

CONTRAS, NEW ENGLAND STATES, AMERICAN

Couples in longways formation, M in one line (L shoulder to music), W in the other, facing ptrnr. Couples #1,3,5, etc. are ACTIVE couples. Actives change places with partner before dance starts.

RULES-OF-THE-ROAD

- A. UP is toward the music. That's the HEAD of the line. DOWN is away from the music, toward the FOOT of the line.
- B. Actives are always moving toward the foot, inactives toward the head. When the end is reached, usually wait once through the dance, then cross over (and change from active to inactive, or the reverse).
- C. Balance - a step-swing, step-swing.
- D. Swing - normal buzz swing. M put W on his R at finish of swing.
- E. Any regular 32-bar contra record will do for any of these dances.

THE NOVA SCOTIAN

	<u>Steps</u>
Actives allemand L with the one below	8
Actives only swing partner	8
Down the center, three in line. (Active couple + the lady below)	8
RH high, LH low (W change ends, don't drop H's), come back to place	8
Ladies chain across (not back)	8
Circle L, once around (same 4 people)	8
R&L through across	8
R&L back to place	8

GROOVY CHILDREN

All forward and back in 2 long lines	8
All do-sa-do with partner (R shoulder)	8
Balance twice with the one below (no H's)	8
Do-sa-do with the one below	8
2-Hand turn (CW) the same person 1-1/2 times around (M put W on the R side)	8
All 2-hand turn with partner	8
Actives do Figure-of-Eight around the couple above. (Actives cross over and split couple above, around same sex, cross and split again, around opposite sex back to place.)	16

BONNY BREAST KNOT (Even number of cpls needed)

Actives only - Balance and swing partner	16
Down the center, 4 in line. (Actives pick up the couple below)	8
Actives drop MR, WL H. Ends turn in place; actives walk forward around them to face up. Come back up set to place.	8
Inactive couple make arch in the middle; actives duck through arch and do-sa-do the one facing*	8
Swing the same person	8
Ladies chain across	8
Ladies chain back to place	8

*Note: End cpls can't do do-sa-do, so swing ptrnr and cross over. Wait ladies chain, then begin.