***Mix It Up! - Dance Mixers Made Easy***

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***Julie Kuehl Kitchen, Ph.D.***

*Associate Professor at California State University, Sacramento*

*jkitchen@csus.edu*

Are you searching for ways to get your students to dance ***with everyone*** in the class? Well, dance mixers just may be the answer! Come Mix It Up while learning several dances that require you to change partners several times during one dance, including the Boogie Shoes, Barn Dance, Jiffy Mixer, Teton Mountain Stomp, and Patty Cake Polka.

**Boogie Shoes**

**Song**: “Boogie Shoes” **Artist**: K. C. and the Sunshine Band

**Starting Position:** Everyone is in one big circle. Partners are standing next to each other, facing the same directions. All people are facing and moving Line of Dance – counterclockwise

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| **Counts** | **Description** | **Cues** |
| **1-2** | Double bump hips toward partner | IN-IN |
| **3-4** | Double bump hips away from partner | Out-Out |
| **5-8** | Repeat pattern | IN-IN, Out-Out |
| **1** | Raise left leg and slap with right hand | Thigh |
| **2** | Raise right leg and slap with left hand | Thigh |
| **3** | Clap | clap |
| **4** | Squat and slap the floor | Down |
| **5** | Stand and clap | clap |
| **6** | Both turn ¼ turn to face left. Partner on left offers his hands behind them palms up. (Low 10) | Turn |
| **7** | Face front and clap | Clap |
| **8** | Both ¼ turn to face right. Partner on Right offers their hands behind them palms up. (Low 10) | Turn |
| **1, 2, 3 & 4** | Swing hips and arms Right, then Left, then twice to the Right | Right, Left, Double Right |
| **5, 6, 7 & 8** | Swing hips and arms left, then Right, then twice to the Left | Left, Right, Double Left |
| **1-8** | Freestyle for last 8 counts – For MIXER, couples are side by side in a big circle, and partner on inside of the circle moves forward to new partner on the freestyle portion of the dance | Freestyle and move, 5, 6, 7, 8 |

**Barn Dance**

**Song**: “Wild, Wild West” **Artist**: Escape Club

**Starting Position:** Two concentric circles. Partners are facing each other holding hands. The taller partner (leader) is on the inside circle facing the partner. The shorter partner (follower) is on the outside circle facing the center. All people are moving in the same direction Line of Dance – counterclockwise first.

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| **Counts** | **Description** | **Cues** |
| **1-8** | Line of Dance (LOD) Step, together, step, touch; Repeat in the opposite direction (RLOD) | Step, Together, Step, touch, back, together, step, touch |
| **1-8** | Leader/Person on the inside repeats step, together, step, touch in each direction.  Follower does a three-step turn and touch to the right (R, L, R, touch L), then left (L, R, L, touch R.  Upon return, both partners are facing line of dance, holding inside hands | Turn, together, turn, touch  Return, together, turn, touch |
| **1-4** | Both step with their outside foot, touch their inside to other foot, both step with inside feet, and then kick/touch outside feet together in front of partnership | Outside, touch, inside, kick |
| **5-8** | Repeat | Outside, touch, inside, kick |
| **1-4** | Grapevine away from each other,  leader with left foot towards center of circle and  follower with Right away from the center of circle | Grapevine away |
| **5-8** | Grapevine back to new partner Leaders angles forward; Follower angles backwards | Grapevine to your new partner |

**Patty Cake Polka Mixer**

**Song**: “Patty Cake Polka Mixer” **OR** “U Can’t Touch This” M.C. Hammer

**Starting Position:** Two concentric circles. Partners are facing each other holding hands. All people are moving in the same direction Line of Dance – counterclockwise first.

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| **Description of Steps** | **Counts** | **Cues (What You Will Say)** |
| **Part 1**  A. If in *scattered* format - start with right foot  If *partnered up* - go towards front  If in a *circle* – go LOD  B. Reverse the above steps/directions, end with the weight on both feet | 1-8 | Heel, Toe; Heel, Toe; Slide, Slide, Slide, Touch |
| 1-8 | Heel, Toe; Heel, Toe; Slide, Slide, Slide, Step |
| **Part 2** Partners pat R hands 3X, L hands 3X,  both hands 3X and own thighs 3X | 1 & 2, 3 & 4,  5 & 6, 7 & 8 | RIGHT, Right, Right; LEFT, left, left  BOTH, both, both; THIGHS, thighs, thighs |
| **Part 3** Right elbow swing twice for 8 counts (Add Mixer here) | 1-8 | SWING, 2, 3, 4, 5, 6, from the top |

**Jiffy Mixer**

**Song**: “Jiffy Mixer”

**Starting Position:** Two concentric circles. Partners are facing each other holding hands. All people are moving in the same direction Line of Dance – counterclockwise first.

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| **1-8** | **Heel, Toe; Heel, Toe; Step, Together; Step, Touch** |
| **1-8** | **Heel, Toe; Heel, Toe; Step, Together; Step, Touch** |
| **1-8** | **\*Chug, Clap; Chug, Clap; Chug, Clap; Chug, Clap;** |
| **1-8** | **Step Forward Four Steps (1/2 time rhythm) - ADD MIXER HERE** |

\***Chug =** a backwards jump where the feet barely leave the ground.

**Teton Mountain Stomp – Country Mixer**

**Song**: “Teton Mountain Stomp”

**Starting Position:** Starts with couples in a single circle. Leader faces line of dance (LOD). Follower faces reverse line of dance (RLOD).

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| **Counts** | **Description** | **Cues** |
| **1-4** | Step toward center of circle on inside foot; Step outside foot next to inside foot; Step toward the center of the circle on the inside foot; Stamp the outside foot next to the inside foot. | STEP-TOGETHER-STEP-STAMP |
| **5-8** | Step away from center of circle on outside foot; Step inside foot next to outside foot; Step away from center of the circle on the outside foot; Stamp the inside foot next to the outside foot. | STEP-TOGETHER-STEP-STAMP |
| **1-4** | Step toward center on the inside foot; Stamp the outside foot next to the inside foot; Step away from the center of the circle on the outside foot; Stamp the inside foot next to the outside foot. | STEP-STOMP-STEP STAMP |
| **5-8** | Man walks forward in LOD L-R-L-R while lady walks backward R-L-R-L [Butterfly Position w/right hips touching] | Walk, 2, 3, 4 |
| **1-4** | Pivot body ½ turn without dropping hands so left hips are touching in butterfly position. Man walks backward LOD L-R-L-R while lady walks forward R-L-R-L. | Turn, 2, 3, 4 |
| **5-8** | Pivot body ½ turn again without dropping hands so right hips are touching in butterfly position. Man walks forward LOD L-R-L-R while lady walks backward R-L-R-L. | Turn, 2, 3, 4 |
| **1-8** | Drop both hands. Do-Si-Do the partner and repeat the dance from the top ADD MIXER HERE \* | Do-si-do |

**Mixer:** With students who can handle changing partners, convert to a mixer. On final 8 counts: drop hands, man walks forward LOD and woman walks forward RLOD to do-si-do the person coming toward him/her. Join hands with the new partner following the do-si-do and repeat the dance from the beginning.