

# How to Dance a Country Dance (aka - "Yankee Doodle")

## FIRST FIGURE: 16 beats

First two couples at the top do *right-hands-across*.

To do this, each of these four dancers take the right hand of the person diagonally opposite, making a "star" or X figure.

Change to left hands and dance back to place.

## SECOND FIGURE: 16 beats

1st (top) couple *lead down the center*, turn alone, come back, and *cast off*.

To do this, the top couple takes inside hands and dances down middle for 4 beats, then drop hands and turn around towards partner and face up (4 beats).

Dance back to place (4 beats), go outside the set, each on his or her own side, turn down and go behind the 2nd couple and into their place. As the 1st couple passes them, the 2nd couple move up to the top place.

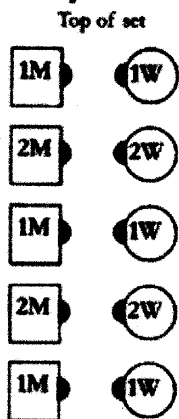
**The couples have changed places in the line of the dance.**

This sequence is now repeated with the original 1st couple going through the figures with the next couple in line. At the end of this sequence the 1st couple will be ready to dance with the couple below them and there will be two couples free at the top, who take the numbers 1 and 2 as in the diagram at the left.

These two couples now begin the dance with the right-hands-across, etc., at the same time the original 1st couple is dancing with the 4th couple down in the original line. There are now four couples active in the set during the dance sequence. Eventually all the dancers become active. The original first couple dances to the bottom, waits out one turn, and begins again as a 2nd couple. Eventually, they are again at the top and the dance ends.

Once they reach the top or bottom of the set, couples must wait out one turn of the dance, change their numbers from 2nd to 1st or 1st to 2nd couple, and then join in on the next round.

### Country Dance Set



4 couples  
ea set

Today, country dances are danced with all couples active from the start. As in the diagram at the left, couples number off, 1, 2, 1, 2, and all the 1s begin the dance together. In the eighteenth century, most country dances involved three couples with a neutral fourth standing below them. Dances began at the top, dancers in the line becoming active as the 1st couple came to them.

1. "Star" - 8 steps
  2. Reverse to home - 8 steps
  3. 1<sup>st</sup> couple - join hands, sashay to bottom, return to top
  4. 1<sup>st</sup> couple (only) cast off behind 2nd couple, 2nd couple move up, 1<sup>st</sup> couple take thier place
- ⊗ 1<sup>st</sup> couple does all the work

□ = Man    ○ = Woman