

Easier Dances

Asheville Sunrise (improper)

Chuck Abell 9/14

- A1:** N gypsy and swing (16)
A2: Gents alle left 1 1/2x (8)
w/ P star promenade across, end with BW (8)
- B1:** Ladies dosido (or gypsy rt) 1x (8)
P swing (8)
- B2:** LL F/B (8)
Circle left 3/4x, pass through (8)

w/ new N ...

Candy-O (improper)

Chuck Abell 10/16

- A1 -** N bal and swing (16)
A2 - N promenade across (8)
Half hey, ladies pass rt (8)
- B1 -** Ladies alle right 1 1/2x (8)
P swing (8)
- B2 -** LL F/B (8)
Circle left 3/4x, PT (8)

w/ new N...

Contra Costa Reel (improper)

Chuck Abell 7/16

- A1** Ones inside dosido twos 1x (8)
N bal, star through (8)
- A2** Ladies chain (8)
Ladies dosido 1x (8)
- B1** Circle left 3/4x (8)
N swing (8)
- B2** LL F/B (8)
Ones swing, face down (8)

w/ new N...

Contra Costa Reel v2 (improper, double prog)

Chuck Abell 7/16

- A1** **Ones inside dosido twos 1x (8)**
 N bal, star through (8)
- A2** **Bal ring, twos swing (face up) (16)**

- B1** **w/ new N circle left 1x (8)**
 N#2 swing (8)
- B2** **LL F/B (8)**
 Ones swing (face down) (8)

w/ new N...

Cruising the Boards (improper)

Chuck Abell 7/16

- A1 –** **Down the hall in line of four, turn as a couple (8)**
 Come back up the hall (8)
- A2 -** **Bend the line, circle left 3/4x (8)**
 P swing (8)

- B1 –** **Slice left (8)**
 Half hey, (new) gents pass left to start (8)
- B2 -** **Gents alle left 1 1/2x (8)**
 N (#2) swing (8)

w/ these N...

Written, in part, on the Santa Cruz boardwalk...

Elegant Farewell (improper)

Chuck Abell 7/16

- A1** **(new) N dosido and swing (16)**
- A2** **All make an oval and circle to the left (8)**
 Oval back to the right (look for partner) (8)

- B1** **Gents cross by the left shoulder, P swing (16)**
- B2** **LL F/B (8)**
 LHS 3/4x, drop hands, pass neighbor by left shoulder*

** Men loop over their left shoulder; go to new N*

East Bay Becket (Becket)

Chuck Abell 7/16

- A1** Bal ring, Petronella 1x (8)
Bal ring, Petronella 1x (8)
- A2** P bal and swing (16)

- B1** Gents alle left 1 1/2x (8)
N swing (8)
- B2** Ladies chain (8)
Slice left (8)

w/ these N...

Flow Chart (Becket)

Chuck Abell 5/15

- A1** Circle left 3/4x (8)
N swing (8)
- A2** LL F/B (8)
LHS 1x (8)

- B1** (new) N alle R 1 1/2x, gents face in (8)
Half Hey, gents passing left sh to start (8)
- B2** Gents cross set once more passing left sh (4)
P swing (12)

w/ same N...

I-95 Blues (improper)

Rich Goss and Chuck Abell 7/15

(Start in waves, ladies left in center)

- A1:** Bal wave, N swing (16)
- A2:** Gents alle left 1 1/2x (8)
1/2 hey (st pass ptr by rt sh) (8)

- B1:** P dosido and swing (16)
- B2:** Circle left 3/4x, re-form wave (8)
Bal wave, walk fwd to new N (8)

w/ new N...

Memorial Day Weekend (Becket)

Chuck Abell 5/16

- A1 **Slice left (8)**
Bal ring, Petronella (8)
- A2 **Bal ring, Petronella (8)**
Ladies chain (8)*

- B1 **Ladies alle right 1x (8)**
N swing (8)
- B2 **Gents alle left 1 1/2x (8)**
P swing (8)

** Gents should allow ladies to execute the chain without assistance...*

Nightcap (Becket)

Chuck Abell 5/15

- A1 **R/L through (8)**
LHS 3/4x, pass this N by left sh (8)
- A2 **(new) N dosido and swing (16)**

- B1 **LL F/B (8)**
Ladies alle right 1 1/2x (8)
- B2 **P bal and swing (8)**

w/ same N...

The Noble Lights of Winter (improper)

Chuck Abell 12/15

- A1 - **Line of four go down the hall (ones between the twos) (8)**
Turn alone, return (8)
- A2 - **Bend the line, circle left 1x (8)**
N dosido 1 1/4x (8)

- B1 - **Gents alle left 1x (4)**
N swing (12)
- B2 - **LL F/B (8)**
Ones swing, face down (8)

w/ new N...

New Year's Parade (improper)
(Starts in lines of four facing down the hall, twos in the center)

Chuck Abell 1/16

- A1** **Lines of four go down the hall, turn alone (8)**
 Return, bend the line (8)
- A2** **Circle left 1x (8)**
 Pass through, new N right sh gypsy 3/4x (8)
- B1** **Gents pass left shoulders in center (4)**
 P swing (12)
- B2** **Give and ladies take, N swing (face down) (16)**

w/ same N...

Old Havana (improper)

Chuck Abell 2/17

- A1 –** **(new) N bal and swing (16)**
- A2 -** **LL F/B (8)**
 R/L through (8)
- B1 –** **Circle left 3/4x (8)**
 P swing (8)
- B2 -** **Bal ring, Petronella 1x (8)**
 Bal ring, California Twirl (8)

Sacramento Stomp (Becket)

Chuck Abell 7/15

- A1 -** **LL F/B (8)**
 w/ P pass through, turn alone (4)
 As individuals walk CW 3/4x (no hands) (4)
- A2 -** **w/ new N alle left 1x (8)**
 ½ hey, gents pass right in middle (8)*
- B1 -** **N bal and swing (16)**
- B2 -** **Gents alle left 1 1/2x (8)**
 P swing (8)

w/ same N...

** The timing on the A part seems like it shouldn't work – in actually the CW walk takes a bit more than four beats and the alle left a bit less than 8, so it seems to balance out...*

Sow the Wheat Contra (improper)

Chuck Abell 1/15

- A1** Bal and swing N (16)
A2 Gents alle left 1 1/2x (8) (8)
P swing (8)
- B1** R/L through (8)
Circle left 3/4x (8)
- B2** Bal the ring (4)
Sow the wheat/mow the clover 1 1/2x, ones duck first (12)*

w/ new N...

** Twos arch, ones duck under, then back up arching over the twos, then duck again to progress. Basically an inside dosido 1 1/2x while holding partner's hand*

Summer Fling (Becket, double prog)

Chuck Abell 2002

- A1:** Circle left 3/4x (8)
N swing (8)
- A2:** Long lines F/B (8)
Ladies chain (8)
- B1:** *On left diag* R/L through (8)
Straight across R/L through (8)
- B2:** Ladies gypsy 1x in the center (8)
P swing (8)

w/ same N...

Syracuse Shimmy (Becket)

Chuck Abell 1/15

- A1** Circle left 3/4x, pass through (8)
w/ (new) N circle right 1x (8)
- A2** Ladies left shoulder gypsy 1x (4)
N swing (12)
- B1** Half hey (gents pass left in middle) (8)
Gents alle left 1 1/2x (8)
- B2** P bal (or gypsy) and swing (16)

w/ these N...

Turnabout v2 (improper)

Chuck Abell 5/15

(Starts w/ all facing down hall in lines of four, ones in the middle)

A1 Lines of four down the hall (8)

Dixie twirl, return (8)*

A2 Bend line, circle left 1x (8)

N swing (8)

B1 R/L through (8)

Ladies dosido 1x (8)

B2 RHS 1x (8)

Ones swing (8)

w/ new N....

** Middles arch. With all four holding hands, left hand lady (#2) leads though arch while end gent (#2) leads across – all face up to invert the line*

Intermediate Dances

6th of June (improper)

Chuck Abell 6/16

A1 w/ (new) **N Mad Robin 1x (4)**
(same) **N right shoulder gypsy 3/4x (4)**
Half hey, gents pass left to start (8)

A2 **N bal and swing (16)**

B1 **Gents alle left 1 1/2x (8)**
P swing (8)

B2 **LL F/B (8)**
Ladies chain (8)*

w/ new N...

**After the courtesy turn, ladies go forward and to the right, gents go back and to the left...*

Berkeley Blast (Becket)

Chuck Abell 7/15

A1 - **On left diagonal F/B (8)**
Bal ring, Petronella turn (8)

A2 - **Bal ring, Petronella turn (no clapping; do not re-form ring) (8)**
P alle left 1 1/2x (8)

B1 - **Gents cross passing rt sh, N swing (16)**

B2 - **Circle left 3/4x (8)**
P swing (8)

w/ same N...

Con-Electric Slide (improper)

Chuck Abell 2/13

A1: **N dosido 1 1/4x to form a wavy line** (ladies in middle) (8)
Bal wavy line (F/B), step forward *on right diag* to new wave (gents in middle) (8)*

A2: **Bal wave, N #2 alle left 3/4x (8)**
N #1 swing (8)

B1: **Gents cross passing left, P swing (16)**

B2: **Circle left 3/4x (8)**
Bal ring, California twirl (8)

w/ new N...

** Pass N by left shoulder when trading spots*

Counting the Minutes for Maxine (improper) Chuck Abell 1/17
(starts facing down the hall in lines of four, twos in the center)

- A1 - **Line of four down the hall, Dixie Twirl* (8)**
Come back up, bend the line into a ring (8)
- A2 - **Bal the ring, two gents half gypsy (rt sh) to trade places (8)**
LHS 1x (8) (Note: at end of LHS ladies need to turn over their right shoulder)
- B1 - **P gypsy and swing (16)**
- B2 - **On left diagonal circle left 3/4x (8)**
(new) N swing, face down the hall (8)

w/ these N...

* Centers arch, lady #1 leads under, gent #1 walks all the way across so that line is inverted)

Crossing the Tracks (Becket) Chuck Abell 1/16

(Starts in lines of four facing down with twos in the middle)

- A1 - **On left diagonal circle left 3/4x (8)**
(new) N swing, face down (8)
- A2 - **Lines of four go down the hall, Sliding doors* (8)**
Return, bend the line (8)
- B1 - **Bal the ring, roll NL away (along the side) (8)**
Gents alle left 1 1/2x (8)
- B1 - **P bal and swing (16)**

Crescent Waves (improper) Chuck Abell 6/15

- A1 **N bal, star through (8)**
Bal ring, pass thru to ocean wave (8)
- A2 **Bal wavy line, N swing (16)**
- B1 **Circle left 3/4x (8)**
P swing (8)
- B2 **Ladies chain (8)**
Pass through across, cross trails (8) or Half hey, ladies pass rt to start (8)

w/ new N...

Don't Walk Away (improper)

Chuck Abell 8/16

A1 – N dosido 1x (8)
N bal, star through (8)

A2 - Gypsy star 1x (8)*
N swing (8)

B1 – Gents alle left 1 1/2x (8)
P swing (8)

B2 - R/L through (8)
Circle left 3/4x, PT (8)

w/ new N...

** While holding on to N, gents take left hands across and ladies take rt hands across; the whole ring turns CW 1x*

Dream in May (Becket)

Chuck Abell 5/14

A1 On left diagonal circle left 3/4x (8)
N swing (8)

A2 Ladies chain (8)
LL F/B (8)

B1 RHS 1x plus a bit more to put gents in the middle (8)*
w/ next N gent alle left 1x, then w/ previous N gent alle right 3/4x (8)

B2 P bal/swing (16)

** This will be similar to long wavy line of gents, but ladies will be slightly off from normal position – more of a diamond shape*

Eastertime (improper, double prog)

Chuck Abell 4/14

A1: Mirror dosido 1x (ones between twos to start) (8)
N bal, star through (8)

A2: Ladies chain (8)
Circle left 3/4x, pass through U/D (8)

B1: (new) N dosido and swing (16)

B2: LL F/B (8)
Ones swing in middle, end facing down (8)

w/ new N....

Election Reel (improper)

Chuck Abell 11/16

A1 - w/ P zig left, zag right, zig left (8)

N#3 dosido 1x, turn around (8)

A2 - N#2 bal and swing (16)

B1 - Give and gents take, P swing (16)

B2 - Bal ring, Petronella (8)

Circle left 1x (8)

w/ these N...

Fire in the Hall (improper, double prog)

Chuck Abell 2002

A1: Bal ring, Ladies half gypsy to trade places (8)

Bal ring, Gents half gypsy to trade places (8)

A2: Bal ring, Partner California twirl (8)

(new) N swing (8)

B1: Gents alle left 1 1/2x (8)

P swing (8)

B2: R/L through (8)

Circle left 3/4x, PT (8)

w/ same N....

Greenville Corners (improper)

Chuck Abell 7/14

A1: (new) N circle left 1x (8)

N dosido 1x (8)

A2: Bal ring, roll NL away w/ half sashay (8)

Ones 1/2 figure eight above same twos (8)

B1: Ones lead contra corners (16)

B2: Ones bal and swing, face down the hall (16)

If alternating:

A1: (new) N circle left 1x (8)

N dosido 1x (8)

A2: Bal ring, roll NL away w/ half sashay (8)

Twos 1/2 figure eight below same ones (8)

B1: Twos lead contra corners (16)

B2: Twos bal and swing, face up the hall (16)

Hayward You Like to Dance? (Becket)

Chuck Abell 7/16

- A1 Ladies chain (8)**
Circle left 1x (8)
- A2 N gypsy and swing (16)**
- B1 Give and gents take, P swing (16)**
- B2 P promenade across, curl to the left (8)**
w/ next N star promenade across the set, BW (8)

w/ these N...

** Written for the Hayward Contra Dance in CA*

Homerom Reel (improper)

Chuck Abell 11/16

(starts in long wavy lines, gents face out)

- A1 - Bal line, spin one place to right (8)**
w/ N#2 (in left hand) Promenade across (8)
- A2 - Ladies alle right 1 1/2x (8)**
P swing (8)
- B1 - Gents alle left 1 1/2x (8)**
N swing (8)
- B2 - LL F/B (8)**
LHS 1x to long wavy lines (8)

w/ new N...

Larks and Ravens (improper)

Chuck Abell 6/16

(starts facing down the hall in lines of four, twos in the center)

- A1 Down hall in lines of four (8)**
Sliding doors and return (8)*
- A2 Gents right hand chain, ladies CT gents (8)**
LHS 3/4x (8), (new) N alle right 1/2x (gents face in) (8)
- B1 Gents pass by left sh (6)**
P swing (10)
- B2 Give and ladies take, N#2 swing (16)**

w/ new N...

** Right hand couple takes a step forward. Still facing down, couples move sideways to trade places with the other couple, then turn alone to face the music.*

The Long Wait (Becket)

Chuck Abell 7/12

- A1: Gents alle left 1 1/2x (8)**
Pick up your N, star prom across w/ BW (8)
- A2: Ladies chain (8)**
On left diagonal ladies chain (8)
- B1: LL F/B (8)**
Circle left 3/4x, PT (8)
- B2: P gypsy and swing (16)**

w/ new N...

Tip – Point out trail buddies at start (on gent’s right and lady’s left) - End effects – If there is no one to chain with, stay put! When fully out at the ends wait in Becket formation (crossed over), then after the chain stand improper

Maxine’s Reasonable Request (improper)
(starts in short wavy lines, ladies in middle)

Chuck Abell 8/16

- A1 – Wavy line bal, gents swing through (8)**
P swing (8)
- A2 - Give and gents take, N swing (16)**
- B1 – Bal ring, Petronella 1x (8)**
Bal ring, Petronella 1x (8)
- B2 - LHS 1x (8)**
(new) N dosido 1 1/4x to wavy line (8)

Maxine’s Spin-Off (improper)

Chuck Abell 1/15

- A1 (new) N alle left 1 1/2x (8)**
Ladies chain (8)
- A2 Bal ring, Petronella twirl 1x (8)**
Bal ring, Petronella twirl 1x (8)
- B1 P bal and swing (16)**
- B2 R/L through (8)**
Circle left 3/4x, pass through

w/ new N....

** Based on a Maxine McDonald dance “Cinderella Petronella”*

Meteor Shower (improper)

Chuck Abell 5/16

- A1** (new) N bal and swing (16)
A2 Form ring and bal, pass through to ocean wave (8)
Bal wavy line, spin to right (gents spin extra spot) (8)
- B1** P bal and swing (16)
B2 LL F/B (8)
Circle left 3/4x, pass through (8)

w/ new N...

New Year's Petronella (Becket)

Chuck Abell 1/15

- A1:** LL F/B (8)
Ladies chain (8)
A2: Bal ring, Petronella turn (8)
Bal ring, spin back to the left (8)
- B1:** RHS 1x (8)
w/ new N on side alle left 1 1/2x (8)
B2: Ladies cross passing right sh (4)
P swing (12)

A Night on the Town (Becket)

Chuck Abell 2002

- A1:** Line of four down the hall (8)
Turn as a couple & come back (8)
A2: Bend the line, circle left 1 1/4x (8)
w/ new N LHS 3/4x (8)
- B1:** P alle left 1 1/2x (8)
w/ Shadow rt sh gypsy 1x (8)
B2: P bal and swing, end facing down the hall (16) –
w/ same couple...

Tip – Introduce shadow during walkthrough – will be immediately to L or R

End effects - when out completely wait *indecent*; when out in middle (B1) wait *improper*

The Pinwheel (four facing four)

Chuck Abell 7/16

- A1** All eight circle left halfway (8)
(w/ partner) **R/L through, CT (8)**
- A2** **Corner bal and swing, square the set (16)**
- B1** **Gents LHS 1x (plus a bit more) while ladies take one small step to their left (8)**
P swing, face U/D (in direction of progression) (8)
- B2** **Sow the wheat, mow the clover 1 1/2x (16)***

w/ new N...

** If there is time dancers could add a "balance the circle of eight" w/ new N for last four beats of B2 (before Circle left)*

The Portland Rose (Becket)

Chuck Abell 2002

- A1:** **Circle left 3/4x, pass through (8)**
(new) N dosido 1 1/4x, form wavy line (ladies in center) (8)
- A2:** **Bal wave, spin right one place (8)**
Bal wave, spin left one place (8)
- B1:** **Pull by N to start 1/2 hey, gents pass left in middle (8)**
N swing (8)
- B2:** **Gents alle left 1 1/2x (8)**
P swing (8)

w/ these N...

Proud Mary (improper)

Chuck Abell 8/16

- A1 – P right hand bal, box the gnat (8)**
R/L through w/ CT (8)*
- A2 - Ladies alle right 1 1/2x (8)**
P swing (8)
- B1 – Circle left 3/4x, N swing (16)**
- B2 - LL F/B (8)**
LHS 1x, gents turn over right shoulder to face P (8)

** This is the progression – after the first time, this will always be a new N*

Reel to Reel (improper)

Chuck Abell 2012

- A1: Bal ring, roll N lady away w/ half sashay (8)**
Ladies chain (8)
- A2: Bal the ring, pass through across the set (8)**
Swing P, end facing down (8)
- B1: Line of four go down the hall (8)**
Turn as a couple, come on back (8)
- B2: Bend line, circle left 3/4x (end across from partner) (8)**
Bal ring, Cal twirl (8)

w/ new N...

Alt A part – N bal and swing (16), Gents alle left 1 1/2x (8), P swing (face down) (8)

Serendipitous Turn (improper)

Chuck Abell 1/16

(Starts in lines of four facing down the hall, twos in the center (NL on right))

- A1 Lines of four go down the hall, three-person turn (centers arch)* (8)**
Return, bend the line (8)
- A2 Circle left 1x (8)**
P swing (8)
- B1 R/L through (8)**
Ladies chain (8)
- B2 LHS 1x (8)**
(New) N swing (8)

w/ same N...

** Centers arch and #1 gent ducks under, while lady #1 turns alone – the line reforms as G2, L2, G1, L1*

The Ricochet Hey (improper)

Chuck Abell 1/16

- A1 N dosido and swing (16)**
- A2 Full ricochet hey, gents pass left to start (16)***
- B1 (Ricochet and) P swing (16)**
- B2 LL F/B (8)**
Circle left 3/4x, pass through (8)

w/ new N...

** The second time they meet, the two ladies ricochet back to own personal right*

Robbing the Cradle (Becket)

Chuck Abell 5/16

- A1** On left diagonal circle left 3/4x (8)
Bal ring, roll N away along the side (8)
- A2** Gents chain (pull across w/ left hand) (8)
Gents alle left 1 1/2x (8)
- B1** N bal and swing (16)
- B2** Give and gents take, P swing (16)

Steppin' Out (improper)

Chuck Abell 2013

- A1:** (new) N dosido 1x (8)
Ladies alle left 1 1/2x while gents orbit 1/2 way CW (8)
- A2:** N bal and swing (16)
- B1:** Give and ladies take, P swing (16)
- B2:** Bal ring, ladies 1/2 gypsy (RS) to swap places (8)
LHS 1x (8)
w/ new N...

Summer Breezing (Becket)

Chuck Abell 7/16

- A1** (w/ N#1) Ladies chain (8)
LHS 1x (8)
- A2** Pass N#2 by right shoulder, N#3 gypsy left 1x (8)
N#2 swing (8)
- B1** LL F/B (8)
RHS 1x (8)
- B2** Current N (N#2) alle right 1/2x, ladies cross passing by left (8)
P swing (8)
w/ these N...

Teaching tip: After ladies chain identify N#1, N#2, and N#3 along side...

The Volcanos of Pompey NY (improper)

Abell/Perry 10/15

- A1 - **N bal and swing (16)**
- A2 - **Circle left 3/4x (8)**
P swing (8)

- B1 - **LL F/B (8)**
Ladies chain (8)
- B2 - **Balanced square through, rt to P to start (16)***

w/ new N...

** give right to P across the set, balance and pull across, then pull by N w/ left hand to face – face P and repeat to face a new N*

Wobbly Car Reel (improper)

Chuck Abell/Sharon Perry 9/15

- A1 - **Ones half figure eight below twos (8)**
Bal ring, Petronella spin one place (8)
- A2 - **Bal ring, P swing (16)**

- B1 - **Circle left 3/4x (8)**
N swing (8)
- B2 - **R/L through (or prom) (8)**
LL F/B (8)

w/ new N...

(alternating version)

- A1 - Twos half figure eight above the ones (8)
Bal ring, Petronella spin one place (8)
- A2 - Bal ring, P swing (16)
- B1 - Circle left 3/4x (8), N swing (8)
- B2 - R/L through (or prom) (8), LL F/B (8)

Zelda the Cat (improper)

Chuck Abell and Rich Goss 8/16

- A1 – **P right hand bal, box the gnat (8)**
R/L through w/ CT (8)*
- A2 - **Ladies alle right 1 1/2x (8)**
P swing (8)

- B1 – **Give and gents take, N swing (16)**
- B2 - **Give right to P, bal square through two (8)**
Give right to P, bal square through two more, face P (8)

** This is the progression – after the first time, this will always be a new N*

Slightly More Advanced Dances

Birthday Texts for Bob (improper)

Chuck Abell/Maxine McDonald 10/15

- A1 - Couple dosido 1x (8)**
N dosido 1 1/4x to wavy line of four (8)
- A2 - Bal the wavy line, gents swing through* (8)**
P swing (8)
- B1 - Gents cross passing left shoulder (or alle left 1 1/2x) (4)**
N swing (12)
- B2 - Ladies chain (8)**
On left diagonal circle left 3/4x (8)

w/ these N...

Coney Island Contra (improper, double prog)

Chuck Abell 9/16

- A1 - Zig right, zag left, zig right (8)**
N#3 alle left 1 1/2x (8)
- A2 - Ladies alle right 1 1/2x (8)**
P swing (8)
- B1 - Circle left 3/4x (8)**
N swing (8)
- B2 - LL F/B, roll lady away along side on way back (8)**
Circle right 1x (8)

Drive to Davie (improper/double prog)

Chuck Abell 5/15

- A1 w/ P zig right, zag left (8)**
Circle left 1x (8)
- A2 w/ P zig left, zag right (8)**
(new) Gents alle L 1 1/2x (pass N lady by right) (8)
- B1 Ladies cross passing left shoulders (4)**
Gents ricochet into N lady's spot (4)
P swing (on gent's original side) (8)
- B2 LL F/B (8)**
Circle right 1 1/4x (8)

w/ new N...

The Evening Commute (improper)

Chuck Abell 6/15

- A1** w/ N Mad Robin 1x (8)
Ladies alle left 1 1/2x (8)
- A2** ½ hey, pass P by rt to start, ladies ricochet back to right (8)
N swing (8)
- B1** Circle left 3/4x (8)
P swing (8)
- B2** P promenade across the set (8)
Ladies chain w/ CT (8)*

w/ new N...

** after courtesy turn, gents step back and to left and ladies step fwd and to right*

The Morning Commute (improper)

Chuck Abell/Bob Isaacs 4/16

- A1** w/ N Mad Robin 1x (ladies in center first) (8)
Ladies alle left 1 1/2x (8)
- A2** ½ hey, pass P by rt to start, ladies ricochet back to right (8)
N swing (8)
- B1** Gents alle left 1 1/2x (8)
P swing (8)
- B2** Ladies chain (8)
Current N Mad Robin (CCW) (ladies in center first) (8)*

w/ new N...

** Timing here is tricky – CCW Mad Robin should be leisurely, taking a full 8 beats...*

Kissing Bridge (Becket, CCW)

Chuck Abell 1/16

(starts with couples facing direction of the progression, two gents taking left hands in center)

- A1** (new) Gents alle left 1 1/2x (8)
Pass N by right to start half hey (8)
- A2** Ladies pass left shoulder, P swing (16)
- B1** Give and ladies take, N swing (16)
- B2** Bal the ring, roll P across (8)
Circle left 1/2x (to face up/down) (4)*
Zig left, zag right (until new gents can take left hands) (4)

w/ these N...

** This can be done with hands four or just holding your partner's hand, a sort of "couples gypsy 1/2x" ...*

- A1:** Circle L 1x and slide left one couple (8)
New ladies half gypsy to trade places while gents step into middle to long wavy line (8)*
- A2:** Bal long wavy line, gents spin one place to right (i.e. ROM) (8)
Bal long wavy line, spin one place to left (8)
- B1:** While gents alle right in center 1 3/4x, ladies orbit CCW 1x (8) **
N alle left 1 1/4x (8) – end with ladies facing across
- B2:** Ladies pass by rt sh (4)
P swing (12) – with same N's....

* This will require the gents to start stepping into the middle as the ladies are backing up

** This puts gents facing NL at gent's home, ladies end orbit across from home

Master Class (improper)

Chuck Abell 11/16

(starts in long wavy lines, gents face out)

- A1 -** Bal line, N#1 alle right, N#2 alle left 1/2x (swing thru) (8)
N#3 alle right 1 1/2x, gents face in (8)
- A2 -** Half hey, gents pass left to start (8)
N#2 swing (8)
- B1 -** Circle left 3/4x (6)
P swing, form ring (10)
- B2 -** Ring bal, gents half gypsy (rt sh) to trade places (8)
LHS 1x to long wavy lines (8)

w/ these N...

Morning Thunder (improper)

Chuck Abell 2002

- A1:** Circle left 1x (8)
Couples dosido 1x (8)
- A2:** N bal and swing, face in (16)
- B1:** Ones bal partner and box-the-gnat, end facing N #1 (8)
Pull by P then alle left N #1 about 3/4x (8)*
- B2:** Turn N #2 by right (on same side of line) about 3/4x (4)
Ones swing in middle, face down (12)

* This is the N you just swung; N#2 will your "new" N the next time through

End Effects – couples heading out at top/bottom have 4 beats to turn as a couple and enter in on the N bal/swing (Couples starting "out" have 12 beats)

Teaching Tip: Before ones bal/box the gnat, introduce N#1 and N#2 (N#1 is on Gent's right, #2 is on Gent's left)

Variation (improper, double progression)

- A1: Circle left 1x (8)
Couples dosido 1x (8)
- A2: N bal and swing, face in (16)

- B1: Ones bal partner and box-the-gnat, end facing N #1 (8)
Pull by P then alle left N #1 about 3/4x (8)*
- B2: Turn N #2 by right (on same side of line) about 3/4x (4)
Ones swing in middle, face down (12)

TCD Watermelon Roll (improper)

Chuck Abell 6/15

- A1 Hey along the sides (and around the ends), start passing N #1 by left sh (16)***
- A2 N bal and swing (16)**

- B1 Give and take to gents side, P swing (16)**
- B2 Circle left 3/4x (8)**
N alle right 1 1/2x (8)

w/ new N...

** pass N #1 by left, RS gypsy N #2, pass N #1 by left, RS gypsy previous N 1x*

Watching and Waiting (Becket)

Chuck Abell 2012

- A1: Long lines F/B (8)**
Gents alle right 1 1/2x (8)
- A2: N alle left 1 3/4x (gents face center) (8)**
Gents right hand chain, lady courtesy turns P (8)

- B1: 1/2 Hey, gents start passing by right sh (8)**
Gents pass by right, then ladies pass by right and progress in front of P (8)*
- B2: Gents follow partner, then with new N RHS 1x (8)**
P swing (8)

** This is the progression -- at the end of the hey (before making the final loop), gent turns alone, then waits for partner to cross in front and lead into RHS with next couple*

End effects – Wait in Becket with lady on left of gent

Medleys

Mt. Airy Medley (improper)

Chuck Abell 2/16

Dance One (starts in wavy line, ladies in center)

A1 Wavy line balance, gents swing through (8)

P swing (8)

A2 Ring bal, Petronella twirl 1x (8)

Ring bal, California twirl (8)

B1 (new) N bal and swing (16)

B2 Ladies chain (8)

Circle left 3/4x, flatten to a wave (8) - w/ these N...

Last time – B2 Ladies chain (8), Circle left 3/4x, PT (8)

Dance Two –

A1 (new) N bal and swing (16)

A2 Half hey, gents pass by left to start (8)

Gents alle left 1 1/2x (8)

B1 P bal and swing (16)

B2 LL F/B (8)

Circle left 3/4x, pass through (8) - w/ new N...

Dance Three -

A1 (new) N dosido and swing, face down (16)

A2 N promenade across (8)

Ladies alle right 1 1/2x (8)

B1 P bal and swing (16)

B2 R/L through (8)

Circle left 3/4x, PT (8) w/ new N...

Dance Three (alt) -

A1 (new) N dosido and swing, face down (16)

A2 Down the hall in line of four, turn as couple (8)

Return back up hall, bend the line (8)

B1 Give and gents take, P swing (16)

B2 Ladies chain (8)

LHS 1x (8) w/ new N...

The Classic Series

(recently composed dances based on classic R&B, Rock, and Swing tunes by the same name)

(You'll Never Find) Another Love Like Mine (improper)

Chuck Abell 8/16

A1 – Couple dosido 1x (8)

N alle right (as individuals) **1 1/2x (8)**

A2 - N#2 gypsy left 1x, N#1 swing (16)

B1 – Give and gents take, P swing (16)

B2 - Ladies chain (8)

LHS 1x (8)*

w/ new N...

**After LHS, drop hands and then catch partner's inside hand for couple dosido*

Bye Bye Blackbird (Becket)

Chuck Abell 8/16

A1 Slice left (8)

Gents alle left 1 1/2x (8)

A2 N dosido and swing (16)

B1 N promenade across (8)

Ladies alle right 1 1/2x (8)

B2 P bal and swing (16)

Deze Blues (improper)

Chuck Abell 8/16

A1 N bal and swing (16)

A2 Ladies chain (8)

Bal ring, gents roll NL across the set (8)

B1 P bal and swing (16)

B2 Circle left 3/4x (8)

Bal ring, California twirl (8)

w/ new N...

** This dance works with any 16-bar blues, such as "Somebody on Your Bond"*

Girl from Ipanema (improper, double prog)

Chuck Abell 8/16

- A1** Gents F/B (8)
N#1 Mad Robin 1x (8)
- A2** Ladies gypsy left 1 1/2x (8)
P swing (8)

- B1** P promenade across and curl left to new N (8)
R/L through (8)
- B2** Circle left 3/4x (8)
N#2 swing (8)

w/ new N...

Just the Two of Us (Becket)

Chuck Abell 8/16

- A1** Ladies chain (8)
LHS 1x (8)
- A2** (new) N RHS 1x (8)
N#2 swing (8)

- B1** Gents alle left 1 1/2x (8)
P swing (8)
- B2** R/L through (8)
Circle left 1x (8)

w/ same N...

My Girl (improper)

Chuck Abell 8/16

- A1 – w/ P half Pousette** (ladies go back first – take your time!) (8)
Ladies alle left 1 1/2x (8)
- A2 - P gypsy and swing** (16)

- B1 – Gents alle left 1 1/2x** (8)
Half hey, pass N by right to start (8)
- B2 - N bal and swing** (or gypsy and swing) (16)

w/ new N...

Signed Sealed Delivered (improper)

Chuck Abell 8/16

- A1** N bal and swing (16)
- A2** Down hall, turn as couple (8)
Return, bend line (8)

- B1** Circle left 3/4x (8)
P swing (8)
- B2** LL F/B (8)
Ladies chain (8)

w/ new N...

Superstition (improper, double prog)

Chuck Abell 8/16

(starts in long wavy lines, gents face out)

- A1 –** Bal line, spin right (8)
Bal line, spin left (8)
- A2 -** N bal and swing (16)

- B1 –** Gents left shoulder gypsy 1 1/2x (8)
P swing (8)
- B2 -** Gents pass by left shoulder, N alle right 3/4x (8)
(new) N alle left 1 1/2x to long wavy lines (8)

Soul Shadows (improper)

Chuck Abell 8/16

(starts in short wavy line w/ ladies in the center)

- A1** Wavy line balance, spin right (8)
Wavy line balance, spin left (8)
- A2** N alle right 1 1/4x, N#2 gypsy left 1x (8)
N(#1) swing (8)

- B1** Circle left 3/4x (8)
P swing (8)
- B2** Ladies chain (8)
LHS 1x to new wavy line (8)

w/ new N...

Alt B – Give and gents take, P swing (16), LL F/B (8), Circle left 3/4x, PT (8)

This Little Light of Mine (improper)

Chuck Abell 8/16

(starts in lines of four, twos in the middle)

A1 – Down the hall lines of four, turn as a couple (8)

Return, bend the line (8)

A2 - Full hey, ladies pass right to start (16)

B1 – Ladies alle right 1 1/2x (8)

P swing (8)

B2 - On left diagonal circle left 3/4x (8)

(this) N swing, face down (8)

w/ these N...

(We're) In This Love Together (improper)

Chuck Abell 8/16

A1 (new) N bal and swing (16)

A2 R/L through (8)

LHS 3/4x, P alle left 1/2x (ladies face across) (8)

B1 Half hey, ladies pass right to start (8)

P swing (8)

B2 Circle left 3/4x (8)

Bal ring, California twirl (8)

w/ new N...

New and Untested

Another Time Around the Sun (imp)

Chuck Abell 12/15

A1 - (new) **N bal and swing (16)**

A2 - **Two ladies swing in the center (8)**

P swing (8)

B1 - **LL F/B (8)**

LHS 1x (8)

B2 - **P left shoulder gypsy 1x (4), P alle left 1x (4) (ladies face across)**

Ladies chain (8)

w/ new N....

Note: Composed while listening to the Mean Lids' tune by the same name – first half stolen from a dance whose name I never knew...

August Daze (improper)

Chuck Abell 8/16

A1 (new) **N alle left 1 1/2x (8)**

N promenade across (8)

A2 **LHS 1x (8)**

Half hey, gents pass left to start (8)

B1 **Gents pass left once more, P swing (16)**

B2 **Gents alle left 1 1/2x (8)**

N swing (8)

w/ new N...

Alt B2 - Gents alle left 1 1/2x (8), N alle right 1 3/4x (to face new N) (8)

Baltimore Sunshine (improper)

Chuck Abell 7/15

A1: **N left shoulder gypsy 1 1/2x (8)**

1/2 hey (ladies pass rt in middle to start) (8)

A2: **N bal and swing (16)**

B1: **Gents alle left 1 1/2x (8)**

P swing (8)

B2: **Prom across and progress along side to next couple (curl to left) (8)**

(w/ new N) LHS 3/4x (8)

w/ this N...

Get On Down (Becket)

Chuck Abell 8/16

A1 – Circle left 3/4x (8)

N swing (8)

A2 - On right diagonal ladies chain (8)

LL F/B (8)

B1 – Full hey, ladies pass right to start (16)

B2 - P bal and swing (16)

Alt: A1 - Give and gents take, N swing (16)

A2 - On right diagonal, ladies chain (8)

Circle left 1x (8)

Liquid Harmony (improper)

Chuck Abell 11/16

A1 - w/ N#1 half poussette (ladies go backwards) **(8)**

w/ N#2 1/4 poussette (gents backwards), **N#2 Mad Robin** (gents in middle first) **(8)**

A2 - Gents alle left 1 1/2x (8)

P swing (8)

B1 - Circle left 3/4x, N swing (16)

B2 - R/L through w/ CT, roll N along side (8)

Circle right 1x (8)

w/ new N...

Swingin' on a Vine (Becket)

Chuck Abell 2/16

A1 Circle left 3/4x (8)

N swing (8)

A2 Gents alle left 1 1/2x, pickup P (8)

Star promenade across, BW (a little extra to face left diag) **(8)**

B1 On left diagonal ladies chain (8)

Ladies chain across, roll lady along the side (R to L) (8)

B2 (same) Gents alle left 1/2x, w/ next gent alle right 1/2x, w/ third one alle left 3/4x (8)

P swing (8)

w/ same N...

- A1 - N#1 alle left 1 1/2x (8)**
N#2 alle right 1 1/2x (8)
- A2 - Half hey, gents pass left to start (8)**
N#1 swing (8)

- B1 - Gents pass left sh, P swing (16)**
- B2 - Circle left 3/4x, zig left, zig right (8)**
N#2 circle right 1x (8)

w/ these N...