

ALAND ISLAND CONTRA

By Don Armstrong

LS E-42, Side A. Track 1, instrumental; track 2, prompted by Don Armstrong.

Formation: Contra lines. 1st, 3rd, 5th, etc., couples active and crossed over.

Counts, actions and explanations:

1- 8 TWO LADIES DO SA DO - The active lady and the lady in the next couple down the set do sa do (rt shoulders).

9-16 TWO MEN TWO HAND TURN – The active man and the man in the next couple down the set join hands and turn CW once around so that each ends facing his corner.

17-24 TWO HAND TURN CORNERS ONCE AND A HALF – Actives and corners do a two-hand turn CW, once and a half around so that each man ends with a lady on his right hand side, all facing across the set. Progression has occurred, actives have moved down the set one position and inactives have moved up the set one position.

25-32 WITH HER ON THE RIGHT CIRCLE FOUR – Same four dancers circle left CW exactly once around ending in same long line.

33-40 THE MEN FLARE, THE LADIES CHAIN – As the ladies start across in their chain, the men roll left-face in four steps to face in again and meet the lady coming to them (partner) for the courtesy turn which completes the chain. This "flare" helps maintain the distance between the lines.

41-48 LADIES CHAIN BACK – Ladies chain in normal manner, but retain hand-arm courtesy turn position for the next action.

49-56 HALF PROMENADE – Still in position as above dancers cross to other side, men passing left shoulders, wheel turn to face across and drop hands.

57-64 RIGHT AND LEFT THRU – Dancers pass thru across and courtesy turn.

Actives will start the dance again with the NEXT couple below.

To prompt this dance:

Intro or

57-64 - - - - , TWO LADIES DO SA DO,

1- 8 - - - - , TWO MEN TWO-HAND TURN (CW),
9-16 - - - - , TWO-HAND TURN CORNERS ONCE AND A HALF (CW),
17-24 - - - - , WITH HER ON THE RIGHT CIRCLE FOUR (CW),
25-32 - - - - , FULL AROUND THEN THE LADIES CHAIN,
33-40 - - - - , -- CHAIN BACK,
41-48 - - - - , TAKE HER WITH YOU AND HALF PROMENADE,
49-56 - - - - , DROP HANDS AND RIGHT AND LEFT THRU.*

*Caller indicates CROSS OVER every second and alternate sequence throughout the dance.