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## Musical mixers and group dances. [1934]

Cronin, Katherine L.

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MUSICAL MIXERS AND GROUP DANCES

Prepared by Katherine L. Cronin, Associate Professor of Physical Education, Lathrop Hall

(Note: Some of these activities might well be used in the home wherever space permits.)

Definition of Terms Used in Descriptions of Games and Dances.

Row or Line -- players standing shoulder to shoulder beside one another.

P P P P P

Column -- players standing one behind the other.

P  
P  
P  
P  
P

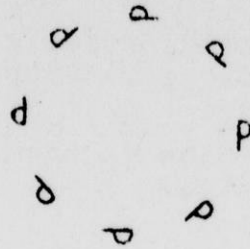
Single Circle -- players standing shoulder to shoulder in circle formation.

P P P  
P P P  
P P P

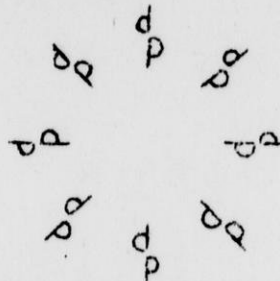
Single Circle -- partners facing.

P P P P P  
P P P P P  
P P P P P

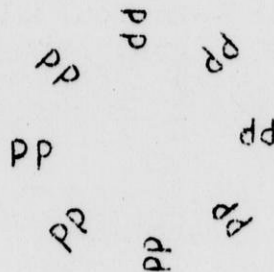
Single Circle -- facing in one direction



Double Circle -- partners facing.



Double Circle -- partners side by side.



Acquaintance Circle

Music -- Any good 2/4 time.

Formation -- Two concentric circles all facing centre, hands joined. Men in outside circle, women in inner circle.

Action

Slide, skip, or walk step may be used. Inside circle move to the left, outside circle move to the right; at the signal (when the music stops), all drop hands, inside people turn around and shake hands with nearest person in outside circle, and talk until music starts again. With start of music join hands same as at beginning and repeat all as many times as desired.

### Suggestions

1. If anyone is without a partner after the music stops, he should step quickly to the centre of the circle to find one.
2. Instead of merely shaking hands try calling each new partner by name, find out where he comes from, what the color of his eyes is, who his favorite movie actress is, etc.

### "The Birdies Sing"

Music -- The popular song, "Let's All Sing Like the Birdies Sing," or any 6/8 time music.

Formation -- Double circle facing counter-clockwise.

#### Action

Beginning with outside foot (that is, the foot away from your partner), point toe forward, side, and back, and turn in same direction that foot has moved. Then make another quarter turn so partners are facing. Partners join hands. Step and bend clockwise and then repeat with other foot. Holding partner's hands take four slides counter-clockwise; then with inside hands joined, take three walking steps in same direction, starting with foot near partner, and on fourth count have toe pointing ready to repeat the dance.

### Broom Dance

Music -- Any dance music.

Formation -- Couples dancing waltz, fox-trot, etc.

#### Action

One odd person dances with a broom. He may hand the broom to another person who is dancing and take the partner of that person.

Captain Jinks

Music



Formation -- A single circle moving clockwise around the room, ladies in front of gentlemen.

Action

The dance accompanies the words of the song as indicated below.

"I'm Captain Jinks of the horse marines,  
I feed my horse on corn and beans,"

Dancers walk joyously and briskly clockwise around the circle, letting the arms swing easily.

"And swing the ladies in their teens,  
For that's the style in the army."

Girls turn quickly and face their partners who are just behind them. Join both hands with partner, and turn partner once around with eight skip steps, finishing with lady standing at gentleman's right, inside hands joined.

"I teach the ladies how to dance,  
How to dance, how to dance,  
I teach the ladies how to dance,  
For that's the style in the army."

Skip clockwise around circle, swinging arms easily and naturally.

"Salute your partner, and turn to the right."

Partners stand still, face each other, and make a curtsey or bow. Each dancer then makes a quarter turn to the right, and outer circle will now be facing in opposite direction to the inner circle.

"And swing your neighbor with all your might."

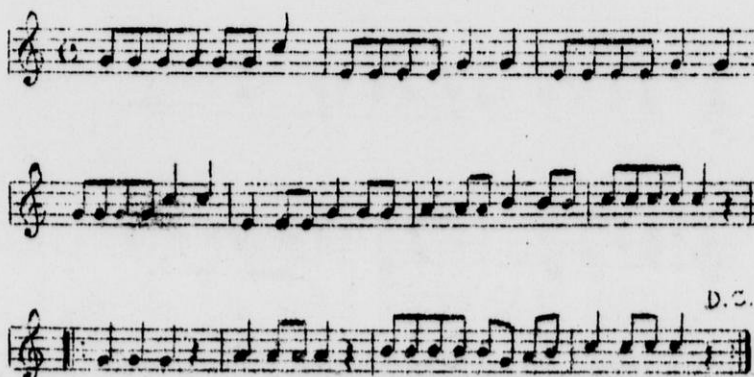
The gentleman joins both hands with the girl of the couple that was behind him and turns her once around with four skips. On the word "might," the ladies should be standing on the right of new partner with inside hands joined.

"Then promenade all the ladies right  
For that's the style in the army."

All march clockwise around the circle, and on the word "army" lady steps forward in front of boys, forming a single circle as at the beginning of dance.

### Carrousel

#### Music



Formation -- Double circle all facing center. People in inner circle join hands and those in outer circle place hands on the shoulders of their partners in the inner circle.

Action

All move around to the left with a slow side walk,  
"Left-together, step-together," while singing the following:

"Little children sweet and gay,  
Carrousel is running,  
It will run till evening;  
Little ones a nickle, big ones a dime  
Hurry up! get a mate!  
Or you'll surely be too late."

Continue sliding clockwise around circle but faster time to  
the following verse:

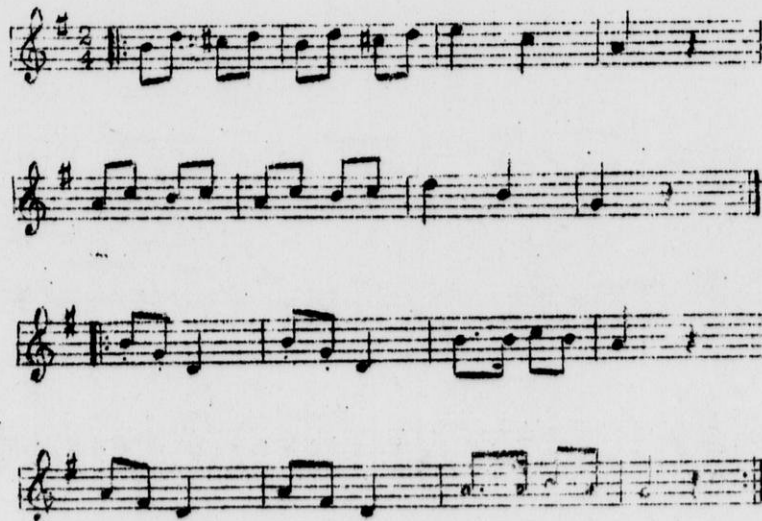
"Ha, ha, ha! Happy are we,  
Anderson and Peterson and Carlstrom and me."

Repeat these two lines and the inner circle change direction  
and slide counter-clockwise. Outer circle may join hands to  
keep spaces more even. When finished repeat whole dance with  
new partner who is in front of you.

Note: The tempo of the music does not change much but the  
action is fast because a complete slide is taken to  
each count of the music.

Cschbogar

Music



Formation -- In couples, forming a single circle.

Action

All join hands in single circle and take eight slides to the left. Then eight slides to the right. Beginning with left foot, walk forward three steps toward center of circle and stamp on the fourth count, swinging arms upward. Take three steps back to place and stamp on the fourth count, swing arms down and back.

Face partner; then partners link right arms, and raise left arms slightly curved over heads. Take four step-hops, turning in place.

Join both hands, arms extended shoulder high, boy's left shoulder and girl's right shoulder toward center of circle. Take four slides toward the center, and at same time bend the body well over to that direction. Then take four slides away from center; then two slides toward center and two away from center.

Take position for turn as before and turn with four step-hops.

Good-Night, Ladies

Music



Formation -- Single circle, partners facing.

Action

The dance accompanies the words of the song as indicated below.

"Good-night, ladies,"

Shake partner's right hand.



"Good-night, ladies,"

All move forward one place as in a grand right and left, and shake left hands with that person.

"Good-night, ladies,"

Move on one more place, shake right hands with that person.

"We're going to leave you now."

Then give that person the left hand (still hold the right hand) and face in couples in counter-clockwise direction (skater's position).

Chorus: "Merrily we roll along, roll along, roll along,  
Merrily we roll along, o'er the dark blue sea."

During the chorus all skip around circle with the last partner. Finish, facing partner in a single circle ready to begin from the beginning. Repeat as many times as desired.

### Grand March Figures

1. Around hall in couples.

Note: In order to get a line of couples it may be well to have ladies line up on one side of the hall and men on the other side. Then have both lines face one end of the room and with the music march around toward each other and down the center in 2's.

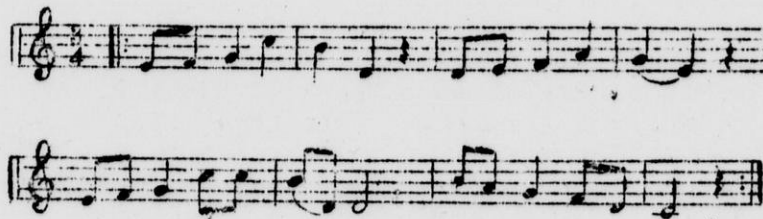
2. Down centre in 2's.
3. First couple right, second couple left, etc.
4. Go round the room -- the couple leading each line watching to keep up with the other. Meet and come down by 4's.
5. First 4 right, second 4 left, etc. around the hall.
6. Meet and come down centre by 8's.
7. Separate into 4's, and around hall.
8. Meet and fall into line of 4's, and come down centre.
9. Separate into 2's and around hall.
10. Lines meet. Instead of going down centre one line of couples form arches by joining inside hands, other line pass through (both lines moving). Next time lines meet other line form the arches.

11. Meet and come down centre by 4's. Halt.
12. "Snake Dance" -- leader take one end of first four and leads around in front and behind each 4, each 4 attaching itself to the end of the line in turn. (In attaching each time the end of the line will attach itself to the person on the opposite side of the 4 behind.)
13. "Spiral" or "Snail" -- leader leads single line (hands joined) around and around closing in gradually to a snug coil, then bends back on her course (each still following the person ahead) until all is unwound.
14. "Simple Serpentine" -- In single line (with one hand on shoulder of person ahead) leader leads line back and forth across hall or zigzagging at will. Singing some well-known song adds to fun of this. ("Pack Up your Troubles," "Smiles," "On Wisconsin," etc.)

### Greeting and Meeting

#### Music

#### How D'ye Do My Partner



Formation -- Double circle, partners facing each other, movements accompanying words as indicated below.

#### Action

"How d'ye do my partner?"

Lady of the outer circle makes a curtsy to her partner of the inner circle.

"How d'ye do today?"

Gentleman bows to partner.

"Will you dance in the circle?"

Join right hand with partner and shake it four times.

"I will show you the way."

Join left hand with partner, crossing over right and shake four times.

Both hands joined as in skating, couples face in line of direction and all skip clockwise around the circle, singing "Tra-la-la" instead of the words to the song.

At end of dance the lady steps backward and takes the next man for a partner. Repeat dance as often as desired each time changing partners.

Note: Music is played faster for skipping step.

### Variation

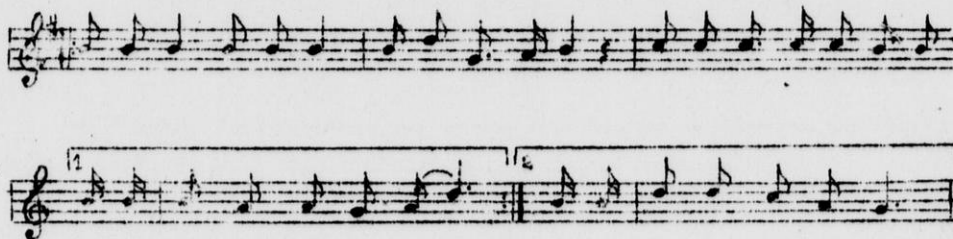
Formation -- Single circle, all facing centre, with one (or more if circle is large) in centre.

### Action

Instead of everybody going through all the action the one in the centre stands in front of one in the circle as the music starts and just these two go through the action described above. At the end, they separate and as the music is repeated each chooses a new partner from the circle, and so as the dance is repeated; each time the number in the centre increases, and at last all are skipping around in a double circle.

## Jingle Bells

### Music



Formation -- Double circle, partners facing.

### Action

The dance may accompany the words of the song indicated below.

"Jingle bells, jingle bells, jingle all the way,"

Join partner's hands and take eight slides counter-clockwise.

"Oh, what fun it is to ride in a one-horse open sleigh,"

Take eight slides clockwise.

"Jingle bells, jingle bells, jingle all the way,"

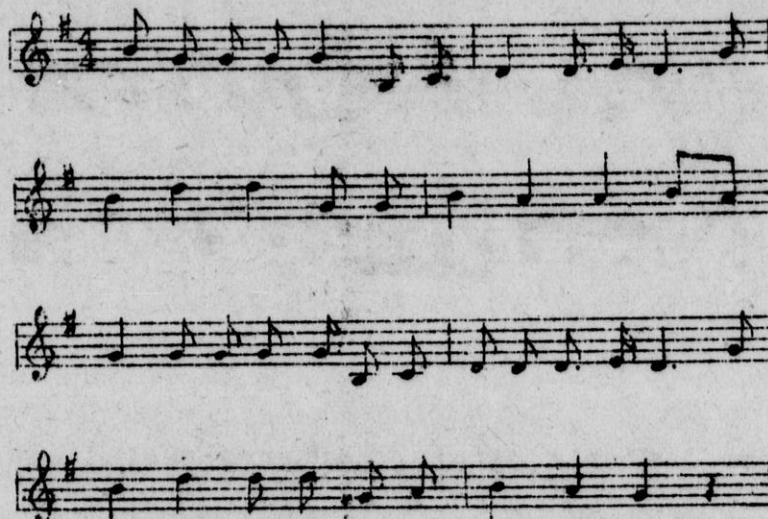
Run around in a little circle with partner.

"Oh, what fun it is to ride in a one-horse open sleigh."

Grand right and left until end and repeat dance with new partner.

Jolly is the Miller

Music



Formation -- Double circle, all face clockwise. One person, the "miller," stands in the centre of the circle.

Action

"Jolly is the miller who lives by the mill,  
The wheel goes round with a right good will;  
One hand in the hopper and the other in the sack  
The right steps forward and the left steps back."

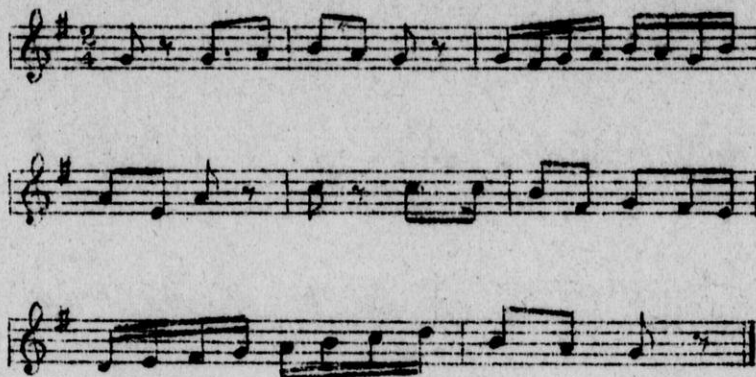
Partners join inside hands and walk quickly and joyously around the circle, swinging the arms back and forth and singing the words of the song. As the words in the last line are sung, the outer circle steps forward, the inner circle backward, and each person takes a new partner. As the change is made the "miller" in the centre tries to get a partner. The game is now repeated with the person left out in the center. If the "miller" is not successful the first time, he remains in the centre until he secures a partner.

### Variation

Instead of singing the words, any 2/4 music may be used and at a signal (when music stops, or whistle is blown) the change of partners is made.

### Jump Jim Crow

#### Music



Formation -- A double circle, partners facing each other.

#### Action

The dance accompanies the words of the song as indicated below.

"Jump, jump, jump Jim Crow."

Partners join hands and take two slow and three quick jumps in place. "Jump -- jump -- jump, jump, jump."

"Take a little twirl and away we go."

Keeping hands joined turn partners with little light running steps, finishing in original positions.

"Slide, slide and stamp just so."

Each player takes two slides to his right and stamps three times in place. This should bring him facing the next person in the opposite circle.

"Then you take another partner and you jump Jim Crow."

Each player joins hands with the new partner he is now facing and turns him with little running steps, finishing turn with three jumps in place. Repeat whole dance with new partner.

### Musical Circles

Music -- Any good 2/4 music.

Formation -- Single circle, partners side by side, all hands joined

#### Action

1. 8 slides to left.  
8 slides to right.  
4 skips to centre of circle.  
4 skips to outside of circle.

Take partner's two hands and spin around on one spot for 8 counts. Repeat all.

2. 8 slides to the left.  
8 slides to the right.  
4 slides to the left.  
4 slides to the right.  
2 slides to the left.  
2 slides to the right.  
1 slide to the left.  
1 slide to the right.

Jump with feet together once.

3. Slide to the left 4 slides; drop hands, turn so that back is to centre of circle, join hands, and, slide to the right 4 slides; drop hands, turn to face centre of circle again, join hands and, continue as from the beginning.

No extra counts are allowed for the turning each time. The circle continues sliding in clockwise position (alternately facing the centre and the outside) until the music stops or some signal is given.\*

### Nixie Polka

#### Music



\*Note: If the change is made with every 2 slides instead of every 4 slides, the group will be doing a regular hop polka step.

Formation -- Single circle, facing center. One or more in the center as leaders.

Action

All take a slow hop on left foot, placing right foot forward with the heel touching the floor and the toe raised. Then all hop on right foot, with left foot forward. Repeat these two hops.

Leader runs 21 steps and then stands before the person he chooses as his partner; people forming circle always take running steps in place. On last two notes, all stamp.

All repeat the four hops. Then the leader makes a half turn and his partner places both hands on the leader's shoulders. They take the 21 running steps and they both stop before the second person to be chosen.

All repeat the four hops. Then the leader and his first partner make half turn. The person just chosen puts hands on leader's shoulder. Leader put hands on shoulders of the first person chosen, so that person is now the new leader.

Repeat until all are in the line.

Paul Jones Figures

Ways of getting partners.

1. Grand right and left with music; get partner when music stops.
2. Two circles, one inside other, facing opposite directions, marching to music; when music stops stand near new partner and talk until music begins.
3. Girls join hands in circle, raising arms as windows. Boys join hands and wind in and out the windows until boys' circle is complete, then step to right or left to new partner.

Peter Pan Schottische

Music -- Any good, old-fashioned schottische or popular fox-trot music may be used.

Formation -- In couples -- Gentleman's right arm about lady's shoulder, holding her right hand in his, and holding her left hand in his left hand.

Action

I

Beginning with right foot, take 2 slow steps forward, turn (gentleman just turns lady about by reversing the bend of the arm -- now his left arm is at lady's left shoulder), and take 3 quick steps moving backward.

Take 2 slow steps moving backward -- turn -- and take 3 quick steps moving forward. (All of Part I is done progressing always in same direction, although some of it is forward and some backward.)

"Step -- step -- (turn) - 1, 2, 3,) or

Right -- left -- (turn) - R, L, R,)

Step -- step -- (turn) - 1, 2, 3."

II

Step on right foot and hop on it.

Swinging left foot forward

Step on left foot and hop on it.

Swing right foot forward.

Repeat all of Part II.

"Step right, Swing left; Step left, swing right;

Step right, Swing left; Step left, swing right."

III

2 schottische steps.

Schottische Step: (similar to old barn dance step -- 1, 2, 3, hop!) Slide right foot forward, bring left foot up to it, step forward on right foot and swing left foot forward.

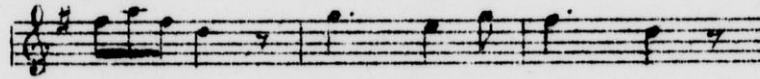
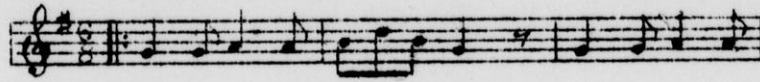
Repeat same left. "Slide -- together -- step -- hop"

Repeat entire dance as often as desired.



Pop Goes the Weasel

Music



Formation -- Double circle, partners facing.

Action

The dance accompanies the words of the song as indicated below.

"A penny for a spool of thread."

Take three steps back and away from partner and curtsy or bow.

"A penny for a needle."

Take three steps toward partner and curtsy. Join hands.

"That's the way my money goes."

Skip around in little circle and end in own place, holding partner's hands.

"Pop goes the weasel."

Make complete turn holding hands, going under boy's left arm and girl's right arm. Repeat whole verse skipping around circle with partner, then on last line, the girl steps forward to new partner; repeat the dance.

Rye Waltz

Music



Formation -- Holding partner in waltz position; couples may be scattered on the floor.

Action

Gentleman leading -- touches left toe to side and partner touches right toe to side, and back to position. Repeat. Three slides to gentleman's left. Repeat all in opposite direction. Waltz with partner until end of music then get a new partner and repeat all.

Scale and Yankee Doodle

Formation -- Single circle, partners facing.

Action

Begin singing scale and grand right and left. Give right hand to partner on first note then left hand to next person on second note, always moving in direction facing, etc. On last note take person's hand and skip around in double circle singing Yankee-Doodle, all skipping counter-clockwise; then repeat from beginning.

Note: Sing the scale slowly so that 2 counts are given each note. In this way confusion may be avoided.

Virginia Reel (modern version)

Music -- Any good reel or jig music.

Formation -- Two parallel lines facing about six feet apart. Women in one line, men in the other, hands joined down the line. Six couples make a convenient number for a set, but in this version there is no limit to the number that may take part, and a large line rather adds to the fun. Couple 1 is the couple at the end of the line nearer the piano.

Steps

- a. Both lines advance toward each other 4 steps, and fall back 4 steps. Repeat this.
- b. Both lines advance again, and join right arm with his partner, turns her around once and returns to place. (8 counts of music.)
- c. All couples advance, join left hands, turn once around and return to place. (8 counts.)
- d. All couples advance, join both hands, turn once around and return. (8 counts.)
- e. All advance, each passes his partner (right shoulder) moves back to back, and returns to place.

Couple 1 divides, the woman leading down outside of the women's line followed by all the women. The first man leads the men in same manner. All dancers clap hands during this counter-march. On reaching the end of the line Couple 1 joins hands forming an arch. All couples, after passing through, form arch in order so that the last couple has a long row of arches through which to pass.

All drop hands, take two steps backward and are ready to start again.

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