

Jo's Mixer

拍數: 32 牆數: 0 級數: Beginner Contra Circle Mixer
編舞者: Jo Thompson Szymanski (USA) - June 2015
音樂: Dancin' Shoes - Ronnie McDowell



Music suggestions: Anything fun and upbeat! Preferably something phrased in 32 counts.

Dancin' Shoes by Ronnie McDowell; "5,6,7,8" by Steps;

"Pride and Joy" by Scooter Lee; "Rose Garden" by Scooter Lee;

"Cowboy's Sweetheart" by LeAnn Rimes; "Why Don't We Just Dance" by Josh Turner;

For this contra circle mixer dance, form two circles with the dancers on the inside circle facing line of dance (counter clockwise) and the dancers on the outside circle facing reverse line of dance (clockwise). Make sure you are positioned so you can pass through the "window" on the vines. Your first "partner" is to your right front diagonal.

[1-8] □HEEL, TOGETHER 4 TIMES

1-2 R heel forward; Step R together

3-4 L heel forward; Step L together

5-6 R heel forward; Step R together

7-8 L heel forward; Step L together

[9-16] □VINE R, TOUCH, VINE L, TOUCH

1-4 Step R to right; Step L behind R; Step R to right; Touch L beside R

Note: You should pass through the window on the vine.

5-8 Step L to left; Step R behind L; Step L to left; Touch R beside L

Note: You should pass through the window again on the vine.

[17-24] □STEP, SCUFF 4 TIMES (OR 4 TRIPLE STEPS) MOVING AROUND PARTNER

Note: Use the next 8 counts to circle around your partner in a pinwheel fashion with R shoulders toward each other.

You may link R elbows if you'd like. At the end of the 8 counts you will be back to where you started and release elbows.

1-4 Step R forward; Scuff L heel; Step L forward; Scuff R heel

5-8 Step R forward; Scuff L heel; Step L forward; Scuff R heel

Variation: You can do 4 triple steps around partner instead of the step scuffs.

[25-32] □STEP, SCUFF 4 TIMES (OR 4 TRIPLE STEPS) MIXING TO NEW PARTNER

Note: Use the next 8 counts to move forward, passing R shoulders with current partner to the next window and the next partner.

1-4 Step R forward; Scuff L heel; Step L forward; Scuff R heel

5-8 Step R forward; Scuff L heel; Step L forward; Scuff R heel

Variation: You can do 4 triple steps toward next partner instead of the step scuffs.

For fun, give your new partner a "high five" on count 8.

Start again from the beginning!