

THE CASTLE WALK

To the tune of "Too Much Mustard" (tape 1 or 3) you may dance the following One-Step variations:

- A { CASTLE WALK - In ballroom position, the lady walks backward beginning R while the man walks forward beginning L. Take long steps, somewhat stiff-legged, rising on the balls of the feet.

Take 8 walks in this manner, 6 more, then land on both feet and then kick the inside leg (his L, her R) behind, bending the knee.

Repeat.

- B { GRAPEVINE - (On the second concluding kick, open a bit to face line-of-direction.) Promenade 2 steps in line-of-direction, face partners stepping to the side (his L, her R), and cross behind (his R behind L, her L behind R). Repeat these 4 steps another 3 times.

MARCEL WAVE - (or Yale Grapevine) The lady repeats this Grapevine 4 more times but the man varies it by stepping Side-Back-Side-Front. This will twist left shoulders in toward your partner, then your right shoulders. Repeat these 4 steps another 3 times, which leaves you in right-shoulder "Yale" position.

- C { POMANDER TURN - Walk around each other in right-shoulder Yale position for 8 steps. Turn in to return home in left-shoulder Yale position, walking forward 8 steps.

Advanced Variation: Walk forward 8 steps in right-shoulder Yale, then back up 6 steps in the same Right Yale, then the gent raises his left arm to spin the lady to her right (under his arm) for 2 steps (her R & L).

Repeat.

Repeat the Castle Walk twice.

Repeat the Grapevine and Marcel Wave.

Do ONLY THE 8 FORWARD STEPS of the Pomander Turn.

Repeat the Castle Walk twice.

