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### BDPLS 2010

The **11th Beginner Dance Party Leaders Seminar (BDPLS)** will begin at 9 a.m. on Saturday, March 27th, and end at 1 p.m. on Sunday, March 28th. This event is just prior to the 37th CALLERLAB CONVENTION to be held in Niagara Falls, New York. The BDPLS location will be in the Niagara Falls Conference and Convention Center adjacent to the Crowne Plaza Hotel. Topics will include many of the items important to a successful dance party or community dance.

Cost will be \$50 per leader. Spouses and/or partners may attend for free. Checks should be made payable to CALLERLAB. To charge by Discover, MasterCard or Visa please call 1-785-783-3665 or e-mail: [CALLERLAB@aol.com](mailto:CALLERLAB@aol.com).

Currently, Bob Howell, Jerry Helt, Dottie Welch, Calvin Campbell, Mike Seastrom and Bob Riggs have agreed to present sessions. With a terrific staff a solid program will be presented for our attendees.

For more information contact Bob Riggs at [Bob@SquareDanceEtc.com](mailto:Bob@SquareDanceEtc.com) or 303-808-7837.

This issue of the Community Dance Journal includes several dances taught during the 2009 BDPLS held in Kansas City, Missouri. This is a typical sampling of the dances and ideas shared during a Beginner Dance Party Leaders Seminar. We hope you will find them useful and be tempted to attend in Niagara Falls.

### Circle and Clap

Ideas from Calvin Campbell

For many beginner parties the dancing begins with Circle Left. A satisfying dance can be created using very few calls. Here are two simple 32-beat sequences. They are self-explanatory and easily learned by most dancers. Use a stirring piece of music with strong phrasing and you will quickly have everyone dancing.

**Formation:** Circle of dancers without partners.

**Music:** "Cry of the Celts" from Lord of the Dance by Michael Flatley

- 1-8 Everyone Circle to the Left for 8 steps**
- 9-16 Circle to the Right for 8 steps**
- 17-20 Walk toward the center 4 steps**
- 21-24 Clap your hands 4 times**
- 25-28 Back away from the center 4 steps**
- 29-32 Clap your hands 4 times**

**Formation:** Circle of dancers without partners.

**Music:** What makes you want to dance?

- 1-4 Tap one foot 3 times (tap, tap, tap, -)**
- 5-8 Clap hands 3 times (clap, clap, clap, -)**
- 9-16 Turn around alone in 8 steps**
- 17-24 Everyone Circle to the Left for 8 steps**
- 25-32 Circle to the Right for 8 steps**

## Beginner Dance Party Leaders Seminar 2010

**March 27 & 28, 2010**

**Niagara Falls Conference & Convention Center**

**Gather material and enhance your ability to successfully lead community, party, and educational events for new dancers.**

**Please look for details in the article above.**

## Solo Circle

### Fralie's Frolic

Presented by Bob Riggs

**Usage:** This is a no partner circle dance designed to get everyone up and dancing quickly.

**Formation:** All dancers in one big circle facing the center. Concentric Circles may be used for large groups.

**Music:** Something lively that fits both the environment and your style. It should have strong 8 beat phrasing. Latin music works well.

#### Prompts:

*Intro* ----, -- **Circle Left**  
**1-8** ----, -- **Forward & Back**  
**9-16** ----, -- **Circle Right**  
**17-24** ----, -- **Forward & Back**  
**25-32** ----, **Clap 3 front, 3 back,**  
**33-40 & 5 front, Right Solo Turn**  
**41-48** ----, -- **Clap 3, 3, and 5**  
**49-56** ----, -- **Left Solo Turn**  
**57-64** ----, -- **Circle Left**

#### Description:

- 1-8 All dancers move to the left in the big circle for 8 steps. Joining hands while circling is optional.
- 9-16 All dancers move towards the center of the circle 4 steps and then backup 4 steps.
- 17-24 All dancers move to the right in the big circle for 8 steps.
- 25-32 Forward & Back again repeating the action of 9-16.
- 33-40 Each dancer quickly claps their hands in front 3 times, then behind their back 3 times and then in front 5 times. If behind is impossible then slap hips 3 times.
- 41-48 Each dancer turns individually to their right once around with their right arm up pointing to the ceiling. For youth turn twice around.
- 49-56 Repeat the Claps in 33-40.
- 57-64 Repeat 41-48 but turn to the left with left arm up.

## Contra

### Jefferson's Reel

Presented by Mavis Gippner as a historic dance from before 1850 used by demonstrators at a Missouri living history museum.

**Formation:** Proper contra lines with partners facing and all the gents in the line on the prompter's right facing their lady in the line on the prompter's left.

**Music:** Lloyd Shaw E-18 or another traditional reel or jig with strong 8 beat phrasing.

**Usage:** This is a relatively simple contra. It requires dancers to understand Active Couple progression. Sort out groups of four from the top of the hall. The couple nearest the top in each group of four is the Active Couple, the other couple is the Inactive Couple. At the end of a 64-beat sequence each Active Couple progresses down the hall to a new Inactive Couple. When the Actives reach the foot, they wait out one sequence and then begin dancing up the hall as Inactives. The Inactives progress up the hall until they reach the top where they wait out one sequence and begin the next as an Active Couple.

#### Prompts:

*Intro* ----, -- **Circle Left**  
**1-8** ----, -- **Circle Right**  
**9-16** ----, -- **Star Right**  
**17-24** ----, -- **Star Left**  
**25-32** ----, **Active couples down the outside**  
**33-40** ----, -- **Come back**  
**41-48** ----, **Four in line go down the hall**  
**49-56** ----, -- **Lines Back Up (4 steps)**  
**57-64 Arch in the middle, Ends Duck through, Circle Left**

#### Description:

- 1-8 Each four dancers Circle to the Left for 8 steps.
- 9-16 Same four Circle to the Right for 8 steps.
- 17-24 Same four make a right-hand star and turn it for 8 steps.
- 25-32 Same four turn around to make a left-hand star and turn it for 8 steps ending in their original position.
- 33-40 Active dancers walk along the outside of their line towards the foot of the hall. (Gents walk behind the gents' line and Ladies walk behind the ladies' line.)
- 41-48 Actives turn around and come back up to their original place.
- 49-56 Actives move into the center and between the two dancers below. All face down the set and join hands in a line of four. The line has two gents on the right and two ladies on the left. The line of four walks toward the foot of the hall for 8 steps.
- 57-64 The line backs up 4 steps. The Actives raise their joined hands to make an arch in the center. The dancers on the end of the line walk forward and around under the arch releasing hands and moving up to the next two Active dancers to begin again.
- Note:** There are several variations of the backup and arching actions at the end. The variation here is one of the simplest to teach.

## Mixer

### Jenny Reel

**Origin:** The choreographer of this dance is unknown. Do you know? The idea was researched by Susan Morris at the Don Armstrong Memorial Dance, May 2002, in Albuquerque, New Mexico. The dance was presented by Susan at the BDPLS in Kansas City, April 2009.

**Formation:** Several circles of 3 couples each

**Music:** Any strongly phrased 64-count music

**Usage:** This is a simple idea that is quickly learned. It will be enjoyed best by groups where most dancers have learned how to Swing.

#### Prompts:

*Intro* ----, -- *Circle Left*

**1-8** ----, -- **Circle Right**

**9-16** ----, -- **Partner Dosado**

**17-24** ----, -- **Right-Hand Star across**

**25-32** ----, **Lowest level pull through and Swing**

**33-40** ----, **Middle level pull through and Swing**

**41-48** ----, **Top level pull through and Swing**

**49-56** ----, **Promenade to new Circle of Three**

**57-64** ----, -- **Circle Left**

#### Description:

1- 8 All six in the Circle of 3 couples Circle to the Left for 8 steps.

9-16 Same six Circle to the Right for 8 steps.

17-24 Dancers face their current partner and Dosado (pass right shoulders, slide back-to-back, and back up to face again).

25-32 Each dancer reaches their right hand across to the dancer directly opposite them and they join hands. This makes a three-level star. The order is random but those who like to Swing quickly learn to reach low down. Turn the Star for eight steps.

33-40 The gent in the two dancers with the lowest handhold pulls the lady under the Star and they begin to Swing.

41-48 The gent in the two dancers originally at middle level and now lowest pulls the lady under the Star and they begin to Swing.

49-56 The remaining gent pulls the last lady across and they Swing.

57-64 Ending their Swing with the lady on the right, each couple Promenades randomly around the hall to find two other couples and make a new circle of three couples.

#### Share Your Ideas

Do you have questions, or a favorite  
Beginner, Community, Traditional or Contra dance?

Please send, suggestions and articles to:

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Our goal is to publish two or three issues of the  
Community Dance Journal each year.

## Useful Ideas

### Teaching for Success

From Betsy Gotta

#### Be Happy and Praise Often

Use music with a really strong beat to get dancers to walk on the beat. If they bounce or hop tell them it is not mandatory but it's their dance.

Create a safety net that brings partners together in the event of confusion. "Swing your original partner" works well.

#### Don't Push the Envelope

New dancers are doing a lot. We may think they're bored, but they are not!

Music provides variety.

Small changes in the call pattern or formation are big changes to new dancers.

#### Blend One Call into Another

Find a partner and make a big circle. Shake hands with your partner. Use that hand to point to your right.

All Circle to the Right, Circle to the Left the other way back.

Circle Right, let go and keep walking in the same direction one behind the other to Promenade Single File.

The boy move to the inside beside your partner. Shake hands with partner, join the other hand underneath, keep walking forward in a Promenade.

Hold on to your partner and boys back out into a big circle. The boys are now on the left and the girls on the right in a Normal Couple.

Face partner for a Dosado. Boys take one step towards the center of the circle, girls take one step toward the outside. Walk forward past each other, move sideways, boys to outside, girls to center, back-to-back. Back past each other and end facing again.

## Squares

### Solomon Levi

Traditional Square Dance

**Usage:** This is an excellent introduction to dancing in squares. Emphasize the right shoulder Passing Rule and warn the dancers that this will become increasingly important.

**Formation:** Square of four couples with any gender combination. With a little creativity the figure can be modified to allow five or six couples to participate in a circular formation.

**Music:** Solomon Levi, Lloyd Shaw 501/502 or LS E-24. This music repeats after 48 beats. If using music that repeats after 64 beats, add a Forward & Back.

**Note:** The Lloyd Shaw version is sung with the tune as shown here rather than pre-cued. The Dosado may be replaced by a Swing if desired.

#### Prompts:

- 1-8 First Couple Separate,  
Go round the outside track**
- 9-16 Pass your partner over there,  
and pass her coming back**
- 17-24 Bow to your Corner,  
With your Partner Dosado (or Swing)**
- 25-32 Then take your partner's hands and  
Promenade the hall**
- 33-40 Hey Solomon Levi, La, La, La, La, La**
- 41-48 Oh Solomon Levi La, La, La, La, La**

Repeat the above figure:

- |                      |                         |
|----------------------|-------------------------|
| 2) For Second Couple | 5) For Two Head Couples |
| 3) For Third Couple  | 6) For Two Side Couples |
| 4) For Fourth Couple | 7) For All Four Couples |

#### Description:

- 1-8 The dancers in the couple standing nearest the front of the hall turn their backs on each other and then separately walk forward around the outside of the square.
- 9-16 When they meet on the far side, they pass each other right-shoulder to right-shoulder. They continue walking around the square passing right shoulders again at home.
- 17-24 All dancers Bow to their Corner, then turn and Dosado with their partner (Pass right-shoulders, slide sideways back-to-back, then back up passing left-shoulders).
- 25-32 Complete the Dosado then all partners take Promenade handhold (shake right hands and join left hands underneath).
- 33-48 All four couples Promenade (go counterclockwise) around the square back to their home.

### French Eight Idea

Presented by Dottie Welch at BDPLS 2009

**Source:** This idea came from a traditional Acadian dance known as the French Eight.

**Usage:** This is a simple singing call figure that can be quickly taught to new dancers.

**Formation:** Square of four couples with any gender combination.

**Music:** Any singing call with clear 4 beat phrasing.

#### Prompts:

- Intro - - - -, #1's go across*
- 1-8 Pick up #3's and bring them in,  
- - Push them home**
- 9-16 Return back home, - #2's go across**
- 17-24 Pick up #4's and bring them in,  
- - Push them home**
- 25-32 Return back home, - all Circle Left**
- 33-40 - - - -, - - Allemande Left**
- 41-48 Come back to partner, all Promenade**
- 49-56 - - - -, - - - -**
- 57-64 - - - -, #3's go across**

#### Description:

- 1-8 Dancers in Couple #1 (nearest top of hall) take four steps to walk across the square to join their free outside hands with Couple #3. Couple #1 backs up pulling Couple #3 with them 4 steps into the center of the square.
- 9-16 Couple #1 pushes Couple #3 back to their home location in 4 steps. Couple #1 leaves Couple #3 and then Couple #1 backs up 4 steps into their home position.
- 17-24 Couple #2 (on the right side of Couple #1) repeats the action of Couple #1 picking up Couple #4 and pulling them into the center of the square.
- 25-32 Couple #2 pushes Couple #4 back to their home, leaves them there and then Couple #2 backs up into their home position.
- 33-40 All eight dancers join hands and Circle to the Left for about 8 steps.
- 41-48 Dancers face their corner and Allemande Left (join left forearms and walk counterclockwise around each other until facing partner).
- 49-64 Partners take Promenade handhold (shake right hands and join left hands underneath) and Promenade (couples walk counterclockwise) around the square back to their home.
- Note:** If dancers have extra time insert a Dosado before the Promenade.