
- 8: Cir lt 3/4, pass thru

**New Harmony Reel** Improper Gene Hubert

- 1: Long lines F&B
- 2: W alm lt 1 1/2
- 3-4: Ps B&S
- 5-6: Cir lt, Ps roll away with 1/2 sashe (on M's orig side), Cir rt 3/4
- 7-8: Ns B&S

Source: <http://www.youtube.com/watch?v=gEOkydWXAro>

First published in "Dizzy Dances, Vol III," by Gene Hubert 1990

**Cascades** Improper Orace Johnson

- 1-2: Gypsy and swing N
- 3-4: M alm left 1 1/2, P' s sw
- 5-6: Down hall 4 in line, turn as a couple  
Return
- 7-8: Cir left 3/4, bal circle, California twirl

**Buttercup Reel** Improper Gene Hubert

- 1-2: Cir lt; Cir rt
- 3: Ns alm lt 1 1/2
- 4: Dsd a next N's
- 5-6: Original Ns B&S
- 7: Long lines F&B
- 8: 1's sw (if enough room, all can sw), end facing new Ns

Source: <http://www.youtube.com/watch?v=gws2ux4vDxw>

First published in "Dizzy Dances, Vol III," by Gene Hubert 1990

**#11 Improper Mike Richardson 1987**

- 1-2: Cir lt 1/2; Ns sw, face dn
- 3-4: Dn hall 4 in line, turn as cpl, return
- 5-6: Cir lt 3/4; Ps sw
- 7: Long lines F&B
- 8: Cir lt 3/4; Cal twirl

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_108.html](http://www.quiteapair.us/calling/acdol/dance/acd_108.html)

**May Day Improper Bob Dalsemer 1993**

- 1: N's dsd
- 2: W dsd
- 3: M alm lt 1 1/2
- 4: Ps sw
- 5: Prom across
- 6: W alm rt 1 1/2
- 7: Ns sw
- 8: Long lines F&B

Source: [http://bobdalsemer.com/Bob\\_Dalsemers\\_Web\\_Pages/Contras.html](http://bobdalsemer.com/Bob_Dalsemers_Web_Pages/Contras.html)

**Small Potatoes Improper Jim Kitch**

- 1-2: Ns B&S
- 3: Cir lt
- 4: W ch
- 5: W dsd
- 6: Ps sw
- 7: Cir lt 3/4, pass thru to new N
- 8: Dsd new N

Source: <http://dancevideos.childgrove.org/contra/contra-modern/235-small-potatoes>

**Early Evening Jig Improper by Tom Hinds**

- 1-2: Neighbor balance and swing
- 3: Half Right and left through
- 4: Women's Chain
- 5-6: Pass through across the set, Partner swing
- 7: Circle Left  $\frac{3}{4}$ , pass through
- 8: New N dsd

**Bumbling In the Shower Becket-CW Eric Smith**

- 1: Long lines F&B
- 2: M alm L 1 1/2
- 3-4: Ns B&S
- 5: W ch
- 6: Pass through across turn alone  $\frac{1}{4}$  to right and walk forward along set face new Ns
- 7: Cir lt once
- 8: P's sw

**Kiss the Bride Improper Jeff Spero 1995**

- 1-2: Ns dsd & sw
- 3: Long lines F&B
- 4: W alm rt 1 1/2
- 5-6: Ps gypsy & sw
- 7: Ps prom across
- 8: Cir rt 3/4, pass N's lt sh to face new N

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_81.html](http://www.quiteapair.us/calling/acdol/dance/acd_81.html)

**Mid Winter Gypsy Improper Bob Dalsemer 1993**

- 1: Long lines F&B
- 2: 2's sw; face up
- 3: Symmetrical gypsy with N's 1 1/2 (2's splitting 1's)

- 4: 1's sw, face down
- 5-6: Dn hall 4 in line, turn alone, return, bend line
- 7-8: Cir lt; Ns' sw

Source: [http://bobdalsemer.com/Bob\\_Dalsemers\\_Web\\_Pages/Contras.html](http://bobdalsemer.com/Bob_Dalsemers_Web_Pages/Contras.html)

#### **Slapping the Wood** Improper Don Flaherty

- 1: Dsd Ns as cpl
- 2: Ns sw
- 3: W ch
- 4: 1/2 hey, W st rt shoulder
- 5-6: Ps B&S
- 7: Cir lt 3/4
- 8: Bal cir, Cal twirl

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus2000.pdf>

#### **One for Little Josie** Improper Mike Boerschig

- 1: Ns dsd
- 2: Cir lt
- 3: 2's 1/2 fig 8 above
- 4: 2's sw
- 5-6: Ns gypsy & sw
- 7: Long lines F&B
- 8: 1's sw, face dn

Source: <http://ravitz.us/mike/>

#### **That Old Time Elixir** Improper Mike Boerschig

- 1-2: Ns B&S
- 3: R&L thru
- 4: W ch to P
- 5: Bal the cir; Petronella turn
- 6: Bal the cir; Petronella turn
- 7: Ps sw on side of set
- 8: Cir lt 3/4; pass thru

I obtained the version above directly from Mike around 1994

However, Mike eventually revised the dance as follows, (from Cary Ravitz's website)

- 1-2: N's B&S
- 3: M alm lt 1 1/2
- 4: 1/2 hey, P's start rt
- 5: P's sw
- 6: Pass through across and California twirl (or right and lt through across).
- 7: Cir bal, Petronella turn
- 8: Cir bal, California twirl

#### **Don's Dawn Dance** Improper Don Theyken 1984

- 1-2: Dn cntr 4 in line (1's in cntr), turn alone, return, bend line
- 3: Cir lt
- 4: N's sw
- 5: M dsd
- 6: W dsd
- 7-8: 1's B&S

Source: <http://www.theyken.net/don/Dances/DawnDance.pdf>

#### **Kimberly's House Party** Improper Bill Olson

- 1-2 DSD N, Sw N
- 3-4 M allem L x 1.5, 1/2 hey (start Partner R Sh)
- 5-6 Pt B&S
- 7-8 Cir L 3/4, bal ring, Pass thru

#### **Roll in the Hey** Improper Roger Diggle

1-2: Cir lt once, N's sw

3-4: Cir lt 3/4, P's sw

5-6: Long lines F&B, W Ch

7-8: Hey, W start rt sh.

After M pass rt shoulders for 2nd time, all step to face new N's

**Snake Oil Reel** Roger Diggie      Written in 1980's

1: W go into center to form a long wavy line and Bal (4)

2: WHILE W return to original places,

M go into center to form a long wavy line (4); and Bal (4)

3: M allm L 3/4 (4); take R hands with N's to form a wavy line across the set, and Bal (4)

4: N's alm R 1/2, to form wavy line across, with W in center (4), and Bal (4)

5: W alm lt 1/2;

6: P's swing, end facing across

7: Cir lt

8: W ch

Source: [http://www.youtube.com/watch?v=R\\_R-KNgo0Pc](http://www.youtube.com/watch?v=R_R-KNgo0Pc)

**Git Goin'** - Improper Drew Delaware

1-2: Neighbour Balance & Swing

3-4: Larks Allemande Left 1.5x;  
Partner Swing

5-6 Long Lines Forward and Back;  
Right & Left Through B2 -

7-8 Circle Left 3 places;

Balance the Ring; Pass through to new neighbours

Source: Shared Weight discussion Oct 23, 2022

**DogLeaf Reel** Proper Lisa Grrrenleaf

1-2: Circle left, 1's swing

3-4: Down the hall 4 in line, 1's in center, turnalone, return

5-6: N's B&S

7-8 1's ½ Fig 8 above; 2's swing, end facing up



**Hypnosis** Improper Melanie Axel-Lute

1-2: Ones in the middle, line of four goes down the hall; turn alone

Return and face neighbor

3-4: Ns B&S

5-6 Men allemande left 1-1/2

Partner swing

7-8: Circle left 1-1/4, putting 1's above (12)

2's arch, 1's dive thru to new couple (4)

Author's Note: I borrowed a lot of Tony Parkes' "Hyperinflation" for this dance, so I thought I'd borrow the first three letters of the name too.

**Airpants** Improper Lisa Greenleaf

1-2: N's B&S

3-4 Long lines forward & back

Ladles allemande right 1½

5-6: P's B&S

7-8: Circle left 3 places

Neighbors do si do 1½

**Open Rehearsal** Improper Jacob Bloom

- 1: W dsd
  - 2: P's dsd
  - 3: M dosido
  - 4: N's sw
  - 5: Down four in line, turn as couple
  - 6: Return, bend the line
  - 7-8: W ch over and back
- For a group of very new or unskilled dancers

**Contra-accordians** Improper Scott Higgs and James Hudson

- 1: Pull rt past N; alm lt a next N
- 2: Pull rt orig N; alm lt a different (actually previous) N
- 3-4: Original Ns B&S
- 5: M alm lt 1/2 to wavy line of 4, Bal towards & away from P
- 6: P's sw
- 7: Prom across
- 8: Cir lt 3/4, pass thru

**A-1 Reel** Becket (CCW progression) Chris Weiler 2008

- 1: Cir L 3/4
- 2: Bal the ring, California Twirl
- 3-4: New N's Bal & Swing
- 5: Right & lt Thru
- 6: W almande Right 1 1/2
- 7-8: Partner Bal & Swing

Written at the A-1 Diner in Gardiner, ME October 24th, 2008. Called for the first time that same evening at the North Whitefield contra dance. Plus it ends with a P's sw without any changes from the caller. Call it in Improper formation starting with the 3-4 for a more standard experience.

**Daffy's Becket** Becket John Gallagher

- 1: W ch;
- 2: 1/2 hey W pass R
- 3: W alm R 1.5,
- 4: 1/2 hey, P's start rt shoulders
- 5-6: B&S P
- 7: Long lines F&B;
- 8: Cir L x1. slide L to next couple

Source: <http://www.youtube.com/watch?v=xTolXu9nHCE>

**Cows Are Watching** Becket CW Bill Pope

- 1: F&B.
- 2: W alm R 1 1/2
- 3-4: N's B&S
- 5: Bal ring, roll away across (W roll in front of M)
- 6: Zig lt, zag rt far enough so new neighbor men can take left hands in order to...
- 7-8: M alm L once, P's sw

Source: <http://ravitz.us/miscdances/#cw>

**Casbah Queens** Improper David McMullen

- 1-2: N's dsd and swing
- 3-4: M alm lt 1 1/2, P's alm right 1 1/2
- 5-6: W left shoulder round, P's swing
- 7: Promnade across set
- 8: Cir lt 3/4, Pass through up and down

Source: <http://www.sharedweight.net/pipermail/callers/2009-February/001947.html>

**The Carousel** Improper Tom Hinds

- 1: Long lines F&B

- 2: W alm L 1+1/2 to face your partner
- 3: Hey, P's start rt shoulder
- 5-6: Partner Bal & Swing (can also Gypsy instead of Bal )
- 7: Cir L 3/4
- 8: N's Swing

Source: <http://dancevideos.childgrove.org/contra/contra-modern/192-the-carousel>

**Al's Safeway Produce** Improper Robert Cromartie 1989

- 1: Star lt
- 2: N's alm lt 1&1/2.
- 3: W alm right 1&1/2;
- 4: P's swing
- 5: Cir L 3/4;
- 6: N's sw
- 7: Long lines F&B
- 8: Star rt, face new N's

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_9.html](http://www.quiteapair.us/calling/acdol/dance/acd_9.html)

**You Can't Get There From Here** Improper Carol Ormand 1994

Dance begins in a wave of four, with W in the middle

- 1: Bal; alm Right 3/4 (to long waves, W facing in);
- 2: Bal; alm Right 3/4 (to waves of four, M in the middle)
- 3-4: Bal; N's swing
- 5-6: Cir lt 3/4; P's swing
- 7: Cir lt 3/4;
- 8: N's dsd 1.5 (to wave of four with the next)

Source: <http://carolormand.com/dances.html>

**Rollin' and Tumblin'** Improper Cis Hinkle

- 1-2: N's B&S
- 3: Long lines F&B, W roll away on the way back
- 4: Same again, but M roll away on the way back
- 5: W alm Right 1 1/2
- 6: P's sw
- 7: W ch to N
- 8: Star lt

Source: <http://dancevideos.childgrove.org/contra/contra-modern/434>

**Lanny's Back** improper Erik Weberg ~1997

- 1-2: N's right shoulder round and swing
- 3-4: Cir lt 3 places, P's swing
- 5: Cir Bal , W exchange places by tt sh;
- 6: Cir Bal , M exchange places rt sh
- 7: Cir Bal , shift and spin right one place;
- 8: Cir Bal , California twirl

Source: <http://www.kluberg.com/eriksdances.html>

**Midwest Folklore** Becket Orace Johnson 1986

- 1: Slide L, circle L 3/4
- 2: N's dsd
- 3-4: N's B&S
- 5: Circle L 3/4
- 6: P's dsd
- 7-8: P's B&S

Source: [http://www.cambridgefolk.org.uk/contra/dances/midwest\\_folklore/midwest\\_folklore.html](http://www.cambridgefolk.org.uk/contra/dances/midwest_folklore/midwest_folklore.html)

First published in "Midwest folklore and other dances" 1995

<http://www.amazon.com/Midwest-folklore-other-dances-collection/dp/0964840901>

**Dave Found the Missing Coffee Cup** Becket Clockwise Michael Fuerst 1991

- 1-2: Slide lt to new N's, circle lt 3/4. N's sw
- 3: Circle lt 3/4 and pass partner rt shoulder up and down set, to face a shadow

- 4: Alm L lt shadow, alm rt partner 1/2, so W face into center.
- 5-6: Hey, W start passing L sh, continue until partners meet on side they started dance.
- 7-8: P's B&S

**A Dance for Dan improper** Bill Olson 1998

- 1: LL F&B;
- 2: W alm. L 1-1/2
- 3: P's RH bal, box the gnat;
- 4: Pull partner, 1/2 hey (W lt, N's right, M lt)
- 5-6: P's B&S
- 7: M alm 1-1/2;
- 8: N's Sw

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus2012.pdf>

**Centrifugal Hey improper** Gene Hubert

- 1: N's alm R 1-1/2;
- 2: M alm L 1-1/2
- 3-4: :Hey for 4 (sP's start rt sh)
- 5-6: P's B&S
- 7: R&L
- 8: Circle L 3/4; pass through

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_31.html](http://www.quiteapair.us/calling/acdol/dance/acd_31.html)

First published in "Dizzy Dances, vol II" by Gene Hubert 1986

**Cranky Ingenuity improper** Bill Olson

- 1: Circle lt 1X
- 2: N's dsd as couples (hold onto your partner)
- 3: N's dsd (as singles)
- 4: N's Sw
- 5: M alm L 1-1/2 (to partner)
- 6: Partner swing
- 7: Circle L  $\frac{3}{4}$
- 8: Balance the circle, ; Calif. Twirl

Source: <http://www.math.ufl.edu/~squash/contradance.dances-composers.html>

**Delphiniums & Daisies improper** Tanya Rotenberg 1985

- 1-2: N's alm. L lt 1-1/2; W ch
- 3-4: Hey, W start rt
- 5-6: P's swing
- 7-8: Cir lt 3/4; N's alm. R 1-1/2

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_275.html](http://www.quiteapair.us/calling/acdol/dance/acd_275.html)

This popular dance exists in multiple places on the intrnet

**Heartbeat Contra improper** Don Flaherty

- 1-2: Bal/Petronella x 2
- 3-4: N's BS
- 5-6: W gyp R 1-1/2 (alt. alm)
- 7-8: Cir L 3/4; Bal ring, CA twirl

Source: <http://www.sharedweight.net/pipermail/callers/2013-January/005698.html>

**Hocus Pocus improper** Lisa Greenleaf

- 1-2 N's gyp & Sw (variation N's B&S)
- 3-4 W's ch
- 1/2 Hey, W passing right shoulders in center
- 5-6 Partner Bal and swing

7-8 Circle lt 3/4 (1s face up)  
Bal the ring California Twirl

**Joel's in the Kitchen** Becket-CW Sue Rosen 2000

- 1: LL F&B
- 2: W ch to N
- 3: Bal ring, spin right (petronella)
- 4: Bal ring, spin right (petronella)
- 5: Bal the ring; Cross trail through (NO Bal ), pass P R, N's L
- 6: New N's Sw
- 7-8: Cir lt 3/4; P's Sw

Source: <http://suerosencaller.com/>  
<http://www.library.unh.edu/special/forms/rpdlw/syllabus2004.pdf>

**Kitchen Stomp** improper Becky Hill

- 1-2: N's B&S
- 3-4: M alm L 1-1/2; P Sw
- 5-6: W ch; bal/Petronella
- 7-8: Bal/Petronella; Star L 1x

Source: <http://www.sharedweight.net/pipermail/callers/2007-September/001010.html>  
Originally published in book "Twirling Dervish Returns" by Becky Hill 1997

**Little Girl with the Curl** Becket – CCW Bob Isaacs

- 1-2: Circle R 1x; ladies alm L 1-1/2
  - 3-4: N's Gyp & Sw
  - 5-6: Circle L 3/4; P Sw
  - 7-8: R&L; ProMade across and slide right to meet new Ns to circle R
- Note: The last move is more like a curl/candy cane rather than a slide. ProMade across and curl over lt shoulders - wide turn to move one place along the line and met new Ns. Use all 8 counts so as not to start the circle too early.

**Mad Hey for Shadrack** improper Martha Wild

- 1-2: LL F&B; Mad robin, W in front
- 3-4: Full hey (W pass lt)
- 5-6: W cross the set L; P Gyp & Sw
- 7-8: ladies alm. R 1-1/2; N's Sw

**Simplicity Swing** improper Becky Hill

- 1-2: N's B&Sw
- 3-4: Circle L 3/4; P Sw
- 5-6: LL; W ch
- 7-8: Star lt 1x; New N's dsd

Source: <http://www.dancerhapsody.com/handouts/NoBrainers.pdf>

**Trip to Lambertville** improper Steve Zakon-Anderson March 1986

- 1-2: W walk forward to long wave in center; Bal the wave  
W back out while M walk forward to long wave  
Bal the wave  
M alm lt 3/4
- 3-4: N's B&S
- 5-6: M alm lt 1-1/2  
P's Sw
- 7-8: R&L thru  
W ch

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_161.html](http://www.quiteapair.us/calling/acdol/dance/acd_161.html)

**United We Dance** improper Bob Isaacs Sept 2001

Start in long wavy lines, N's rt hands joined

1: Bal and slide to the right (as in Rory O'More)

2: Bal and slide to the lt (as in Rory O'More)

3-4: N's B&S

5-6: Cir lt  $\frac{3}{4}$ ; P's swing

8: lt Hand Star into new long wavy lines with old and new N

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus2010.pdf>

**Mary Cay's Reel** Becket, clockwise David Kaynor 1987

1: Cir lt  $\frac{3}{4}$ ; and pass through along the set

2: Next N alm lt 1x (return to original N)

3-4: N B&S

5: LL F&B

6: W alm rt  $\frac{3}{4}$ ; w/NEXT W alm lt  $\frac{3}{4}$  (end facing partner, M shift lt)

7-8: P's B&S

(W who almd lt are now in same foursome)

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus1997.pdf>

**A Last Hurrah** improper Erik Hoffman Sept 2000

1: Long Lines F&B, roll away with a Half Sashay;

2: Half hey, M st lft

3-4: M alm lt  $1\frac{1}{2}$ , P's Sw

5: Cir lt  $\frac{3}{4}$

6: N's dsd

7-8: N's B&S

Source: <http://www.erikhoffman.com/contrariandance.html>

**Fairport Harbor** improper Paul Balliet Aug 1994

1: M alm lt 1  $1\frac{1}{2}$

2: N's prom ccw around large oval

3-4: W turn back, and gyp and sw new N

5: N's prom cw back to P

6: W Chain to P

7: Pass thru across, P's swing

Source: <https://sites.google.com/site/contradancesbypaulballiet/>

**Summer of '94** Improper Mike Richardson / Lisa Greenleaf's variation

1: LL F&B

2: W alm L 1  $1\frac{1}{2}$  to wavy line of 4 (P's holing rt hands)

3: Bal, walk forward (w/o partner) to line of 4 (W in cntr, shadows have rt hand hands joined)

4: Bal, alm rt  $\frac{1}{2}$  to meet P

5-6: P's B&S

7: Cir L  $\frac{1}{2}$

8: N's Sw

Source: <http://www.youtube.com/watch?v=h4w5wRqXpgc>

**Spring Fever** Improper Tony Parkes

1-2. LL F&B, N's Sw

3-4. M alm L  $1\frac{1}{2}$ , P's Sw

5-6. Cir L, Star L.

7-8. ProMade across. W ch.

Source: Almost every caller's collection probably contains this

<http://www.youtube.com/watch?v=ApVYUu2XZ5M>

First published in Shadrack's Delight and other dances ♦ by Tony Parkes, 1988

**Travels with Rick and Kim** Improper Shari Miller-Johnson

- 1-2: N's B&S
- 3: Bal Cir, Pass thru across set
- 4: Walk around circle single file 3/4
- 5-6: P's B&S (on side of set M started dance)
- 7: W Ch to N
- 8: Star lt

Source: <http://www.youtube.com/watch?v=sJTkip51Tbs>

**A Dance for Dan** Improper Bill Olson Apr, 1998

- 1: LL F&B
- 2: W alm L 1 1/2
- 3: P's Bal, Box the gnat
- 4: 1/2 half hey, P's start R shoulder
- 5-6: P's B&S
- 7: M alm lt 1 1/2
- 8: N's Sw

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus2012.pdf#page=36c>

**Ben's Spinoff #3** Improper Gene Hubert

- 1: N's alm rt; W alm lt 1/2
- 2: P's alm rt; W alm lt 1/2
- 3-4: N's B&S
- 5-6: Cir lt  $\frac{1}{2}$ , P's SW
- 7: LL F&B
- 8: W Ch

Source: [http://www.quiteapair.us/calling/acdol/dance/acd\\_20.html](http://www.quiteapair.us/calling/acdol/dance/acd_20.html)

First published in "More Dizzy Dances, vol III" by Gene Hubert 1990

**Bicoastal Contra** Improper Pete Campbell

- 1-2: N's B&S
- 3: M alm lt 1 1/2
- 4: M pick up partner, star prom; butterfly whirl
- 5-6: W gyp 1 1/2; P's Sw
- 7: W Ch
- 8: Star lt

Source: [http://www.youtube.com/watch?feature=player\\_embedded&v=heu572-r9u8](http://www.youtube.com/watch?feature=player_embedded&v=heu572-r9u8)

**Butter** Beckett CW Gene Hubert Oct 1990

- 1: Slide lt to next couple; Cir lt 3/4
- 2: N's sw
- 3: LL F&B
- 4: W ch
- 5-6: Hey, W st rt shoulders
- 7-8: P's B&S

Source: <http://dancevideos.childgrove.org/contra/contra-modern/437-butter-by-gene-hubert-becket>

<http://web.archive.org/web/19990504064232/http://kooshball.kcomputing.com/contra/genescontras.html#n4>

**Easy Street** Bob Isaacs

- 1-2: N's B&S
- 3-4: M alm lt 1 1/2; P's sw
- 5-6: LL F&B; W Ch
- 7-8: R&L thru: Star lt

Source: <http://www.youtube.com/watch?v=xxsjcvVSInQ>

**A Gypsy for Jessica** Improper Tom Lehmann Aug 2004

- 1: Hands across star lt
- 2: M drop out, W alm lt 1 1/2 to face partner
- 3-4: P's gyp & sw
- 5-6: Circle lt 3/4; N's sw

7-8: LL F&B; star rt

Source: <https://sites.google.com/site/ptlehmann/contra-page/dances>

**Gypsy Madness** Improper Bob Isaacs

1: Gypsy star

(M have rt hands joined and move forward, W have lt hands joined and move backwards)

2: N's sw

3-4: LL F&B; M alm lt 1 1/2

5-6: P's gyp & sw

7-8: Cir lt 3/4; Bal & Cal twirl

Source: [http://www.youtube.com/watch?v=84s\\_AWNnkVo](http://www.youtube.com/watch?v=84s_AWNnkVo)

**Heart of Glass** Becket Cary Ravitz October 2000

1: Cir lt 3/4 and pass thru up and down

2: New N's sw

3: M alm lt 1 1/2

4: M keep lt hands, pick up P for star prom across, and butterfly whirl to face in

5-6: W pass right to start a hey

7-8: P's B&S

Source: <http://ravitz.us/dance>

**Hey Man** Becket Paul Balliet

1-2: M dsd; M bal alm rt to face P

3-4: Hey, P's start lt sh

5-6: P's B&S

7-8: Cir lt; F&B while slidin lt to face new N's

Note: W instead of M can do 1-2, or M and W can alternate

Source: <https://sites.google.com/site/contradancesbypaulballiet>

**Hortensia's Cravat** Improper Bronwyn Woods

1-2: N's B&S

3: M alm lt 1 1/2

4: P's bal and box the gnat

5: 1/2 hey

6: P's swing

7-8: W ch;

8: Star lt and face new N's

Source: [http://dancingwoods.com/dance/?page\\_id=6#HorCrav](http://dancingwoods.com/dance/?page_id=6#HorCrav)

**Judah Jig** Improper Charlie Fenton

1-2: N's B&S

3-4: Cir lt 3/4 P's swing

5-6: Cir lt; Star rt

7-8: W ch; star lt

Source: [http://www.cambridgefolk.org.uk/contra/dances/judah\\_jig.html](http://www.cambridgefolk.org.uk/contra/dances/judah_jig.html)

**Less is More** Becket William Watson

1-2: Cir lt 3/4; N's alm rt 1 1/2 to form long waves

3: Bal rt then lt; spin by N, reforming wavy lines with N in lt hand

4: Bal lt then rt, slide by N

5-6: N's B&S

7-8: Cir lt 3/4; P's sw

Source: [http://www.youtube.com/watch?v=\\_Oq1Iv6nM7s](http://www.youtube.com/watch?v=_Oq1Iv6nM7s)

**Mirror, Mirror** Improper Jim Kitch

1: N's bal and Box Gnat

2: Mad Robin (M in middle first)

3-4: M pass lt, P's sw

5-6: Cir lt 3/4; N's sw

7-8: R&L; Star L



Source: <http://www.sharedweight.net/pipermail/callers/2006-May/000440.html>

**Momma Loo's Reel** Improper Gene Hubert Aug 1995

- 1-2: Cir L, N's Sw
- 3-4: F&B, W Alm rt 1 1/2
- 5-6: P's B&S
- 7-8: W ch, Cir R

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus2009.pdf>

**Sarah's Journey** Improper Gene Hubert Apr 1995

- 1-2 N's box the gnat, M pull by L, P's sw
- 3-4 Cir L, P's dsd
- 5-6 P's box the gnat, W pull by Lt, N's sw
- 7-8 R&L, Star L

Source: <http://web.archive.org/web/19990504064232/http://kooshball.kcomputing.com/contra/genescontras.html#n33>

**Passion Breakdown A** Improper Cary Ravitz Feb 2008

- 1-2: N's bal & sw
- 3: W pass right to start a 1/2 hey
- 4: W step forward and Lt to start a mad robin (see-saw N's facing partner)
- 5: W walk straight across the set (2).
- 6: P's sw (14).
- 7: Circle Lt 3/4 (8).
- 8: Bal cir(4); California twirl (4).

Notes: At the start of 5-6:, W should not step forward into the swing, but should wait for their partner to cross the set.

W can turn around in the 1/2 hey to lengthen the eye contact with their partner.

Source: <http://www.ravitz.us/dance/>

**Passion Breakdown B** Improper Cary Ravitz Feb 2008

- 1-2: N's B&S
- 3: M pass Lt to start a 1/2 hey
- 4: M step forward and right to start a mad robin (do-si-do N's facing partner) (8).
- 5-6: M walk straight across the set and P's sw
- 7: Cir Lt 3/4
- 8: Bal and pass through to a new N's

Notes: At the start of 5-6: the W should not step forward into the swing, but should wait for their partner to cross the set.

W can turn around in the 1/2 hey to lengthen the eye contact with their partner.

Source: <http://www.ravitz.us/dance/>

Within a dance, **Passion Breakdown A and B** can be alternated or periodically switched between

**Pedal Pushers** Improper Bob Dalsemer Sept, 1989

- 1-2: M alm Lt 1 1/2, hold on, pick up partner around waist as in star proMade, bring her back to gent's side, wheel around ("butterfly whirl") as a couple (gent backing up).
- 3-4: W gypsy by rt sh, return to partner, P's sw
- 5: Bal in a circle, pass thru
- 6: Turn individually to the right and in your group of four proMade in single file 3/4 around to progressed places (6), M turn around
- 7-8: N's B&S

Source: [http://bobdalsemer.com/Bob\\_Dalsemers\\_Web\\_Pages/Contras.html](http://bobdalsemer.com/Bob_Dalsemers_Web_Pages/Contras.html)

**Pittsboro Pattycake** Improper Gene Hubert March 1997

- 1: N's alm rt 1 1/2
- 2: N's alm Lt 1 1/2
- 3-4: N's B&S
- 5-6: Cir Lt 3/4 P's sw
- 7-8: W ch; Lt hand star

Source: <http://web.archive.org/web/19990504064232/http://kooshball.kcomputing.com/contra/genescontras.html#n28>

**Salmonella Evening** Improper (Louie Cromartie and Steve Zakon-Anderson)

- 1: N's alm rt 1 1/2
- 2: M alm lt 1 1/2
- 3-4: P's gypsy and sw
- 5-6: Bal and twirl twice ( ala Petronella)
- 7: Bal and twirl
- 8: Bal and pass thru to the next

Source: <http://www.youtube.com/watch?v=6adIX4HlcAU>

**Slice of Life** Becket CW Bob Isaacs

- 1: Long lines F&B as all slide lt to face nr N's
- 2: W chain
- 3-4: Hey, W st rt sh
- 5-6: N's B&S
- 7-8: Cir lt 3/4 and Ps sw

Source: <http://www.youtube.com/watch?v=HxzzBKIO4kk>

**Summer of '84** Improper Gene Hubert and Steve Schnur

- 1: LL F&B
- 2: M alm rt 1/2; P's alm lt once to short waves, M in middle
- 3: Bal, step forward to wavy lines to join lt hands with shadow, M still in center with rt hands joined
- 4: Bal, shadows alm lt 3-4 to return to P
- 5-6: P's B&S
- 7: R&L thru
- 8: RHS

Source: [http://www.cambridgefolk.org.uk/contra/dances/gene\\_hubert/summer\\_of\\_84.html](http://www.cambridgefolk.org.uk/contra/dances/gene_hubert/summer_of_84.html)

First published in booklet *Æ izzy Dances*, Volume II ♦ 1992 <http://www.ibiblio.org/contradance/index/DD2.txt>

**Synchronicity** (reverse) Improper (1's, those moving away from the music, are crossed over, but below the 2's)  
by Rick Mohr

- 1-2: M alm lt 1 1/2 (8)  
Half hey (P's pass rt sh to start) (8)
- 3-4: P's gypsy and swing
- 5-6: Circle lt; W chain (to N) (8)
- 7-8: lt hand star; Sw next N's (8)

Notes:

- (1) Smooth transitions, unbroken moMtum, and a mid-7-8: progression make this a dynamic dance using standard figures.
- (2) Technically it doesn't start in the normal "improper" formation, but don't tell the dancers.  
Begin the first walk-through with a N swing; then when you're ready to start the dance leave everyone next to the N's they've just swung rather than backing up to original places.
- (3) There's not much extra time, so encourage the dancers (M especially) to keep the momentum going between figures—particularly the swing to alm in 1-2: , swing to circle in 5-6:, and chain to star in 7-8:.

Source: [www.rickmohr.net/Contra/Dances.asp#Synchronicity](http://www.rickmohr.net/Contra/Dances.asp#Synchronicity)

**The Second Time Around** Improper Jim Kitch

- 1-2: N's gypsy and swing
- 3: M alm Lt 1 1/2
- 4: 1/2 hey, P's start rt sh
- 5-6: P's right shoulder round and sw
- 7: Long lines
- 8: Circle Lt 3/4, pass through

Source: <http://www.sharedweight.net/pipermail/callers/attachMts/20041014/66bb6ed1/CDNYRepertoire-0001.pdf>

**To Turn a Phrase** Improper Bob Isaacs

- 1: F&B

- 2: Large oval (everyone in set as one large circle) circle lt
- 3: Back to the rt
- 4: W alm lt 1 1/2
- 5-6: P's gyp and sw
- 7-8: Cir lt 3/4; N's sw

**The Turning Point** Improper Gene Hubert Jan 1990

- 1: W exchange places with a half gypsy, all four circle lt halfway
- 2: P's sw
- 3: M exchange places with a half gypsy, all four circle lt halfway
- 4: N's dsd
- 5-6: N's B&S
- 7: R&L across
- 8: lt-hand star

Source: <http://www.library.unh.edu/special/forms/rpdlw/syllabus2008.pdf>

**Treasure of Sierra Madre** Improper James Hutson

- 1: N's bal and box the gnat
- 2: M alm lt 1 1/2
- 3: P's bal and box the gnat
- 4: 1/2 hey, P's start rt sh
- 5-6: P's B&S
- 7: W ch to N
- 8: lt hand star

Source: <http://www.youtube.com/watch?v=gVsLeycoB4I>

**Trip to Cleveland** Improper Becky Hill

- 1-2: N's B&S
- 3: F&B
- 4: Cir lt once around
- 5: M dsd 1 1/2
- 6: P's sw
- 7: ProMade across (with N)
- 8: W ch

Source: [http://www.youtube.com/all\\_comMts?v=tR-4CkJPBmk](http://www.youtube.com/all_comMts?v=tR-4CkJPBmk)

Also published in a 2005 book "The RosenHill Collection" <http://www.ibiblio.org/contradance/index/RHC.txt>

**Trip to IHOP** Improper Danner Claflin and the IHOP crew June, 2006

- 1-2: N's B&S
- 3: W to center, make a long wavy line, bal line, stay there
- 4: M do the same, stay there
- 5: M let go lt, W let go right, gypsy star clockwise (i.e. star 3/4, M moving forward, W backing up)
- 6: P's sw on side of set M started the dance
- 7: W ch to N
- 8: lt hand star, and on to the next

Source: <http://www.jefftk.com/contras/dances/ihop>

**Winter Storm** Becket CW Linda Leslie

- 1: Cir lt 3/4
- 2: N's Dsd to line of 4, W in center
- 3-4: Bal the line, step forward and new N's sw
- 5: M alm lt 1 1/2
- 6: Half hey, P's start rt shoulder
- 7-8: P's B&S

Source: <http://www.youtube.com/watch?v=rxoKlv5HF9o>

**Square Affair** Becket CW Becky Hill

- 1: LL F&B
- 2: W ch to N
- 3-4: Across set, RH to P & Bal, pull by P with rt hd, pull by N with lt hd (2X)

5-6: New N's B&S

7: Cir. L 3/4

8: P's Sw (on orig. side)

Originally published in the book RosenHill Collection" (2005)

**Mood Swings** Improper Sue Rosen

1: LL F&B, on the way back, roll away with 1/2 sashay, W roll lt to right in front of M

2: M alm lt 1 1/2

3-4: P's B&S

5: Cir lt 3/4 to position of wave of four (W in center) but do not take hands

6: 1/2 hey, N's start rt sh

7-8: N's B&S

Source: <http://suerosencaller.com/>

**Round the House** Improper Bob Isaacs

1-2: Square through (N's Bal, N's pull by rt, partner lt, repeat all that)

3-4: N's B&S

5-6: Cir lt 3/4, P's sw

7-8: W chain, star lt

Source:: Email from Chris Page

**Sneak Peek** Improper, Bob Isaacs, starts in long waves, right to N's

1-2: Bal long wave, alm rt 3/4 to wave of four

Bal wave of four, alm rt 3/4 to long waves

3-4: N's B&S

5-6: Cir lt 3/4, P's sw

7-8: W chain, star lt to long waves

Source:: Email from Chris Page

**Walk the Walk** Improper Bob Isaacs

1-2: N's B&S

3-4: N's prom counterclockwise around entire set, turn as couples, return

5-6: Cir lt 3/4, P's sw

7-8: W chain, star lt

Source:: Email from Chris Page

**Hang Time** Improper Bob Isaacs & Roger Auman

1-2: N's gypsy and swing

3-4: Cir lt 3/4, P's sw

5-6: Bal ring, petronella, Bal ring, petronella

7-8: Star lt 3/4, N's alm lt 1 1/2

Source:: Email from Chris Page

**I Wish They All Could Be California Twirls** Improper, Jim Kitch

1-2: Cir lt 1/2, N's swing

3-4: M alm lt 1 & 1/2, star promenade partner, whirl

5-6: W alm right 1, P's sw

7-8: Bal ring, petronella turn, bal ring, P's California twirl

Source:: Email from Chris Page

**Mad Robin in Love** Improper Greg Frock

1-2: N's dsd & Sw

3 LL F&B

4 Mad Robin - gents in front first

5-6 Gents pass L, P's Sw P

7 Circle L 3/4

8 Balance ring; California Twirl

Source Caller's Weight forum

**Portland Plain & Fancy** Becket CW by Jim Kitch

- 1: Circle left,
- 2: W chain to neighbor
- 3-4: Hey, W start right, until N's meet for 2<sup>nd</sup> time
- 5-6: Next neighbor gypsy and swing
- 7-8: Circle left 3/4, partner swing

**Fetchin' Gretchen** Improper Jeff Spero

- 1-2: N B&S
- 3: Circle L 1x (give good weight to get all the way around)
- 4: Mad Robin gents pass in front of N to start
- 5: Keeping eye contact with P Gents pass L Shoulder
- 6: P Sw
- 7: ½ Hey (ladies pass R Sh to start)
- 8: When N's meet on their original sided, N's alm L ¾ to face new N

Note from Gretchen Caldwell: This dance was written for me in 2004 by Jeff Spero (of the Syncopaths) and James Hutson, LA-area callers, for the "Farewell Gretchen" dance when I left there after 8 years. I'd run the local monthly dance in LaVerne CA for 7 of those years, but didn't start calling until I got to Charlotte. The dance is still a strong little community dance, and Jeremy Korrr is a frequent caller. He'd taught international dance for years, but his first contra was at my little dance. I've always wanted to get back there to call a dance some second Sunday

**The Eyes Have It** Becket CW Becky Hill

TUNE NOTES: Smooth, flowing dance. No gypsies, but smooth nevertheless. This COULD take "driving" tunes, but needs to be just a tiny bit slow, as the A1 is busy.

- 1: Circle Left 1x, slide left
- 2: Ladies Chain
- 3: Mad Robin L pass to left in front of M
- 4: ½ Hey (L start w/ rt sh)
- 5-6: B1 N B&S
- 7: Gents Alle L 1½
- 8: P Sw

**A Sure Thing** Improper Chris Page (San Diego)

- 1-2: Half-pousette around Neighbors, women push  
Swing Neighbor
- 3: Men allemande L 1 1/2
- 4: Meet P and pass R for half a hey
- 5-6: Gypsy and swing P
- 7: Women chain
- 8: Circle RIGHT into half-pousette

**Sharon of the Green Contra** Improper Jane Ewing

- 1: Mad Robin, ladies in front
- 2: Circle left (8)
- 3: Ladies alle R 1 1/2
- 4: P's swing
- 5: LL F&B
- 6: ladies chain
- 7: Star Left (8)
- 8: Mad Robin, ladies in front

**Rings and Things**      Improper    by Tom Lehmann

- 1:    Circle left
- 2:    N's sw
- 3:    W chain,
- 4:    Half hey W start   right shoulder
- 5-6: P's B&S
- 7:    Balance a ring, petronella spin right,
- 8:    Balance ring again, partner calif twirl

,