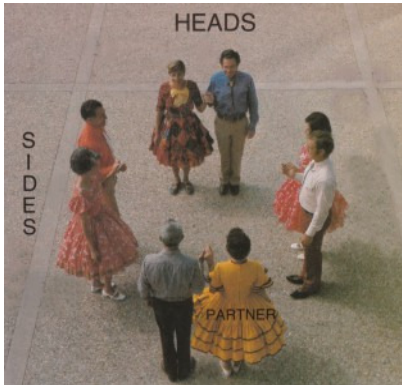




# SQUARE DANCING - OVERVEIW



**A SQUARED SET**

Square dance is a folk dance with four couples (eight dancers) arranged in a square, with one couple on each side, beginning with Couple 1 facing away from the music and going counter-clockwise until getting to Couple 4. Couples 1 and 3 are known as the head couples, while Couples 2 and 4 are the side couples. Each dance begins and ends each sequence with "sets-in-order" in the square formation. The dance was first described in 17th century England but was also quite common in France and throughout Europe and bears a marked similarity to Scottish Country Dancing. It has become associated with the United States of America due to its historic development in that country. Nineteen U.S. states have designated it as their official state dance. The various square dance movements are based on the steps and figures used in traditional folk dances and social dances of the various people who migrated to the USA. Some of these traditional dances include Morris dance, English Country Dance, Caledonians and the quadrille. Square dancing is enjoyed by people around the

world, and people around the world are involved in the continuing development of this dance. Square dancers are prompted or cued through a sequence of steps (square dance choreography) by a square dance caller to the beat of music. The caller leads, but usually does not participate in the dance. There are two broad categories of square dance: Traditional square dance, which is also called "old time square dance". Traditional square dance is not standardized and can be subdivided into regional styles. The New England and Appalachian styles have been particularly well documented; both have survived to the present time. There are several other styles; some have survived or been revived in recent years, some have not. Traditional square dance is frequently presented in alternation with contra dances or with some form of freestyle couple dancing. One ancestor of New England style square dances is the quadrille, and older New England callers occasionally refer to their squares as "quadrilles." Modern Western square dance, which is also called "Modern Square Dance". The basis of modern square dance was established during the 1930s and 1940s by Lloyd Shaw, who solicited definitions from callers across the country in order to preserve traditional American folk dance. Since the 1970s modern square dance has been promoted and standardized by Callerlab, the "International Association of Square Dance Callers". Modern square dance is sometimes presented in alternation with round dances. The two types of square dance are accompanied by different types of music. Traditional square dance is danced to traditional "country dance" music: Irish jigs and reels for the most part, as well as folk music from Quebec (Canada), England, Scotland, and other countries. The music is almost always performed live by a traditional dance music band, and played on acoustic instruments, such as the fiddle, banjo, guitar and double bass. "Old time music" is one form of dance music played at traditional square dances. Modern square dancing is danced to a variety of music types, everything from pop to traditional country to Broadway musical to contemporary country music—even rock and techno. The music is usually played from recordings; the beat is also somewhat faster, as the "perfect" modern Western square dance tempo is 120–128 bpm. At this speed dancers take one step per beat of the music.

Information sourced from



More Information about Square Dancing can be found at: [www.dosado.com](http://www.dosado.com)

## **Before You Start**

To use this recording you will require a squared set.

A squared set requires 4 couples as pictured in the Square Dancing - Overview.

You may have more males than females or vice versa.

To form couples any 2 people male or female can dance either position, this is done often in Square Dancing.

## **List of movements used on the CD**

Circle - *Left & Right*

Forward and Back

Dosado

Swing

Promenade

Allemande Left

Right and Left Grand

Star – *Right Hand / Left Hand*

Courtesy Turn

Ladies Chain – *Two Ladies, Four Ladies*

## **Recording Track List**

1. Teaching - Circle Left & Right, Forward and Back, Dosado, Swing, Promenade. (8.40)

2. Dance – Lucky Me (3.58)

3. Dance – Blowing in the Wind (3.56)

4. Teaching - Allemande Left, Right and Left Grand. (4.38)

5. Dance - Taking it Easy (3.48)

6. Dance - Billy Does Your Bulldog Bite (3.45)

7. Teaching - Courtesy Turn, Ladies Chain. (5.01)

8. Dance - Morning Sky (3.48)

9. Dance – The Letter (3.45)

10. Teaching - Right and Left Hand Star. (3.55)

11. Dance – Do Re Me (3.49)

12. Dance - Coming Round the Mountain (3.48)

13. Dance – Hoedown with the Lot (3.55)

### **BONUS TRACKS**

*(The Following Movements are not in the Definitions)*

14. Teaching – Just for Fun (5.05)

15. Dance – Yellow Submarine (3.53)

16. Dance – Been There Done That (3.50)

# Movement Definitions

## **Circle Left / Circle Right**

Dancers join hands with adjacent dancers to form a circle and move the circle in the indicated direction or to the left if no direction was given. The amount to circle may be a specified distance (e.g., Circle Left 1/2 Way) or until the next command is given (e.g., Circle Left ... Circle Right).

## **Forward & Back**

Dancers join hands with those next to them, walk forward 3 steps, pause, walk backwards 3 steps, and pause.

## **Dosado**

Walking a smooth circular path, dancers walk forward, passing right shoulders, slide sideways to the right, walk backwards, passing left shoulders, and slide slightly to the left to return to their starting position.

## **Swing**

Dancers step forward and slightly to their left, use a ballroom hold, and rotate clockwise as a unit for four or more beats of music. As dancers end the swing, the woman continues turning to her right (unrolling along the man's right arm) until she is facing the same direction as the man.

## **Promenade**

Each couple, as a unit, walks forward around the circle the designated amount or as otherwise directed. On the command "Promenade Home" the couples promenade to the man's home position. If certain couples are named, they promenade around the outside of the set, unless instructed otherwise. At the end of the promenade each couple turns, as a unit, to face the center of the set.

## **Allemande Left**

Dancers holding left arms or facing dancers Arm Turn by the left at least 180 degrees until the men are facing promenade direction and the women are facing wrong way promenade direction. Step Thru.

## **Right & Left Grand**

If necessary, men turn up to 90 degrees to face promenade direction and women turn up to 90 degrees to face reverse promenade direction. Dancers blend into a circular formation as they Right Pull By, Left Pull By, Right Pull By, and Left Pull By.

## **Left Hand Star / Right Hand Star**

The designated dancers form a star by stepping forward if necessary and placing the appropriate hand in the center of the formation. Forming the star may require a dancer too individually turn in place up to 3/8 of a turn. Dancers turn the star by walking forward in a circle around the center of the star. The distance traveled may be specified in fractions of a star full around, or until some condition is met. (e.g., Men Left Hand Star in the Centre, Swing Your Partner).

## **Courtesy Turn**

The man (left hand dancer) takes the lady's (right hand dancer) left hand (palm down) in his left (palm up) and places his right hand in the small of the lady's back. Working as a unit, the couple turns around with the left hand dancer backing up and right hand dancer walking forward. Unless otherwise specified, the couple faces the center of the set or the center of the formation in which it is working.

*STYLING HINT:* Men, the extended left hand serves as a direction indicator and the man uses his left hand to lead, not pull. Place the right hand in the small of the lady's back.

## **Ladies Chain**

***Two Ladies:*** The ladies step forward, extend right hands to each other and pull by. Each man steps forward and to the right, turning left to face the same direction as the lady beside him. The lady extends a left hand to the man for a courtesy turn. Couples end facing each other.

***Four Ladies:*** Similar to two ladies chain except that all four ladies step to the center and form a right hand star. They turn the star halfway around to their opposite men. All courtesy turn to face the center of the set.

*STYLING HINT:* Men turn right shoulder slightly toward the center of the square to begin the courtesy turn portion of the call, step back with the left foot. Ladies use handshake pull by for two ladies chain. In a Four ladies chain, ladies use the hands palm down same as in a right hand star. It is important that the man clears a path for receiving the lady after the chain by moving slightly to the right and starting the courtesy turn motion before the lady arrives.

## About the Caller

The Caller on this recording is Darren Taylor.

Darren has been Dancing and Calling for over 20 years and is the Caller of 2 Square Dance Clubs.

Contact Darren or find out more about him at: [www.ceder.net/callerdb/viewsingle.php4?RecordId=781](http://www.ceder.net/callerdb/viewsingle.php4?RecordId=781)

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[www.rhythmrecords.biz](http://www.rhythmrecords.biz)



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Movement Definitions supplied by

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