

WHY NOT HOLD A

TRAINING  
INSTITUTE

ON THE K.U. CAMPUS

Conducted by a  
Staff From the

NATIONAL RECREATION ASSOCIATION

The National Recreation Association of America, sponsored by the Department of Physical Education of the University of Kansas, will offer a one-week Recreation Training Institute, May 16-20, IF an advance enrollment of 75 members is secured by April 10th. We will use every available facility to bring this institute to Lawrence, but YOUR cooperation is needed.

WHY have a Recreation Training Institute?

- \* To train volunteers for War Time Community Recreation programs in Kansas.
- \* To bring new vision, inspiration, techniques and activities.
- \* To revitalize existing programs.
- \* To develop higher leadership standards.
- \* To help volunteers obtain better results and give better service.

FOR WHOM will the Institute be held?

- \* For those volunteers who are concerned with the recreational needs of the community.
- \* Chamber of Commerce Secretaries
- \* Service Clubs: Rotary, Kiwanis, Co-Op, Lions, etc.
- \* Farm Bureaus
- \* Business and Professional Women's Clubs
- \* Fraternal Organizations: Elks, Masons, I.O.O.F., Eagles, etc.
- \* Y.W.C.A. - Y.M.C.A.
- \* Youth Clubs: Boy Scouts, Girl Scouts, 4-H Clubs.
- \* Churches and Leaders of Youth.
- \* Camp Counsellors.
- \* American Legion.
- \* Parent-Teacher Associations.
- \* Community Recreation Councils.
- \* Women's Clubs - A.A.U.W., League of Women Voters, Soroptimist, City Clubs, etc.
- \* Physical Education Directors.
- \* Anyone interested in this type of work.

WHAT is the content of such a course?

- \* Activity programs
- \* Techniques
- \* Organizational procedures
- \* Practical suggestions
- \* Music for fun
- \* Mixers
- \* Parties for special events

DAILY SESSIONS - May 16 - 20 - 7:00 to 10:00 p.m.



7:00 - 8:20 Lecture-discussion  
8:20 - 8:30 Intermission  
8:30 -10:00 Practical activities

Saturday Sessions

10:00 - 12:00 a.m.  
2:00 - 4:00 p.m.

**FEES for the Institute:**

|                               |        |
|-------------------------------|--------|
| General fee for entire course | \$1.50 |
| Student fee                   | 1.00   |
| Saturday sessions only        | .50    |



11:30 Tuesday, March 14 -- Pat Rooney, Field Representative of the  
National Recreation Association.

National Recreation Association acts as a clearing house for all  
community recreation problems.

Community recreation fits into the picture of American life - it  
is nothing new to America. The movement started in 1870 in Boston.  
All such movements are first started off because somebody felt  
they were good and necessary. The movement is then usually taken  
up by an organized club or group; next, into the hands of a group  
a little more highly organized, with part-time leaders; then into  
full-time leadership. Community recreation has moved through  
this evolution.

Community recreation is today recognized as one of the necessary  
functions of government - is as necessary in a community as an  
adequate sewage system, or an adequate water supply.

In 1942 1500 communities operated a program of some sort - playgrounds,  
swimming pools, etc. Out of this number, 500 had a full-time program  
under trained professional leadership.

These trained leaders - and school teachers - complement each other.

Classes of activities in community recreation:

1. Playgrounds (the keystone)

Not alone for children. Should be located in neighbor-  
hood within easy reach of people living there - a focal  
point for all activities in that neighborhood - two to  
five acres.

This is where most communities start out in the develop-  
ment of their community recreation.

2. Centers

Some are built expressly for the purpose of serving  
leisure time - art centers, gymnasium, auditorium,  
craft rooms; or - centers being operated part time,  
such as schools, when community recreation takes over  
after school hours, using indoor facilities; teen-age  
centers - about 500 at present time.

3. Service

Training for betterment of people - volunteer training.

4. Leagues and tournaments

Should cover more than athletics.

5. Special events

Uniting community in celebration of a particular event -  
Easter Egg Roll, 4th of July celebration, etc. - oppor-  
tunity to bring people together - do not let those events  
slip by.

The above are the five great fields in any good community recreation  
program.



Administration: Who should operate the Community recreation program?

In any community you will have at least 3 - and perhaps 4 civic groups vitally interested in their responsibility for recreation.

1. Schools and school boards

have control of indoor facilities, to a large degree - gym., craft shops, etc. Remember that the board of education is not the owner, but rather the trustee of school properties. The taxpayers are the owners, and the teachers are responsible to the taxpayers.

2. Traditional emphasis upon leadership

a system is no more effective than that which the teacher employs and that which the superintendent of schools employs. What is true of education is also true of recreation - you cannot have it without good leadership.

schools should be expected to take a definite responsibility in the development of a community recreation program.

3. Park boards - have control over most outdoor facilities - parks, softball diamonds, playgrounds, etc.

4. City governing body - the power for a community recreation movement must start with the city governing body.

The citizens express themselves through organized activities and service clubs - PTA, Kiwanis, University Women's Association, etc.

Community recreation should not depend upon handouts for its existence but should have a definite place in the city's tax budget.

Diversified program - must have a wide range of activities for all the people.

Full-time trained leadership - program cannot attain success under part-time volunteer leadership.

Best program in Kansas is being carried out in Wichita at the present time. Supported under Board of Park Commissioners. Program in summer time - playgrounds, swimming pools - neighborhood playgrounds - art museum - wading pools - downtown arts and crafts center open from 9 a.m. to 11 p.m. for adults (ceramics, weaving, building crafts, etc.) Program has been somewhat neglected in fall, winter and spring because school board claimed they were taking care of intramural activities for children during school months. There is now a swing over to after-school programs.



What has happened to community recreation since the war began?

It is now in its period of greatest expansion which cannot be compared to any other period. Reasons: shortly before the war the American people through the press, radio, government bureaus, etc., became increasingly aware of their neighbors - the people next door, and were called upon to cooperate with each other in various activities. Prior to this he hardly gave his neighbor a nod in the morning.

Government asked us to cooperate on many, many things. People have learned to work together and have learned to do things together that they never had done before. This is one of the greatest things that has come out of the war period.

Government also asked local communities to solve their own problems with changing population. Troops sent to different localities by the thousands - colored and white. Recreation at the base or camp was taken care of by military authorities. The job for the communities was when the soldier came to town.

Some communities set up defense or war recreation committees, realizing that the soldier came to town to do something. These committees began to act as a liaison between camp and town. the USO was designed to go into communities where the community itself could not handle the military load. Some of the greatest service men's centers today have been set up by these war recreation committees - stage door canteen, Chicago Service Men's Club, the Pier at Miami Beach - all run by local communities with local leadership.

As people became interested in recreation for soldiers they began to realize also that recreation was necessary for their own community. This is the second greatest thing that has come about in this war period. These people are now devoting their energies to local recreation. In Wichita, Kansas, a war recreation committee served the military as well as the war plant workers. \$18,000 from the community chest was expended there for the teen-age program. In Omaha, Nebr., the same type of development took place.

War recreation committees became the forerunner in handling the third great thing in this war period - the juveniles or teen-agers. People have suddenly become conscious that in their community are boys and girls who in a very distinct way are often apt to break over because they have an excess of energy - normal to adolescence - and people have become worried. Juvenile delinquency will never be eradicated by any one program because it is caused by too many things. Recreation won't do much for these boys and girls. Too much reliance has been placed upon the juke boxes in the community center. This cannot take the place of home, church and school.



WESTERN UNION

March 16, 1944

Des Moines, Iowa.

Dr. Forrest C. Allen.

The Association will be happy to cooperate with your department to make available to Lawrence and adjacent communities as well as your students a Recreation Training Institute with Mrs. Anne Livingston, week May 16 through May 20. Accordingly, arrange schedule May 15 p.m. meetings with planning committees and Mrs. Livingston on general content of course, background of registrants, aim with community and with students, and so forth. You will receive general publicity material and mats, as well as supply of posters for University and community.

Pat Rooney



SUGGESTIONS FOR PLANNING FIELD VISITS

by

Miss Ethel Bowers

National Recreation Association

First Day: Entire forenoon should be reserved for office conferences.

Noon - Formal luncheon meetings should not be scheduled on this day if at all possible.

Afternoon and Evening - Meetings, conferences, interviews or institute sessions as desired.

Other Days: Not more than two two-hour institute sessions in one day, especially if other appointments or meetings are planned. Be sure to make appointments for her to meet key people, leading lay women, especially those who are in a position to help promote the program. Also allow time for individual staff conferences (without interruptions) and for staff meeting or training course.

Last Day: This is the best time for her to meet the Recreation Commission or Board; to confer with influential city officials if desired; to place suggestions before key industrialists, civic leaders, lay women, etc. Time should be allotted for an advisory conference with the recreation superintendent, for preparing these suggestions and for a final conference at the conclusion of the visit.

If time permits and the recreation program will be benefited thereby, Miss Bowers will be glad to meet with allied organization leaders, P.T.A., Kiwanis or other civic clubs, Y.W.C.A., civilian volunteer recreation committees, church leaders, settlement staffs or board members, any workers who are in a position to organize and promote recreation.

She should not be scheduled to address children's groups, or lead games or conduct parties except as they are an outgrowth of the institute work. Her most important contribution is leadership training and promotion of recreation, working with adult leaders, professional or volunteer, not playing games with children.

Professional and volunteer leaders in all interested organizations as mentioned above, should be urged to attend such institute classes. If an adult leader wishes to bring one or two junior leaders, fifteen years or older, who thoroughly understand attendance is solely for the purpose of obtaining training, they should be welcomed, but only if accompanied by a leader or parent.

NATIONAL RECREATION ASSOCIATION  
315 Fourth Avenue  
New York 10, N. Y.



## SUGGESTIONS FOR RECREATION INSTITUTES

Conducted by Ethel Bowers

National Recreation Association

- Material Covered:** Each institute is planned by the local committee or recreation executive, based on local needs. The outlines in this bulletin are merely suggestive. Please select or make up your own institute subjects.
- Balance:** The best plan seems to be one half lecture-discussion, one half activities, but any combination may be arranged.
- Time:** A two hour session with no intermission, but with a frequent change of pace and activity seems satisfactory. Sometimes - when people come long distances for an evening institute, a three hour one is held with an intermission, in the middle.
- Place:** A friendly hall with movable chairs is better than a cold draughty, barnlike gym with bleachers. Almost any quiet room will do.
- Equipment:** A blackboard is an absolute necessity. For a two day or longer institute a piano and a pianist, one hour each evening is helpful. Movable chairs and a table are recommended.
- Hours:** One or two sessions a day are recommended, not three.  
9:30 - 11:30 A.M. if a morning session is necessary or 10 - 12.  
1 - 3 P.M. if scout and other lay leaders are to attend, or 4 - 6 if teachers are expected.  
7:30 - 9:30 P. M. - or earlier or later, according to local dinner hours or 7 - 10 if only one session is held each day.
- Institute subjects -** Merely suggestions, remember!
- 1st session-Theory - Objectives, balanced program.  
(evening) Activities -Ways of starting the party, breaking the ice and introducing folks.  
Simple musical mixers and square dances.
- 2nd session-Theory- Types of People, Likes, Dislikes, Development and  
(day or evening) Interests, Types of Leadership method.  
Activities - Creative games, active, quiet and musical.



- 3rd session-Theory - What Service Men Like and Dislike-  
(evening) or meeting the needs of youth.  
Activities Games and stunts and songs for crowded places,  
and unusual conditions, musical mixers and square  
dances.
- 4th session-Theory - Conducting activities for girls and women or meeting  
(morning or afternoon) the needs of the boy crazy girl.  
Activities Folk dances and games for little children and  
growing girls.
- 5th session-Theory - The conduct of Parties and Dances.  
(evening) Grand March, Paul Jones and Old Time Couple Dances
- 6th session - Theory Rate of growth and games for Different Ages  
Activities Active and quiet games and relays
- 7th session-Theory Organizing and using Junior and Adult Councils.  
(evening) Activities Games & musical activities for too many women,  
not enough men or visa versa.
- 8th session-Theory Leadership Hints and Methods.  
(day or evening) Activities Advanced Folk and Square Dances.
- Other suggested subjects as needed.  
Methods and Activities for air raid recreation  
(day)
- Party Themes and activities (evening)  
Girls Club suggestions (day)  
Girls Athletics (day)  
Recreation for industrial girls and women. (day)  
Recreation for families of defense workers. (day or evening)  
Recreation for overworked homemakers (day)  
Community recreation for Service Men (day or evening)



VIRGINIA REEL:

MODERN VERSION

MUSIC: Fast selection  
in 2/4 tempo. "Turkey  
in Straw", "Washington  
Lee Swing"

Line Formation: Sets of six couples - Partners facing each other about 6 ft. apart - gentlemen on one side and ladies on other side.

First Call: "Gentlemen bow-ladies curtsy" or "Forward and Bow"  
Action: Walk to center-bow curtsy, walk back to place

Second Call: (a) "Turn your partner with right hand" or Right Hand Turn  
Action: Walk to center-join right hands-turn completely around and walk backward to place

Second Call: (b) "Turn your partner with your left hand" or "Left Hand Turn"

Third Call: "Two hands to right-turn"

Fourth Call: "Two hands-turn"

Fifth Call: "Do-si-do right"  
Action: Do-si-do position, (arms crossed and held shoulder height) Pass right shoulder with partner and walk backward to place.

Sixth Call: "Do-di-do left".  
Action: Pass left shoulder to left shoulder (do-si-do position) and walk backward to place.

Seventh call: "Turn your partner with right hand."

Eighth Call: "Head couple promenade to foot, back to center, turn partner with right hand and turn opposites with left."  
Action: Head couple steps forward, join both hands, slide down to foot and back to center of set. Join right hands and make a 3/4 turn so the lady is facing the head of the gentleman's line and the gentleman is facing the foot of the lady's line. Head couple now drop hands and the lady proceeds to the gentleman at head and turns him with left hands joined--goes back to center, turns partner with right hands joined back to second gentleman in line and turns him with left hands joined, back to partner with right hand and continues until all gentlemen in line have been turned - alternating left hand to person in line and right hand to partner in center of set. At the same time the head gentleman (starting with foot lady) has been turning all the ladies in their line, alternating right hand to partner in center and left hand to ladies in line. After all have been turned-join hands with partner and make a 3/4 turn so the lady is on her side and the gentleman on his.

Ninth Call: "Promenade to the head, lead off and form arch at foot."  
Action: Join both hands, slide to the head of line, face front and do a counter march, that is; the head lady leads her line with all ladies following her on outside of line down to foot and head gentleman leads the gentlemen's line in like manner. When head couple reaches foot they join both hands and form an arch under which all other couples pass (with inside hands joined.) Head couple stays at foot and the second couple is now the new head couple.  
Repeat until all couples have been head couples.



ARCH AND SHOE FLY SWING:

Music: Turkey in the Straw or  
fast selection is 2/4.

Formation:

Single circle facing center. Gentlemen with lady on his right. Gentlemen of one couple to act as caller and head couple.

CALL: "All join hands and circle left."

Action: Join hands and circle left.

CALL: "Back the other way you're going wrong."

Action: All circle to right.

CALL: "Swing your corner lady."

Action: Gentlemen swings with left hand lady.

CALL: "Swing your partner"

Action: Swing partner.

CALL: "Promenade"

Action: All couples join hands with partner and promenade around circle

CALL: "Form Arch."

Action: Head couple turns about face by dropping hands and facing opposite direction, join inside hands to form arch and continue marching in opposite direction (clockwise). Second couple turn immediately after first couple and in like manner forms arch and follows. Continue with each couple following in same manner until all couples are forming arches. When the head couple has formed arch over last couple.

CALL "Under Arch. "

Action: Head couple turns about face (counter-clockwise) and walks under arch formed by other couples. Second couple turns immediately and follows in like manner. All couples do likewise. When the head couple comes out from under arch of last couple they continue in line of direction until they reach the foot of the room.

CALL: "Down the center with partner"

Action: Head couple leads couples down the center and when they reach the head of room (always keep within space made by original circle)

CALL: Ladies to the right and gents to the left."

Action: Ladies turn to the right and go around circle and gents to the left. When they meet at the foot of the room.

CALL: Down the center with your partner."

Action: Ladies turn to the right

Action: Down the center by two's and when head couple reach the head of room

CALL: "Ladies to the left and gents to the right."



Action: Ladies cross in front of partners and continue on around circle (counterclockwise) and gentlemen go to the right (clockwise) around circle. When they meet at foot.

CALL: "Down the center by two's with lady on the right."

Action: Head lady crosses in front of her partner and they march down center with all ladies crossing over in like manner and all couples follow head couple"

CALL: "All around the circle"

Action: Head couple leads all other couples in circle formation.

CALL: "Do that Shoe Fly Swing."

Action: All face center in single circle (ladies to right of partner). Head man steps to center of circle with his partner, turns her once around with right hands joined. Head lady now goes to next man in circle (the man who had been on her right) turns him once around with left hands joined, back to center of circle to partner, turn with right hands joined, left to next man in circle and continue until every man in circle has been turned by head lady with left hands joined, alternating right to partner and left to circle. In the meantime the second couple has started doing the same as head couple after the first lady had passed two couples. Each couple wait until preceding lady has swung two gentlemen in the circle and continue as above until every lady has completed the circle and is back in her original position with her partner.

LAST CALL: "Swing your partner and promenade to your seats."



## WEAVING THE WADMAL

### FORMATION:

Two lines, partners facing each other about 6 feet apart.  
Preferably 6 couples to each set.

### 1. SPINNING:

Action: Head couple steps towards each other, join inside hands facing foot of set. Take 12 small running steps to foot - face head, join inside hands, and run 12 steps to center of set. Face partner and join right elbows. Make a  $3/4$  turn so gentleman is facing the foot of ladies' line and lady faces the head of gentlemen's line. Head gentleman now goes to foot of ladies' line and turns foot lady with left elbows joined, returns to partner in center of set and turns with right elbows joined, back to second lady from foot and turns with left elbows joined, etc.

Meanwhile, the head lady has gone to head of gentlemen's line and turned first gentleman with left elbows joined and returned to partner with right elbows joined. Continue until all have been turned in place by head couple, alternating left elbow to players in line and right elbow to partner in center.

### 2. THREADING:

Head couple turns a  $3/4$  turn in center so they are on their own side - face front and with inside hands joined take 6 running steps to head of set. The head gentleman stays in aisle (formed by players) and the lady runs outside to form arch over gentlemen's line. Run down to foot (gentlemen in line stooping) cross over to ladies' line and with the lady on outside and head gentleman inside form arch over ladies' line (ladies' line stooping). Head gentleman leaves his partner in place and runs backward to his own.

### 3. WEAVING:

All partners join both hands across. Head couple begins in direction of man, so he walks backward, passing behind second gentleman, across and behind third lady. Continue doing a serpentine down the set until reaching foot and then returning to head in same manner. All couples work at once, weaving up to the head, down to the foot and back into place.

NOTE: Caution all couples to begin with the gentleman going backward when at head and to watch advancing couple and go in opposite direction when at foot. Also to wait at both head and foot.

### 4. DARNING:

Couples with hands still joined as for weaving. Head couple go under the arms of the second couple, around and over third couple under 4th etc. All couples work at once, darning up to the head, down to foot and back into own place.

NOTE: All couples go under when at head and watch advancing couple and go opposite when at foot. All couples wait at head and foot.

### 5. WINDING:

Join right hands with partner and left with person on your partner's right. The foot girl and head man have a free hand. Foot girl stands in place while head man leads players around into spiral (as the spring of a clock.)



6. UNWINDING:

Foot lady unwinds spiral into circle formation by leading players under arched arms and being certain the arched arms of head couple are the last ones under which she passes. Foot lady and head gentleman join free hands and finish in single circle formation, half facing center and half facing out with hands joined.

7. TESTING THE CLOTH:

All face center and lock elbows (strike chord for this). Take six small running steps to center and six back to place.

Repeat three times.

NOTE: Have players say IN 2, 3, 4, 5, 6, - OUT 2, 3, 4, 5, 6, and caution them to take first step towards center on word IN and first step backward on word OUT.

IF for demonstration: Have players repeat the 6 steps in and 6 steps out once and then all drop elbows and the head gentleman runs off stage with all others following single file.

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RING UP FOUR AND MORE

CIRCLE formation

MUSIC: "It Ain't Gonna Rain No More"

Formation:

Five couples in single circle, gent with lady on right. Number couples 1-2-3-4-5.

Words:

1. "Ring up four in the middle of the floor  
It ain't gonna rain no more"
2. Break loose and trail her home  
It ain't gonna rain no more"  
REPEAT-
3. "Now you're right, now you're wrong  
It ain't gonna rain no more"  
REPEAT:

"Ring up six in the middle of the floor"  
Repeat all of above substituting six for four

Repeat all--substituting eight for four

Repeat all--substituting ten for four

Action:

1. First and 2nd couples join hands and circle to left.
2. All drop hands, turn around and walk in opposite direction.
3. Join right hands with partner walk completely around until facing opposite lady and gentleman--join left hands and walk completely around until facing partner then right hands with partner.

Couple No. 1 and 2 take in 3rd couple by man of 1st couple letting go of hand of his left hand lady.  
Repeat 2 and 3.

Man of 1st couple takes in 4th couple--repeat all

Man of 1st couple takes in 5th couple--repeat all.



NOTE:

The "Now you're right and now you're wrong" is another form of Do-si-do and a little difficult to teach. Here is a helpful hint. Have all couples join hands in a circle and tell each person to look at partner and then at person on other side. Then tell them those are the only 2 persons they will join hands with--right to partner and left to person standing on other side.

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GRAPEVINE TWIST

Square Dance

MUSIC: Turkey in Straw.

Formation: Hollow square; couples numbered first, second, third, and fourth.  
Head couple is first.

Introduction: "Honor your partners and neighbors too. All join hands and circle to the left. Come back home single file, Ladies in the lead, indian style.

Action: Bow to partners - Bow to corners, All join hands and turn clockwise.  
Drop hands and walk back, single file, to original formation.

First Call: "Head couple lead to the right, and around that lady with a Grapevine Twist."

Action: The first gentleman takes his partner's left hand in his right and leads her between the second couple and around the lady, to the center of the set; still retaining hands, he takes a few steps backward, waits until his partner has passed between him and the second couple and again leads his lady between the same couple and around the gentleman. Both couples join hands and circle once around clockwise.

Second Call: "Circle to the left four hands around. Then on to the next with that Grapevine Twist."

Action: The head gentleman drops hand of second lady (All other keep hands joined) and leads other three between third couple and around third lady as he approaches the center, he again turns and waits until end of line has passed; then passes between the same couple and leads the line around the third gentleman. They all now join hands and circle once around clockwise.

Third Call: "Circle to the left, six hands around, Then on to the next with that Grapevine Twist."

Action: Repeat the movement with the head man dropping hand of third lady and the six people passing between the last or fourth couple as in above action.

Fourth Call: "Circle to the left eight hands around. When you get home you bow to your own."

Action: Turn once around, clockwise and finish in original position.

Repeat until each couple has completed movement. Couple number two, then couple number three, and then couple four consecutively.



Name Rev. Harry M.

Cook

Pos. Minister

Add. Concordia, Ks.

Fee \$1.50

**No.**

**67**



Name *Mrs. James*

*J. Penny*

Pos. \_\_\_\_\_

Add. *Lawrence*

Fee *1.50*

**No.**

**121**



Name Chesney Ellen

Shirley

Pos. Student

Add. Lawrence

Fee \$1.00

No.

55



Name \_\_\_\_\_

\_\_\_\_\_

Pos. \_\_\_\_\_

Add. \_\_\_\_\_

Fee \_\_\_\_\_

**Nº 157**

**RECREATION TRAINING INSTITUTE. May 16-20, 1944**

**Physical Education Department**

**University of Kansas**

Name \_\_\_\_\_

Address \_\_\_\_\_ Position \_\_\_\_\_

has paid \_\_\_\_\_ enrollment fee.

**Nº 157**



VIRGINIA REEL:

MODERN VERSION

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in 2/4 tempo. "Turkey  
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Lee Swing"

Line Formation: Sets of six couples - Partners facing each other about 6 ft. apart - gentlemen on one side and ladies on other side.

First Call: "Gentlemen bow-ladies curtsy" or "Forward and Bow"  
Action: Walk to center-bow curtsy, walk back to place

Second Call: (a) "Turn your partner with right hand" or Right Hand Turn  
Action: Walk to center-join right hands-turn completely around and walk backward to place

Second Call: (b) "Turn your partner with your left hand" or "Left Hand Turn"

Third Call: "Two hands to right-turn"

Fourth Call: "Two hands-turn"

Fifth Call: "Do-si-do right"  
Action: Do-si-do position, (arms crossed and held shoulder height) Pass right shoulder with partner and walk backward to place.

Sixth Call: "Do-di-do left".  
Action: Pass left shoulder to left shoulder (do-si-do position) and walk backward to place.

Seventh call: "Turn your partner with right hand."

Eighth Call: "Head couple promenade to foot, back to center, turn partner with right hand and turn opposites with left."  
Action: Head couple steps forward, join both hands, slide down to foot and back to center of set. Join right hands and make a 3/4 turn so the lady is facing the head of the gentleman's line and the gentleman is facing the foot of the lady's line. Head couple now drop hands and the lady proceeds to the gentleman at head and turns him with left hands joined--goes back to center, turns partner with right hands joined back to second gentleman in line and turns him with left hands joined, back to partner with right hand and continues until all gentlemen in line have been turned - alternating left hand to person in line and right hand to partner in center of set. At the same time the head gentleman (starting with foot lady) has been turning all the ladies in their line, alternating right hand to partner in center and left hand to ladies in line. After all have been turned-join hands with partner and make a 3/4 turn so the lady is on her side and the gentleman on his.

Ninth Call: "Promenade to the head, lead off and form arch at foot."  
Action: Join both hands, slide to the head of line, face front and do a counter march, that is; the head lady leads her line with all ladies following her on outside of line down to foot and head gentleman leads the gentlemen's line in like manner. When head couple reaches foot they join both hands and form an arch under which all other couples pass (with inside hands joined.) Head couple stays at foot and the second couple is now the new head couple.  
Repeat until all couples have been head couples.



ARCH AND SHOE FLY SWING:

Music: Turkey in the Straw or  
fast selection is 2/4.

Formation:

Single circle facing center. Gentlemen with lady on his right. Gentlemen of one couple to act as caller and head couple.

CALL: "All join hands and circle left."

Action: Join hands and circle left.

CALL: "Back the other way you're going wrong."

Action: All circle to right.

CALL: "Swing your corner lady."

Action: Gentlemen swings with left hand lady.

CALL: "Swing your partner"

Action: Swing partner.

CALL: "Promenade"

Action: All couples join hands with partner and promenade around circle

CALL: "Form Arch."

Action: Head couple turns about face by dropping hands and facing opposite direction, join inside hands to form arch and continue marching in opposite direction (clockwise). Second couple turn immediately after first couple and in like manner forms arch and follows. Continue with each couple following in same manner until all couples are forming arches. When the head couple has formed arch over last couple.

CALL "Under Arch. "

Action: Head couple turns about face (counter-clockwise) and walks under arch formed by other couples. Second couple turns immediately and follows in like manner. All couples do likewise. When the head couple comes out from under arch of last couple they continue in line of direction until they reach the foot of the room.

CALL: "Down the center with partner"

Action: Head couple leads couples down the center and when they reach the head of room (always keep within space made by original circle)

CALL: Ladies to the right and gents to the left."

Action: Ladies turn to the right and go around circle and gents to the left. When they meet at the foot of the room.

CALL: Down the center with your partner."

Action: Ladies turn to the right

Action: Down the center by two's and when head couple reach the head of room

CALL: "Ladies to the left and gents to the right."



Action: Ladies cross in front of partners and continue on around circle (counter-clockwise) and gentlemen go to the right (clockwise) around circle. When they meet at foot.

CALL: "Down the center by two's with lady on the right."

Action: Head lady crosses in front of her partner and they march down center with all ladies crossing over in like manner and all couples follow head couple"

CALL: "All around the circle"

Action: Head couple leads all other couples in circle formation.

CALL: "Do that Shoe Fly Swing."

Action: All face center in single circle (ladies to right of partner). Head man steps to center of circle with his partner, turns her once around with right hands joined. Head lady now goes to next man in circle (the man who had been on her right) turns him once around with left hands joined, back to center of circle to partner, turn with right hands joined, left to next man in circle and continue until every man in circle has been turned by head lady with left hands joined, alternating right to partner and left to circle. In the meantime the second couple has started doing the same as head couple after the first lady had passed two couples. Each couple wait until preceding lady has swung two gentlemen in the circle and continue as above until every lady has completed the circle and is back in her original position with her partner.

LAST CALL: "Swing your partner and promenade to your seats."



## WEAVING THE WADMAL

### FORMATION:

Two lines, partners facing each other about 6 feet apart.  
Preferably 6 couples to each set.

### 1. SPINNING:

Action: Head couple steps towards each other, join inside hands facing foot of set. Take 12 small running steps to foot - face head, join inside hands, and run 12 steps to center of set. Face partner and join right elbows. Make a  $3/4$  turn so gentleman is facing the foot of ladies' line and lady faces the head of gentlemen's line. Head gentleman now goes to foot of ladies' line and turns foot lady with left elbows joined, returns to partner in center of set and turns with right elbows joined, back to second lady from foot and turns with left elbows joined, etc.

Meanwhile, the head lady has gone to head of gentlemen's line and turned first gentleman with left elbows joined and returned to partner with right elbows joined. Continue until all have been turned in place by head couple, alternating left elbow to players in line and right elbow to partner in center.

### 2. THREADING:

Head couple turns a  $3/4$  turn in center so they are on their own side - face front and with inside hands joined take 6 running steps to head of set. The head gentleman stays in aisle (formed by players) and the lady runs outside to form arch over gentlemen's line. Run down to foot (gentlemen in line stooping) cross over to ladies' line and with the lady on outside and head gentleman inside form arch over ladies' line (ladies' line stooping). Head gentleman leaves his partner in place and runs backward to his own.

### 3. WEAVING:

All partners join both hands across. Head couple begins in direction of man, so he walks backward, passing behind second gentleman, across and behind third lady. Continue doing a serpentine down the set until reaching foot and then returning to head in same manner. All couples work at once, weaving up to the head, down to the foot and back into place.

NOTE: Caution all couples to begin with the gentleman going backward when at head and to watch advancing couple and go in opposite direction when at foot. Also to wait at both head and foot.

### 4. DARNING:

Couples with hands still joined as for weaving. Head couple go under the arms of the second couple, around and over third couple under 4th etc. All couples work at once, darning up to the head, down to foot and back into own place.

NOTE: All couples go under when at head and watch advancing couple and go opposite when at foot. All couples wait at head and foot.

### 5. WINDING:

Join right hands with partner and left with person on your partner's right. The foot girl and head man have a free hand. Foot girl stands in place while head man leads players around into spiral (as the spring of a clock.)



6. UNWINDING:

Foot lady unwinds spiral into circle formation by leading players under arched arms and being certain the arched arms of head couple are the last ones under which she passes. Foot lady and head gentleman join free hands and finish in single circle formation, half facing center and half facing out with hands joined.

7. TESTING THE CLOTH:

All face center and lock elbows (strike chord for this). Take six small running steps to center and six back to place.

Repeat three times.

NOTE: Have players say IN 2, 3, 4, 5, 6, - OUT 2, 3, 4, 5, 6, and caution them to take first step towards center on word IN and first step backward on word OUT.

If for demonstration: Have players repeat the 6 steps in and 6 steps out once and then all drop elbows and the head gentleman runs off stage with all others following single file.

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RING UP FOUR AND MORE

CIRCLE formation

MUSIC: "It Ain't Gonna Rain No More"

Formation:

Five couples in single circle, gent with lady on right. Number couples 1-2-3-4-5.

Words:

1. "Ring up four in the middle of the floor  
It ain't gonna rain no more"
2. Break loose and trail her home  
It ain't gonna rain no more"  
REPEAT-
3. "Now you're right, now you're wrong  
It ain't gonna rain no more"  
REPEAT:

"Ring up six in the middle of the floor"  
Repeat all of above substituting six for four

Repeat all--substituting eight for four

Repeat all--substituting ten for four

Action:

1. First and 2nd couples join hands and circle to left.
2. All drop hands, turn around and walk in opposite direction.
3. Join right hands with partner walk completely around until facing opposite lady and gentleman--join left hands and walk completely around until facing partner then right hands with partner.

Couple No. 1 and 2 take in 3rd couple by man of 1st couple letting go of hand of his left hand lady.  
Repeat 2 and 3.

Man of 1st couple takes in 4th couple--repeat all

Man of 1st couple takes in 5th couple--repeat all.



NOTE:

The "Now you're right and now you're wrong" is another form of Do-si-do and a little difficult to teach. Here is a helpful hint. Have all couples join hands in a circle and tell each person to look at partner and then at person on other side. Then tell them those are the only 2 persons they will join hands with--right to partner and left to person standing on other side.

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GRAPEVINE TWIST

Square Dance

MUSIC: Turkey in Straw.

Formation: Hollow square; couples numbered first, second, third, and fourth.  
Head couple is first.

Introduction: "Honor your partners and neighbors too. All join hands and circle to the left. Come back home single file, Ladies in the lead, indian style.

Action: Bow to partners - Bow to corners, All join hands and turn clockwise.  
Drop hands and walk back, single file, to original formation.

First Call: "Head couple lead to the right, and around that lady with a Grapevine Twist."

Action: The first gentleman takes his partner's left hand in his right and leads her between the second couple and around the lady, to the center of the set; still retaining hands, he takes a few steps backward, waits until his partner has passed between him and the second couple and again leads his lady between the same couple and around the gentleman. Both couples join hands and circle once around clockwise.

Second Call: "Circle to the left four hands around. Then on to the next with that Grapevine Twist."

Action: The head gentleman drops hand of second lady (All other keep hands joined) and leads other three between third couple and around third lady as he approaches the center, he again turns and waits until end of line has passed; then passes between the same couple and leads the line around the third gentleman. They all now join hands and circle once around clockwise.

Third Call: "Circle to the left, six hands around, Then on to the next with that Grapevine Twist."

Action: Repeat the movement with the head man dropping hand of third lady and the six people passing between the last or fourth couple as in above action.

Fourth Call: "Circle to the left eight hands around. When you get home you bow to your own."

Action: Turn once around, clockwise and finish in original position.

Repeat until each couple has completed movement. Couple number two, then couple number three, and then couple four consecutively.