

CD 740

COUNTRY WESTERN DANCIN'

by

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INTRODUCTION

Country and Western steps are sweeping the nation. Here's a great collection of the latest C&W dances that YOU CAN DO! Yes, you can, even if you and your students have never danced much before.

This recording will be your "personal teacher," leading you through three stages—

1. A "Talk Through," telling you what steps to do.
2. A "Walk Through," calling out the steps for you to do in time with the music.
3. And finally, "Music Only," when you're ready to do the dance by yourself.

The dances are lively, easy, and fun to do. They will show you some of the wide range of material in the American C&W dance heritage, from "Four Corners" line dances to polkas, schottisches, and novelty dances.

The music is enjoyable—it will make you want to dance! It ranges from new country songs popularized by such stars as Hank Williams, Jr., Emmylou Harris, and the "King" himself, Elvis Presley, to all-time greats such as "Cotton-Eyed Joe."

Get ready for a stompin' good time!

HOW TO USE THIS RECORDING

1. LISTEN to the recording first.
2. READ this TEACHING MANUAL to make sure you understand the dances.
3. DO EACH DANCE YOURSELF—all three stages of the dance.
4. Then you're ready to TEACH THE DANCE TO YOUR CLASS.

Have students do each dance ALONE first—no partners. Then when they know the dance they can progress to doing it with a partner or group, or in a formation, as suggested in the Manual.

If you and your class are ready to go beyond that, check out the BE CREATIVE suggestions in the Manual for different variations and original versions you can develop.

This stage can be the most fun of all.

OK—get the dust off and get a move on!

ABBREVIATIONS

| | | | |
|------|-------------------|-----|------------|
| bwd | backward | fwd | forward |
| C&W | Country & Western | L | left |
| CCW | counterclockwise | LF | left foot |
| cts | counts | R | right |
| CW | clockwise | RF | right foot |
| diag | diagonally | swd | sideward |

GLOSSARY

Clogging

Form of footwork sometimes danced to C&W music or square dance music, in which the feet strike the floor, making noise.

Close

To move the foot together beside the other foot; the moving foot may or may not take the body weight.

Country Western

Name currently given to dance style done to popular country music.

Do-si-do

Movement in which the dancer walks forward, passing right shoulders with the dancer facing him/her and then backs up to original position; the term has several variant spellings.

Double circle

Formation in which couples make a double circle, usually with partners facing, boys' backs to the center

Flex

To bend, especially repeatedly, such as flexing knees

Formation

Floor positioning formed by the dancers, such as circle or lines

Grapevine

Step pattern in which the dancer moves sideward left (step L sideward, step R in back of L, L sideward, R in front of L, etc.) or right (using opposite footwork)

Line dance

Dance done in a formation of parallel lines, no partners necessary

GLOSSARY (CONTINUED)

Mixer

Dance in which the participants change partners

Modified

Slightly changed or altered

Opposite

The other foot or direction, or the dancer directly in front facing you

Pivot

To turn or spin on one or both feet, not involving a transfer or shift of weight

Prepractice

To practice ahead of time; for example, separate parts of a dance in order to make learning the dance easier.

Rock

To step, shifting the weight from one foot to the other; may be done in any direction

Schottische

Name of a dance or step; the basic schottische step usually is a step-together/step-hop and may be done in any direction.

Step

To transfer the entire body weight to the foot, as in walking

Stomp

To step heavily on the floor so you can hear it

Styling

The way you dance, including technique, inner feelings, attitude, and personality

Touch

To place the ball of the foot solidly on the floor, but not transferring the body weight to that foot

Two-step

Dance step in which you step L, step R together beside L, step L, and pause; or reverse—The free foot may be touched to the supporting foot on the last count. The pattern may be done on counts 1, 2, 3, 4 or faster, as 1-and-2, 3-and-4; it may be done in any direction.

Variations

Changes or adaptations of a step or pattern

Varsouvienne

Dance position in which the man stands slightly behind and to the left of his partner; both partners face forward and have forearms raised up, with the man grasping the backs of his partner's hands.

COTTON-EYED JOE

Cotton-Eyed Joe is one of the all-time country music favorites. It has been recorded by over 450 different artists!

Several different dances are done to the song. This is the simplest and most fun of the current versions.

Music: "Cotton-Eyed Joe"

Formation: Single circle, L shoulder to center

DANCE DESCRIPTION

Counts INTRODUCTION

1-8 Wait in place.

1. KICK TWICE & STEP 3 TIMES

1-2 Kick RF fwd twice.*

3 and 4 Step in place RLR.

5-6 Kick LF fwd twice.

7 and 8 Step in place LRL.

9-16 Repeat actions of cts 1-8.

2. TWO-STEPS MOVING FWD IN THE CIRCLE

1 and 2 Step fwd R, step on ball of LF beside R, step fwd R.

3 and 4 Step fwd L, step on ball of RF beside L, step fwd L.

5-16 Repeat actions of cts 1-4 three more times.

Repeat the whole dance.

BE CREATIVE!

- The footwork patterns in the dance are so simple that they lend themselves to MANY VARIATIONS. Here are some that are widely done –
 1. Do the dance starting with the LF instead of the R.
 2. In Part 1:
 - Lift and cross RF in front of L leg twice, step RLR, etc.
 - Lift and cross RF in front of L leg once, kick RF fwd once, step R bwd, L beside R, R fwd ("back-together-fwd").
 - Touch RF swd, then step R crossed in back of L. L swd, step R crossed in front of L (grapevine), etc.
 3. In Part 2:
 - Do two-steps moving in diagonal zigzag lines fwd – LRL moving diag fwd L, RLR moving diag fwd R, etc.
- Do the dance with a PARTNER, boy on inside of circle, girl to his R. Join inside hands (or use Varsouvienne** position). Now more variations are possible – for example, in Part 2:
 - Hook arms, do two-steps in circle.
 - Boy turns girl in any turn he knows.
- Do the dance in GROUPS of 3 or 4 abreast. X O X O
- Do the dance as LINE DANCE. In Part 2 move fwd on the first 4 two steps and bwd on the rest.
- Look up older versions of the dance, if desired, in books listed in the "Recommended References" section.

*Lift R knee. flick RF fwd a short distance twice, keeping it close to the floor.

**See Glossary



COWBOY POLKA

This dance is one of the most popular C&W dances done today. It exists in several versions and has had a long history. Descended from the old **Jessie Polka**, it 's now known as the **Cowboy Polka**, **Ten Count Polka**, or **Heel and Toe Polka**.

MUSIC: "Family Tradition," composed and popularized by Hank Williams, Jr.

Formation: Single circle, L shoulder to the center, all moving C&W

DANCE DESCRIPTION

Counts INTRODUCTION

1-16 Wait in place, flexing knees.

1. HEEL STEP IN PLACE

1 Place L heel diag fwd.

2 Step L beside R.

3 Touch R toe slightly bwd.

4 Swing RF diag fwd, scuffing heel on floor.

5 Touch R heel diag fwd.

6 Step R beside L.

7 Touch L heel diag fwd.

8 Bend L knee to sweep LF across in front of R leg.



2. TWO-STEPS MOVING FWD

1 and 2 Step fwd L, step on ball of RF beside L, step fwd L.

3 and 4 Step fwd R, step on ball of LF beside R, step fwd R.

5-8 Repeat actions of cts 1-4.

Repeat the whole dance.

BE CREATIVE!

- Add some **STYLING**. (E.g.: In Part 2 lean swd L at waist when moving L, lean R when moving R.)
- One reason for this dance's popularity is that so much can be done with it—for example,
 1. Do it in a **CONGA LINE**, one person behind the other. Leader may move in a serpentine fashion on the four two-steps.
 2. Do it as a **PARTNER DANCE**, Girl at right of Boy, inside hands joined or around partner's waist, or in Varsouvienne* position. Both begin with LF.
 3. Do it in **SETS** of 4 or 8 abreast. X O X O
 4. Do it as a **MIXER** dance. On cts 5-8 of Part 2 boys move ahead to the next girl (or, as is done in some sections of the country girls move back to the next boy).
 5. Use **OTHER MUSIC**—polkas, rock, or disco—with similar tempo.

Note: The version called the **Ten Count Polka** has 10 counts in Part I —

1-2 Place L heel diag fwd, step L beside R.

3 Touch R toe slightly bwd.

4 Swing RF diag fwd, scuffing heel on floor.

5 Touch R heel diag fwd.

6 Bend R knee to sweep RF across in front of L leg.

7-8 Touch R heel diag fwd, step R beside L

9 Touch L heel diag fwd.

10 Bend L knee to sweep LF across in front of R leg.

Part 2 is the same as in this version.

*See Glossary

TURKEY BUZZARD

This new novelty C&W dance is fun for students of all ages.

Music: "Kentucky Turkey Buzzard," originally recorded by Burl Ives

Formation: Parallel lines, everyone facing fwd; no partners necessary

DANCE DESCRIPTION

Counts INTRODUCTION

1-8 Wait in place.

1. SINGLE-HEEL TOGETHER

1-2 Place L heel fwd, then step L beside R.

3-4 Place R heel fwd, step R beside L.

5-6 Place L heel fwd, step L beside R.

7-8 Place R heel fwd, step R beside L.

2. DOUBLE-HEEL TOGETHER

1-2 Place L heel fwd, then TOUCH L toe beside R.

3-4 Place L heel fwd, STEP L beside R.

5-6 Place R heel fwd, then TOUCH R toe beside L.

7-8 Place R heel fwd, STEP R beside L.

1-16 REPEAT both the above actions—Single-Heel Together and Double-Heel Together.

3. STEP-CLOSE & BUZZARD FLAPPING

Stand with bent elbows held out from your sides.

1 Step L swd, flapping elbows down.

2 Close R beside L, raising elbows.

3 Again step L swd, flapping elbows down.

4 Close R beside L, raising elbows.

5-8 In place, flex knees 4 times, with elbows flapping down 4 times simultaneously.

9 Step R swd, elbows flapping down.

10 Close L beside R, raising elbows.

11-12 Repeat actions of cts 9-10.

13-16 In place, flex knees and flap elbows down 4 times simultaneously.

17-32 Repeat actions of cts 1-16.

4. PONY ROCK

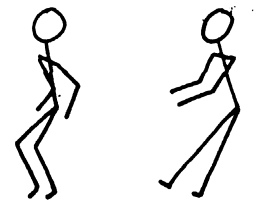
1-2 Standing with feet about 8" apart, rock fwd and back, swinging arms together or alternately to help your balance.

- When you rock fwd, come up on toes, knees bent and upper body leaning slightly bwd.

- When you rock bwd onto feet (or heels), lean fwd, straightening knees.

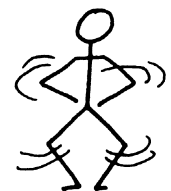
3-32 Continue rocking fwd-and-back 15 more times.

Repeat whole dance.



BE CREATIVE!

- In Part 3, experienced dancers will have fun doing the FUNKY CHICKEN on cts 5-8 and 13-16, stepping on toes in place, L and R, flapping knees in and out, at the same time flapping arms rhythmically.
- In Part 4, IMPROVISE other ways of rocking.
- CREATE your own Part 4, for example, doing fancy footwork, clogging, heel-and-toe polka, walking like a buzzard, etc.



FOUR CORNERS

Some current C&W dances are taken from disco and done with Western styling. This dance used to be known as "The Freeze."

Music: "You Never Can Tell/C'est la Vie," composed by Chuck Berry and popularized by Emmylou Harris

Formation: Parallel lines, all facing fwd

DANCE DESCRIPTION

Counts INTRODUCTION

1-32 Wait in place.

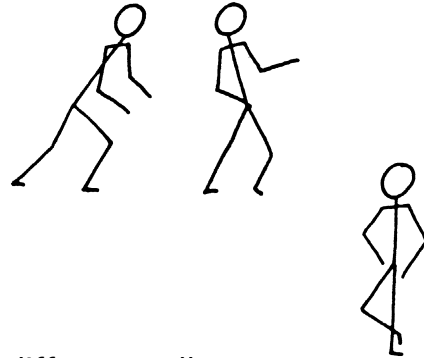
1. MODIFIED TWO STEP R & L

- 1 Step R swd.
- 2 Step L crossed in back of R.
- 3 Step R swd.
- 4 Lift LF* and clap.
- 5 Step L swd.
- 6 Step R crossed in back of L.
- 7 Step R swd.
- 8 Lift RF* and clap.



2. STEP BACK, ROCK & TURN

- 1-3 Step bwd RLR.
- 4 Lift LF* and clap.
- 5 With upper body rather stiff, step L fwd, rocking body weight over LF
- 6 Rock back over RF, stepping R in place.
- 7 Rock fwd over LF, stepping L in place.
- 8 Pivot on LF to make 1/2 turn to face the L wall (90°CCW), lifting bent R leg in back.



Repeat whole dance, on each repetition facing a different wall.

BE CREATIVE!

- Add some STYLING.—move your head, make an easy "bounce" on each count, lift off your hat if you're wearing one.
- Instead of clapping, SLAP your lifted leg with both hands.
- Do you know how a square dance caller calls out the steps? You can have a caller CALL out names of VARIATIONS, which occur on cts 5 8 of Part 2 (after you clap the third time—that's an easy way to remember when). E.g.,



• FREEZE

- Ct 5 Step fwd L and FREEZE in place. knees bent, feet flat on the floor, and body weight distributed evenly over both feet. To aid balance, bend elbows and hold arms slightly away from body.
- 6-7 Hold this position for 2 beats of the music.
- 8 Transferring body weight to LF, pivot on L as usual to face L wall.

• POSIN'

Instead of doing a plain FREEZE, strike a special BODY POSE (Eg.: arms upward in a "V," a John Travolta pose, etc.). Make a DIFFERENT pose each time.

• LASSO

Use regular footwork, raising RH overhead and circling it around, pretending to lasso.



* For WESTERN STYLING, each time you lift a foot, turn the knee outward so the inside of the foot faces upward. You can also add a slight "hop" on the supporting foot, with the ball of the foot staying on the floor and only the heel coming up.

HOUND DOG

C&W dancing has always included some fast, fancy footwork—clogging and “buckdancing.” Moves now called “trick dancing” are in this tradition. **Hound Dog** includes some easy tricks you’ll enjoy doing.

Music: “Hound Dog,” popularized by Elvis Presley

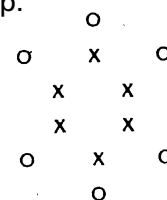
Formation: Parallel lines, everyone facing fwd

DANCE DESCRIPTION

- | | |
|---------------|----------------------------------------------------------------------------------------------|
| Counts | INTRODUCTION |
| 1--16 | Wait in place. |
| | 1. X JUMP & CROSS JUMP |
| 1 | Jump with LF diag fwd L and RF diag bwd R. |
| 2 | Jump, bringing feet together. |
| 3 | Jump with RF diag fwd R and LF diag bwd L. |
| 4 | Jump, bringing feet together. |
| 5-8 | Repeat actions of cts 1-4. (Notice how your feet make an “X” pattern on the floor.) |
| 9 | Jump with feet apart. |
| 10 | Jump, crossing RF in front of L. |
| 11 | Jump with feet apart |
| 12 | Jump, crossing RF in back of L. |
| 13 | Jump with feet apart. |
| 14 | Jump, crossing RF in front of L. |
| 15 | Jump with feet apart. |
| 16 | Jump, bringing feet together. |
| 17-32 | Repeat actions of cts 1-16. |
| | 2. SLOW MOTION STOMP & CLAP (<i>Actions are slow to give you time to rest.</i>) |
| 1-2 | Stomp L swd L, then clap. |
| 3-4 | Touch R beside L, clap. |
| 5-6 | Stomp R swd R, clap. |
| 7-8 | Touch L beside R, clap. |
| 9-16 | Repeat actions of cts 1-8. |
| | 3. SCHOTTISCHE & STEP-HOPS |
| 1-4 | Step L swd L, close R to L, step L swd L, hop L. |
| 5-8 | In place, step R/hop R and step L/hop L, lifting bent knee on the step-hops. |
| 9-12 | Step R swd R, close L to R, step R swd R, hop R. |
| 13-16 | In place, step L/hop L and step R/hop R, lifting bent knee on the step-hops. |
| 17-32 | Repeat actions of cts 1-16. |
| | 4. SLOW MOTION STOMP & CW |
| 1-16 | Repeat actions of Step 2. |
| | Repeat whole dance. |

BE CREATIVE!

- In Part 1, try moving your ARMS for balance. Experienced dancers may want to get on their heels and toes in the X jump.
- In Part 2, some students may find it easier to stomp swd on cts 1-2, then touch and clap at the same time (ct 3), pausing on ct 4.
- In Part 3, do a short KICK fwd with the free foot each time you hop.
- Do the dance in a CIRCLE.
- Do the dance facing someone to be your PARTNER.
- Do the dance as a MIXER. Partners stand in a double circle, boys backs to the center. On Part 4, instead of doing the stomp claps in place, do them moving diag fwd R to meet a new partner.



MONTANA BACKSTEP

This line dance is also known as **Four Square, Four Corners, or Four Walls** because each time you repeat it you face a different wall. **Music:** "Pookie," originally recorded by Hurb Remington, **Formation:** Parallel lines, everyone facing fwd, **Position:** Knees slightly bent, thumbs hooked in belt or belt loops, or hands in pockets

DANCE DESCRIPTION

Counts

INTRODUCTION

1-16 Wait in place, flexing knees.

1. HEEL STEP & BUTTERFLY (2 sets)

1 L heel diag fwd.

2 Step L beside R.

3 R heel diag fwd.

4 Step R beside L.

5-8 Move heels out (i.e., swd)—in (i.e., together)—out—in (called "Butterfly").

9-16 Repeat actions of cts 1-8.

2. HEEL & LIFT (4 sets)

1 L heel diag fwd.

2 Lift LF crossed in front of R leg.

3 L heel diag fwd.

4 Step L beside R.

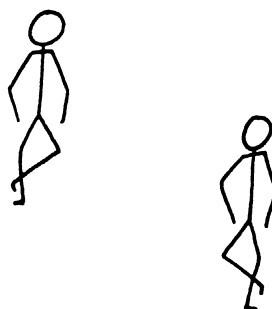
5 R heel diag fwd.

6 Lift RF crossed in front of L leg.

7 R heel drag fwd.

8 Step R beside L.

9-16 Repeat actions of cts 1-8.



3. CHARLESTONS & TURN

Do 3 Charleston steps starting L—that is,

1 Step L fwd.

2 Kick (or lift) R fwd.

3 Step R bwd.

4 Touch L bwd.

5-12 Repeat actions of cts 1-4 two more times.

13-15 Turn to L wall (1/4 turn L, 90° CCW) as you step in place LRL.

16 Clap.

Repeat whole dance, each time facing a different wall. After three repetitions you'll be in your original position.

BE CREATIVE!

- Add your own **STYLING**. Get into the spirit of the dance! Try moving with an easy bounce, body relaxed, head loose and relaxed.
- Add some **ARM** moves on the **CHARLESTON** steps in Part 3, for example—
Swing alternate arms fwd—RLR on cts 1-3, then lean fwd and touch the floor with your LF on ct 4.

NOTE:

- As with many Country Western dances, there are several slightly differing versions of the dance. No one version is correct—all are. This version is easy to remember because each pattern starts with the LF and fits the phrasing of the music.
- A mature class may want to do a "Hollywood" version of the dance—
Do cts 1-8 of Part 1, counts 1-8 of Part 2.
counts 1-4 of Part 3, then a different Part 4—

Counts

1 Part 4—Step fwd L, beginning 1/4 turn L.

2 Cross RF in front of L, finishing 1/4 turn to face L wall.

3 Step in place LR.

ROUNDUP TIME

This dance can be done several different ways. Learn it alone first, then do it with a partner, or with 3, 4, or 5 abreast. It also has room for individual creativity. Have fun with it!

Music: "Steel Guitar Rag," recorded by many artists, including Chet Atkins, Les Paul, and Floyd Cramer

Formation: Single circle, L shoulder to the center

Teaching tip: *To help insure success and good control, PREPRACTICE the separate steps of the dance first. Discuss and practice suggested steps on Part 3, Move 'Em Out, encouraging students to make their own.*

DANCE DESCRIPTION

Counts INTRODUCTION

1-8 Wait in place. Snap and clap!

1. HEEL-TOGETHER, TOE-TOGETHER, & WALK

1 Place L heel fwd.

2 Step L together beside R.

3 Touch R toe bwd.

4 Step R together beside L.

5-8 Repeat actions of cts 1-4.

9-16 Walk fwd in the circle 8 steps—LRLRLRLR.

17-32 Repeat actions of cts 1-16.

2. TWO-STEP L&R, PLAY GUITAR

1-4 Step L swd, close R to L, step L swd, stamp R beside L.

5-8 Step R swd, close L to R, step R swd, stamp L beside R.

9-16 In place, with weight on both feet, pretend to play guitar, leaning to L/R/L/R.

17-21 Repeat actions of cts 1-8.

25-32 In place, pretend to play guitar, leaning fwd/back/fwd/back

3. MOVE 'EM OUT

1-48 On the call, "Move 'em out," given by the teacher or leader, break away from your place in the circle,

MOVING ANY WAY YOU WANT in or around the circle area. (See suggestions below.)

49-64 On the call, "Roundup Time!" from the teacher or leader, RETURN IMMEDIATELY to the nearest place in the circle. (Count suggestions are approximate, as leader may use own discretion about the length of time for free dancing.) When students are in the circle again, give a command for all to begin the dance again—such as "Ready, begin" or "Heel step now."

Repeat whole dance. When you "Move 'Em Out" again, do something different.

• SUGGESTED MOVES FOR PART 3

Walk, two-step, or strut about

Bounce or jump.

Kick, hop, twist, sway, or bend.

Use any of the steps from other dances in this album.

Do some basic cowboy figures with a partner or small group such as lassoing, roping a calf, or riding a horse.

Use your own ideas.

BE CREATIVE!

- In Part 3, if you return to your place in the circle with time to spare, DO SOMETHING! (E.g.: stomp & clap)
- A mature class could do 4 two-steps instead of the 8 walks in Part 1.
- An easier version is to do the dance in lines, walking in place in Part 1.
- Do the dance with a PARTNER (boy—girl not necessary). On Part 3 break away from your partner. On the call "Roundup," when you return to the nearest place in the circle, you'll have a NEW PARTNER each time—whoever is standing nearest you.

- X O X O
- Do the dance in small GROUPS of 3 or 4 abreast, joining hands in Part 1. In Part 3, break away from your group. On the call "Roundup," when you return to the nearest place in the circle, you will be in a new small group—whatever persons are nearest you.
 - Add your own STYLE (E.g.: On ct 1 in Part 1, lean bwd. raising forearms in front. On ct 3, lean fwd, swinging arms down and bwd.)

MINI-SQUARE MIXER

Dance styles rarely stay stationary. They usually evolve keeping up with the times. Here's a new formation for a square dance.

Music: "Workin' at the Carwash Blues", composed by Jim Croce and popularized by Jerry Reed

Formation: Sets of 2 couples facing each other about 4' apart in a column formation; there can be any number of sets. In each set, one couple faces UP the column and the other faces DOWN. Boy's partner is at his R. Boy faces the OPPOSITE girl—she's called his "Opposite."

O X
X O
O X
X O
O X
X O

DANCE DESCRIPTION

Counts INTRODUCTION

1-16 Wait in place.

1. TWO-STEP SWD LRLR

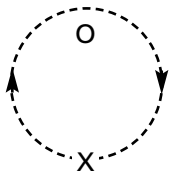
1-4 Step L swd, close R to L, step L swd, touch R beside L.

5-8 Step R swd, close L to R, step R swd, touch L beside R.

9-16 Repeat actions of cts 1-8.

2. DO-SI-DO YOUR OPPOSITE & WALK AROUND

1-8 Do-si-do your Opposite, passing R shoulders and taking 8 walking steps to move around and BACK UP into place. End by joining hands chest high with your Opposite.



9-16 R hips adjacent, walk around once with 8 walking steps, ending in original position.

3. BALANCE & ROCK

1 Hands still joined, step fwd L, bringing R hips adjacent with Opposite partner. RF stays in place (R heel will raise naturally).

2 Pushing with arms, rock back on RF in place.

3 Step L beside R.

4 Step R in place.

5 Step fwd L, bringing L hips adjacent (RF stays in place).

6 Pushing with arms, rock back on RF in place.

7 Step L beside R.

8 Step R in place.

9-16 Repeat actions of cts 1-8, ending facing Opposite partner and dropping hands.

4. HEEL TOGETHER & CIRCULATE

1-2 Place L heel fwd, step L beside R.

3-4 Place R heel fwd, step R beside L

5-8 Repeat actions of cts 1-4.

9-16 Boys stay in place, repeating actions of cts 1-8, while girls CIRCULATE by walking 8 steps CCW in the column to get a NEW PARTNER.



BE CREATIVE!

- Decide what to do with "Leftover" students without a partner and students not making a complete set. E.g.: Extra student can hold hands and dance "Siamese style."

X-O-O or X-X-O

E.g.: Extra couple can be the "shadow" of another couple and go the same way.

O X O X
X O or O X
X O 12 X O