

1-1947

## EC2004 Rural Recreation

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-Nebraska  
COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. V. Lambert, Director, Lincoln

Extension  
Circular  
2004

# RURAL RECREATION



"COMMUNITIES THAT PLAY TOGETHER CAN WORK TOGETHER"



# RECREATION

as taught  
by

JANE FARWELL

Sidney - 1946 - York

Recreation is a permanent part of our modern life. Nothing builds up a spirit of friendship quicker than an evening of games and folk dancing under good leadership.

No group need to say--"We can't have any parties, we have no trained leaders." Anyone who is willing to learn, has enthusiasm and an agreeable personality may become a successful game leader. Some important things to remember are:

1. Have a definite program in mind. Keep it varied.
2. Know your material.
3. Stand where everyone can see and hear you.
4. Make your instructions brief, yet clear. Demonstrate where possible.
5. Get the group into the proper formation before explaining the game.
6. Play the game yourself or watch it with lively interest.
7. Play a game until it reaches its highest point of enthusiasm. Then change it.
8. Have games follow through, that is, circle games follow circle games, line games follow line games, etc.
9. Alternate quiet and active games.
10. Have something for the early comers.

## - Planning a Party or Program -

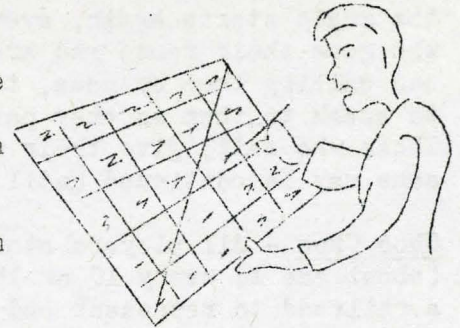
1. Pre-party games (for the early comers)
2. Mixers to become acquainted
3. Active and quiet team games
4. Stunts of quiet games
5. Musical games and folk dances
6. Singing
7. Refreshments



### PRE-PARTY GAMES

(Have something to do from the very first moment someone arrives)

Human Bingo - As a guest arrives at the door he is presented with a piece of paper and a pencil and told to draw four lines in each direction on the paper--making 25 squares. More or fewer lines can be used according to the number anticipated at the party. The player then must get the signature of everyone coming into the room, or already there, one signature to each block on the paper. When nearly half the people have completed their sheets, have everyone sit down. Pass some simple object, such as a ball or coin, along from person to person while lively music is played. When the music stops, the person holding the object stands and tells his name. Names are crossed off as they are given and when anyone has a complete row of crosses in any direction he yells, "Bingo."



Just One Word - Prepare cards ahead of the party with the following statement. "Rearrange the following letters to spell just one word" - D U O W T R E J O S N Give each one a card and pencil and tell them to follow directions. The letters spell "Just One Word".

Lovers Knot - Provide a forty-inch piece of string for each player. Have a few assistants to help tie up the couples. Divide the players as they arrive, into couples. First handcuff the girl by tying an end of her string to each wrist. Then, tie one end of her partner's string to his right wrist, loop the other end of her partner's string within her string and tie it to his other wrist, making two complete links. The game is for the partners to get apart without breaking or untying the strings. The trick is simply to slip the loop of one of the strings between the wrist and the loop of string tied around the others wrist and over the hand. This leaves the strings tied as before, but the partners are separated.

Riddled Verses - Inset a four-letter word in each blank space, all the words in one verse to be composed of the same four letters. A different combination of letters is used for each verse.

In a garden \_\_\_\_\_ the flowers grew  
Their \_\_\_\_\_ all drenched with morning dew  
And old grey \_\_\_\_\_ in leaves was dressed  
Twas just the place to \_\_\_\_\_ and rest.

A \_\_\_\_\_ old woman with \_\_\_\_\_ intent  
Put on her \_\_\_\_\_ and away she went  
O \_\_\_\_\_ she cried, give me, I pray  
The wherewithal to \_\_\_\_\_ this day.

Irish Stew - Prepare in advance cards for each guest attending the party. These are prepared by writing a name of some person or object on each card. As the guests arrive pin a card on the back of each one. Give him a pencil and piece of paper and have him write down as many names as he can, at the same time trying to keep the other guests from reading the name pinned on his back. After everybody has had a chance to make a list, check to find out who has read the most names.

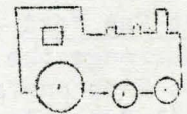


# MIXERS AND GAMES FOR LARGE PARTIES

Get Acquainted Musical Chairs - Place the chairs in one large circle with the backs toward the center of the circle. Have from 2 to 4 chairs less than the number of people. Play some lively tune and everybody marches around the chairs. When the music stops, everyone tries to get a seat. No one may cut through the circle. Those who do not get a chair, tell their name and then sit down in one of the chairs. When the music starts again, everybody begins marching. However they must speak to people who gave their names and are sitting in the chairs. If they pass without speaking and calling them by name, they must sit down and remain seated. However no one needs to speak to them as they pass. When the music stops everyone tries to get a seat. Those who fail, give their name and sit down. Players who pass them must speak. The game may be continued until all are eliminated.

Choo Choo - All players stand in a single circle facing the center. Several players (about one to every 10 or 15) are asked to come out in the center. They each choose a railroad to represent and are told they must see how many cars each train can get. Each of them runs up to a person in the circle and says, "My name is \_\_\_\_\_ What's yours?" The person addressed gives her name. The first person then moves his feet in rhythm, at the same time repeating the name given him. For example, if the girl says her name is "June" the player who is the train says,

"June" (pause) "June" (pause) "June, June, June!"  
 R L R L R



As indicated, the feet slide forward and back at the same time. The first player then turns around so that the second player, "June," can hang on to his waist, and they both shuffle across the floor to get another "car" on their train. Each time a new person is added, all those already in the train shout the new name, and move their feet as described above. As each new person is added, all drop hands and turn to face in the opposite direction so that no person is leader twice.

The winning team is the one with the most players attached when all in the circle are gone.

Musical Madness - All players stand in single file circle facing counter-clockwise. Someone plays a lively march on the piano as they march around. The leader suddenly blows a certain number of blasts on a whistle--two, three, eight, according to his fancy. All players stop marching and get into circles containing the number blown by the whistle. (Chords on the piano can be used.) Those left without circles, or having the wrong number in the circle must stand in the middle and stay there until the game is over. The other players begin marching as soon as the music begins again. Of course, there is a mad scramble every time the circles are formed.

Squirrels in Tree - Three players stand holding hands representing a hollow tree, with a "squirrel" (fourth player) in the middle. All the children get in similar formations anywhere on the playground, so there is a whole forest or trees with squirrels in them. Of course there must be two extra players, one to be the extra squirrel, and one to be the hunter who chases him. To get away from the hunter, the extra squirrel dodges into a hollow tree, where upon the squirrel who lived there already, must dodge out and be chased by the hunter. He tries to get in another tree before being caught, and so on. If he is caught by the hunter, the chase reverses, the hunter becoming a squirrel. However, at any time the leader may call, "Forest Fire!" and all the squirrels scurry for a tree. After a couple of Forest Fires, have the squirrels change places with one of the players in his hollow tree, so that eventually, all have had a chance to run.

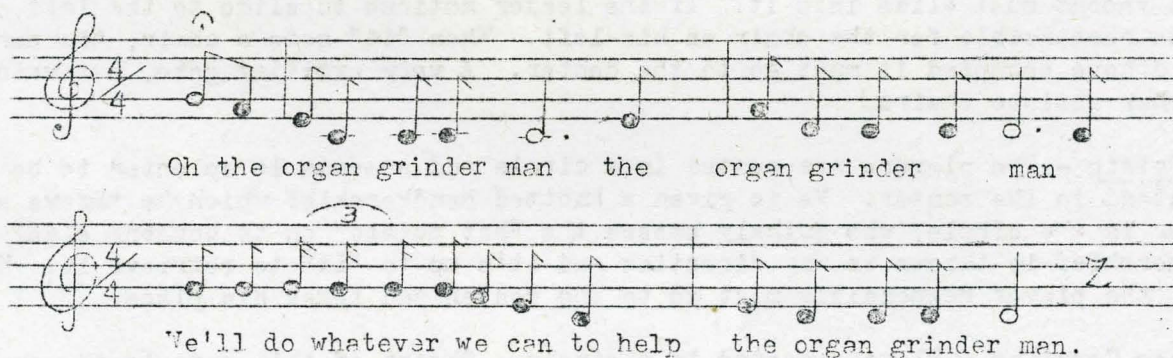


Streets and Alleys - All the players except two arrange themselves in parallel lines making ranks or files with four or more players in each line. They stand far enough apart so they can just clasp hands with their neighbors no matter which way they are facing. The two extra players act as cop and robber. When the leader calls out "Streets" the players in line join hands forming streets through which the robber runs, pursued by the cop. When the leader calls "alleys," the players do a "right face" and clasp hands, making alleys at right angles to the streets that now no longer exist. Of course this changes the route of the robber and cop, for neither may break through the joined hands or go under them. To make the game fun, the commands should be changed frequently. If the cop manages to catch the robber, each chooses someone from the lines to take his place.

Singing Artists - Every player is given a card and pencil and told to draw some kind of picture that will suggest a song he knows. When this has been completed, all players turn their cards over and number to 15. Players then exchange cards, trying to guess (in three tries) the titles of the songs represented. If a person guesses correctly, he writes the name of that particular song on the back of his card, as well as the initials of the person who drew it. At the end of five minutes see who has the longest list.

#### GAMES FOR SMALL SPACES

The Organ Grinder Man - One player is sent out of the room while the rest of them decide on some activity they would like to have him do when he comes back in the room such as remove one of the players shoes and put it on top of the mantel or to crawl under the table and bark like a dog, etc. The only clue the player has to determine the action is the volume of the singing done by the rest of the players. They sing the following song very softly when he approaches the location or activity they have decided upon -- and very loudly when he is in the wrong place, or tries to do the wrong thing.



Jive On - Players sit in circle, with one chair marked as the "end" chair. The game is begun with one player having his name called. He stands and says "Who me, sir?" and the group reply, "Yes, you, sir". He says, "Not me, sir?" and they ask, "Then who, sir?". The player must then name someone else in the circle, adding a "Sir" on the end of the name and sits down. If a player should make a mistake and hesitate, he must "jive" down to the end chair in the circle, all the players below his position moving up to take his place. The group says the following little ditty as he dances down the line:

Jive on, down that line.  
Saw you last night out eatin' cheese  
If you wasn't eatin' cheese,  
Whatcha doin' on your knees.



Teakettle - All the players but "it" are seated. He leaves the group and in his absence the players decide upon a word, usually a verb, although to make the game more difficult if words are used which have several meanings but the same pronunciation such as sail and sale. "It" comes back in and goes around the circle asking a different question of each player in turn about the "teakettle" which is the word used as a substitute for that chosen. Everyone must tell the truth in replying. When "it" thinks he knows the word he says it, and the one whose answer gave it away must take his place.

Rhythm - Players are seated in a circle. One of them is selected to be leader and he starts everyone in rhythm as they slap hands on lap twice (two counts), then hands are held forward at chest level (two counts).

As soon as everyone is in perfect rhythm with the leader, he says, "Rhythm," which is the signal that the game has begun. "Rhythm," and every word or letter spoken can only be given while hands are off the lap on the second two counts. The next time hands are up the leader gives a letter such as B. The next player on the leader's right must give a word starting with B such as bowl the very next time hands are in the air. The next time hands are up, this same person gives a letter to the person on his right, and so on around the circle. Anyone who breaks the rhythm or repeats a word that has been given, or speaks out of turn, or not soon enough, is eliminated and must sit on the floor, or stand behind a chair. The game is then started over by the next person on the right of the one who is eliminated. To make the game simpler, don't use the letters Q, X or Z.

Slide, Kelly, Slide - All the players except one are seated in a close circle which contains one extra chair. The extra player stands in the center of the circle. He attempts to sit in the vacant chair that is continually being taken by the person next to it before he gets there. He calls "Slide, Kelly, Slide" and swings his arms to the right or left in the direction in which he wants the players to slide. When he calls for the circle to move to the right, the person who finds the chair on his right vacant must slide into it. If the leader motions to slide to the left, everyone is responsible for the chair on his left. When "it" gets a chair, the person who should have occupied it must go to the center. A very exciting game, but watch out for your antique chairs!

Hot Potato - The players are seated in a circle and someone is selected to be "it" and stand in the center. He is given a knotted handkerchief which he throws at any player in the circle, who quickly passes the "hot potato" on to someone else. The handkerchief is thrown in any direction and it's up to "it" to retrieve it. When he does, the player responsible must go to the center and takes his place.

Chinese Counting - Players seated in a circle. Object of this game is to count to 30 without making a mistake. Numbers ending in 4 or 7 or divisible by these numbers are not spoken. Numbers ending in 4 or divisible by 4 are passed to the next player by a passing motion of the hand under the chin. This may be passed in either direction, thus the counting may be reversed. Numbers ending in 7 or divisible by 7 are passed on by making a passing motion of the hand over the head. Numbers divisible by both 7 and 4 or divisible by 7 and ending in 4 are passed both under and over at the same time. Both motions must be in the same direction.

Whenever a mistake is made, the person to the right of the player begins again with one and the counting continues until 30 is reached.



Jack and Jill - Players sit in a small circle with a small space left between two chairs, thus indicating a head and foot. The person in the first chair is called Jack. The next Jill. The remainder of the people number off beginning with one and continuing until everyone has a number. The person with the lowest number begins the game by first stating their number and then calling on some other number or on Jack or Jill for example: 13 calls 5; The person whose number is called responds in the same way as - 5 calls Jack. If any person fails to respond at once or fails to give their own number first, someone calls out - Number \_\_\_\_\_ to the foot. This person then goes to the foot chair and everyone else slides up one chair and takes a new number, which is one number lower than the one he had. The important thing to remember is that the number remains with the chair and not the occupant. The object of the game is to get Jack and Jill out of the first two chairs.

Donkey and Fiddler - Players all stand in small circle, with someone to be "it" in the middle. "It" starts by accounting someone mimicing either a donkey (wiggle hands at ears), or a fiddle (play violin ardently). The player confronted must do the opposite action or take "its" place. The best idea is to stand in front of one person and change actions from donkey to fiddling rapidly.

Checkerberry, Checkerberry, Checkerberry On - This game takes concentration and keen observation. All players stand in a circle facing the center. Each one thinks of some motion to do with hands or feet that might be performed to the rythmn of the following little chant which they all say together: CHECKERBERRY, CHECKERBERRY, CHECKERBERRY ON. They practice saying the words and doing the motion together. It is important that two people standing together do not have the same action. Everyone watches his own right hand neighbor and no one else all through the game. They all begin the game by doing their own motion. Then as soon as they all say "on" everyone takes on the motion of his right hand neighbor. Thus, every time the group says, "Checkerberry, Checkerberry, Checkerberry on" all players do the motion their right hand neighbor just completed doing. On "on" that motion is dropped and the next one is copied. No two people are ever doing the same motion at the same time. Anyone who breaks the sequence must drop out of the game.

#### TEAM GAMES

Singing Proverbs - Each group selects a proverb. Each person is given one word of this proverb to sing to a tune that is chosen by the group. When everyone is ready, all members of the group sing their word at the same time to the tune that was selected. The other groups try and guess the proverb.

Up Jenkins - Divide players into two groups with a leader or captain for each. Teams sit at opposite sides of the table. A coin is passed from hand to hand under the table by one team in an effort to conceal its movements from the other side. When he wishes the leader of the opposite team says, "Up, Jenkins." All the coin passing group must raise closed fists and show them to the challengers, palms toward them. The same leader then says, "Down, Jenkins." Palms are slapped onto the table with enough noise to cover the clink of the coin. The opposite team then tries to guess which palm conceals the coin. Points are scored for each palm left on the table when the correct one is guessed. The opposite team then takes the coin and continues the game.

Copy Cat - Give each player a pencil and piece of heavy paper. Select a leader for each table, team or group. Announce to everyone that there will be an art contest with a leader for each group who knows what to draw. Introduce the leaders so all will know them. On a signal, each leader starts drawing and the next person on his left copies line for line what the leader draws, the third copies from the second and so on, everyone beginning to draw as soon as there is a mark on the paper of the person next door. It will be interesting to compare the leaders drawing with the final masterpiece in the line.



STUNTS--TRICKS--MYSTERY GAMES

Uncle Josh Died Last Night - Play this game in a small circle of players or call five or six to the front of the room and have them play it for the enjoyment of the rest of the group. The leader, or the first player, turns to his left hand neighbor and says, "Uncle Josh died last night." The neighbor says, "How did he die?", and the leaders say, "A-winkin' his eye", and immediately closes one eye. The neighbor repeats the bit of gossip down the line to the next person, and also the action -- and so on until it comes back to the original leader again who this time adds, "a-winkin' his eye, and his face awry". The next time it's "one foot held high", and finally "A-wavin' goodbye". Whenever a new motion is added, it is continued for the remainder of the game.

Sap Running Through the Trees - Have 6-10 people stand up around the center of the room, each one representing some tree. They may be allowed to select the tree they wish to represent. Then call on one player and have him begin to run about among the trees. After he has done this, stop him and announce to the crowd. "The name of this game is 'The Sap Running Through the Trees'". This is a good one to pull on someone who is the local "cut-up."

Three Jealous Lovers - Story: Once upon a time three fond couples on returning from a picnic found the toll bridge closed and the only means of crossing the river was in a row boat, which could carry only two at a time. All the party could row equally well, but each man was so jealous that he would not permit his sweetheart to be with another man. How can these six persons cross the river without any girl being found in the company of either or both of the other men without her sweetheart being present.

Formation: Two rows of chairs, six in each row. Distance between representing river.

One solution: Man 1 and Girl 1 crosses.  
Man 1 returns.  
Girl 2 and Girl 3 crosses.  
Girl 1 returns.  
Man 2 and Man 3 crosses.  
Couple 2 returns  
Girls 1 and 2 cross  
Man 3 returns.  
Man 3 and 1 cross  
Girl 2 returns  
Couple 2 cross

Dancing Knee Dolls - This is clever done either as a chorus girl stunt or an individual performance with only one person operating the dolls. Knees are painted up to look like faces and the lower part of the leg is dressed as a doll or midget. Crepe paper makes very effective chorus girls because it stands out well. A black stocking is worn on the lower part of the foot so that it cannot be seen. Two legs and arms made of old stockings or rags are fastened by rubber bands or garters right up under the doll's dress, which is also fastened on in this manner. A yarn wig can be tied right above the knee. Strings are tied to the ends of the arms which come out through holes in the crepe paper dress. These are operated by the performer, who may sit or stand. If a blanket is held just above the knees the effect of dancing dolls can be very startling. Try it at night using a flashlight as a spotlight.

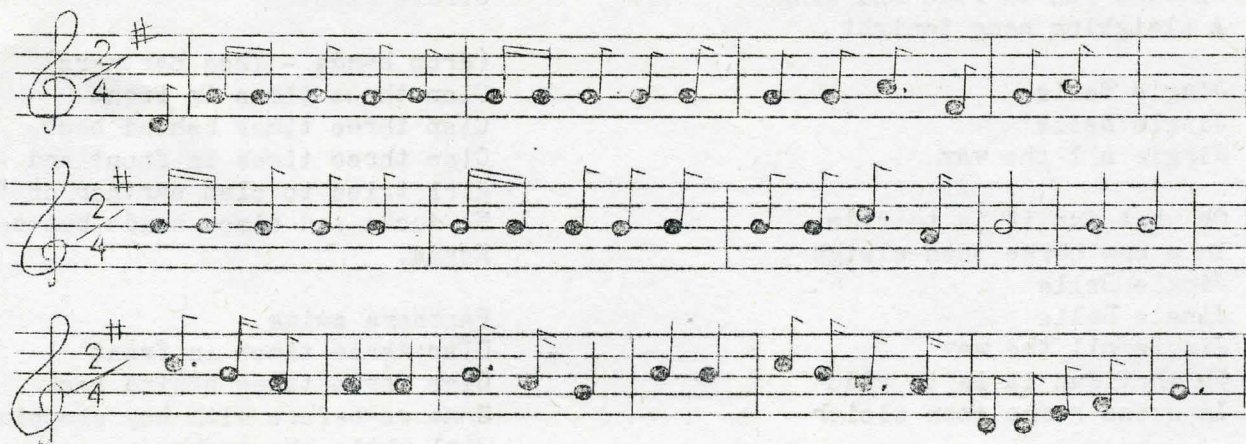
Swami - This is played very much like Magic Writing except that it's just a little trickier. When the confederate is out of the room a famous personality, living or dead, is selected. The confederate comes in and the leader says, "I'm going on a



little trip." This time, the consonants are divulged by the places mentioned in the trip. The fingers are snapped to designate the vowels, and if two or more words are necessary to determine the identity of the personality, the end of one word is shown by mysterious waving motions of the hands, as though the leader were putting the confederate into a hypnotic spell. The word or words spelled out, are the things most closely associated with the personality chosen. For example, instead of spelling out "George Washington," the leader would spell "Cherry Trees." For "Eleanor Roosevelt," it might be "My Day." This is a very clever game which can be enjoyed a long time if you don't go telling your friends how it is done right away.

## PLAY PARTY & MUSICAL GAMES

### Bingo



A farmer's black dog sat on the back porch  
And Bingo was his name.  
A farmer's black dog sat on the back porch  
And Bingo was his name.

Chorus: B, I, N, G, O.  
B, I, N, G, O.  
B, I, N, G, O.  
And Bingo was his name.

Spoken: B, I, N, G, OH!

Sung: And Bingo was his name!



Formation: Couples in a double circle, facing counter-clockwise.

Action: Beginning on left foot, all couples march around the room singing first four lines of song. On the "B, I, N, G, O" chorus, couples fall back into single circle, join hands, and continue sliding to the right.

As the letters, B, I, N, G, O are spoken, partners turn to face each other, taking right hands on "B", and continuing with a grand right and left to the next 4 people. On "Oh", they reach the fifth person who is their new partner. They may swing with elbow swing or regular square dance swing. They then continue the game with this new partner.



## Jingle Bells

Tune: Jingle Bells

Formation: Single circle, girls on boys' right, all hands joined.

Song  
Dashing through the snow  
In a one horse open sleigh  
O'er the fields we go  
Laughing all the way  
Bells on Bobtail ring  
Making spirits bright  
Oh what fun to ride and sing  
A sleighing song tonight

Jingle Bells  
Jingle Bells  
Jingle all the way

Oh what fun it is to ride  
In a one horse open sleigh  
Jingle Bells  
Jingle Bells  
Jingle all the way  
Oh what fun it is to ride  
In a one horse open sleigh

Action  
All to the center  
Back out  
All circle left  
  
All to the center  
Back out  
Circle right

(drop hands - face partners)  
Clap three times in front  
Clap three times behind back  
Clap three times in front and  
girl tries to slap partner on "way"  
He ducks and claps hands between  
Knees.

Partners swing  
Clap three times in front  
Clap three times behind back  
Same as before with boy slapping  
girl while she ducks.  
Swing partners and finish with  
girl on left - partner on right

## Oh Susanna!

Tune: "Oh, Susanna"

Words: 1. Oh, I come from Alabama with my banjo on my knee.  
2. I'm going to Louisiana, boys, my true love for to see.  
3. It rained all day the night I left  
The weather it was dry.  
4. The sun so hot I froze to death,  
Susanna, don't you cry.

Chorus:

Oh, Susanna! Don't you cry for me  
For I've come from Alabama with my banjo on my knee.  
(Repeat chorus)

Formation: All stand in single circle, girls on partners' right.

Action: 1. While boys clap, all girls take four steps to the center and four back.  
2. While girls clap, all boys do the same.  
3. Girls to the center and back.  
4. Boys to the center and back.

Chorus: All face partners and take right hands. Girls move clockwise, and boys counterclockwise in a grand right and left, alternating hands and shoulders as they pass each other by.

On the second chorus each boy takes the nearest girl for a partner, joins hands in a skating position and promenades her counterclockwise around the circle. All people without partners go to the center to find one.



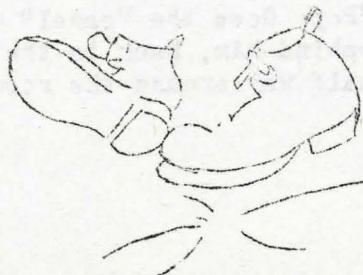
Sent My Brown Jug Downtown



1. Sent my brown jug downtown; Sent my brown jug downtown; Sent my brown jug downtown so early in the morning.
2. It came back with a waltz around; It came back with a waltz around; It came back with a waltz around so early in the morning.
3. Railroad, Steamboat, River and Canoe  
I've lost my true love and I don't know what to do.
4. Oh, she's gone, gone, gone; Oh she's gone, gone, gone.  
Oh, she's gone on that raging canoe.
5. Well, let her go, go, go! Let her go, go, go!  
Let her go on that raging canoe!

Formation: Single circle of partners, holding hands, girls on boys' right.

1. Holding hands, all skip or slide to the right.
2. Circle moves to the left with same step.
3. On the first line, partners face, join right elbows and swing eight steps coming back to place. On the second line, they turn and face corners and join left elbows, swinging around eight steps to place.
4. Partners face and join arms clasping each others elbows and swing vigorously in place, clockwise. (16 steps)
5. Turn and face corners and take same position, this time ending the swing with girls ending on right of corners, thus changing partners.





Here Comes Sally Down The Alley (Tune: Ten Little Indians)

Song: 1. Here comes Sally down the alley,  
Here comes Sally down the alley,  
Here comes Sally down the alley,  
Down in Alabama.

2. Hand on the shoulder and promenade, etc.

Action: Couples stand facing each other in double circle, boys with backs to the center. They stand far enough apart to form an alley between them. Several extra girls stand in the center and are Sallys.

1. On first verse, extra girls skip counter-clockwise around the alley between the couples. On "Down in Alabama," they put left hands on the right shoulder of the man they are closest to. He puts right arm around the girl's waist. All the girls who still have a man left do the same.

2. All promenade in the above position around the circle (counter-clockwise).

My Name's Susie (A mixer for more girls than boys)

Tune: Good Night Ladies.

Words: My Name's Susie,  
My Name's (other girl)  
My Name's (Boy's name)  
We're glad to meet you all  
Chorus: Merrily we roll along, etc.

Formation: A triple circle-  
Each boy stands between two  
ladies, all facing counter-  
clockwise.

Action: On the first phrase man turns to right hand girl. Shakes her right hand as she sings to the first phrase of music. "My name's Mary", or whatever it is - then boy turns to left hand girl and she sings her name. Then on third phrase, boy gives each girl a quick bow, singing "my name's \_\_\_\_\_", and walks forward to stand between the next two girls. Chorus: Partners hook arms and skip forward around circle on "Merrily we roll along."

Pop Goes the Weasel

Words and Music - Any of the verses of "Pop Goes the Weasel"

Formation: Boys, with one girl on either side stand three abreast. Sets are behind each other facing counterclockwise in circle. Each girl takes one of the boys hands with her outside hand, with their inside hands joined behind the boy's back.

Action: Sets promenade until "Pop Goes the Weasel" when the boy is released to "pop" under the arms behind him, back to the next two girls. Repeat until boys have been half way around the room. This is definitely a "man-stretcher" game.



Glow Worm - (a musical mixer)

Music: Any swinging march music such as Glow Worm, Yankee Doodle, or Country Gardens may be used.

Formation: Couples in circle with hands in skating position, facing counter-clockwise. As directions are given, suggest that players "chant" the words as they proceed.

1. "Walk, two, three, four.
2. Back, two, three, four.
3. Point, two, three, four.
4. Swing, two three, four."

Action: Couples walk forward four steps. 2. Drop hands, and turn to face partner. Men take four steps back towards the center of the circle, and ladies step back to the outside of the ring. 3. Point with left hand at person diagonally on left, and take 4 walking steps in that direction. (Girls will be moving clockwise, and men counter-clockwise). 4. Take new partner in regular dance position and swing four counts. Repeat with new partner. Start slowly and gradually increase the tempo until dancers are moving rapidly.

I've Been Working on the Railroad

Tune: "I've Been Working on the Railroad"

- Words:
1. I've been working on the railroad
  2. All the live long day (Hey!)
  3. I've been working on the railroad
  4. Just to pass the time away (Hey!)
  5. Don't you hear the whistle blowin'
  6. Rise up so early in the morn. (Hey!)
  7. Don't you hear the Captain shoutin'
  8. "Dinah, blow your horn." (Whooo---Whooo)

Chorus:

Dinah, won't you blow--Dinah, won't you blow--  
Dinah, won't you blow your horn, horn, horn?  
Dinah, won't you blow--Dinah, won't you blow--  
Dinah, won't you blow your horn? (Whooo---Whooo)

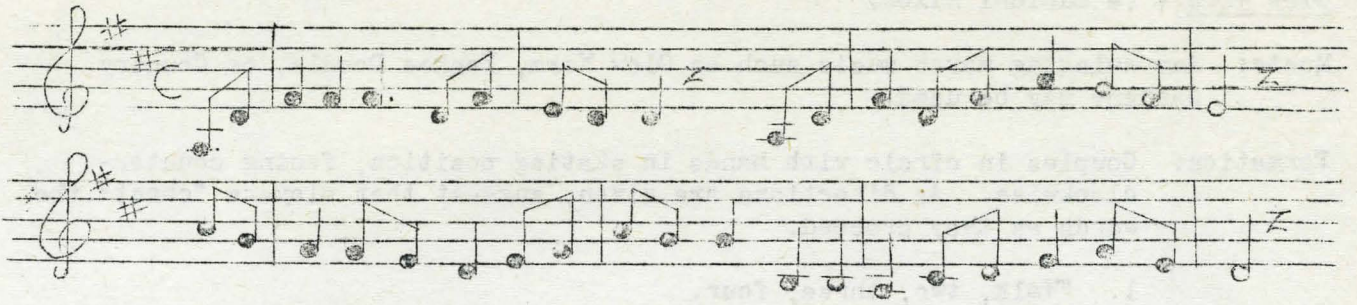
Formation: Double Circle, boys on the inside, hands in skating position. Couples face counter-clockwise.

- Action:
1. All couples promenade counter-clockwise, starting on left foot.
  2. Place left heel forward then left foot back in place. (1)  
Right heel forward then right foot back in place. (2)  
Bend both knees (3)  
Turn to partner and shout, "hey!" (4)
  - 3,4,5,6,7: Repeat 1 and 2 three more times, always starting with left foot.
  8. Repeat the same steps as in 2 but instead of shouting, "Hey!", shout, "Whooo---Whooo!" pulling an imaginary whistle with right hand.





Red River Valley



Song:

Verse 1

1. Now you lead right down to the valley.
2. And you circle to the left and to the right.
3. Now you lose your girl in the valley.
4. And you swing with your Red River Girl.

Verse II (1 and 2 same as first verse)

3. Now the girls make a wheel in the valley,
4. And the boys do-si-do so polite.

Verse III (1 and 2 same as first verse)

3. Now you love your girl in the valley,
4. And you lose your Red River Girl.

Formation:

Each boy has a girl on either side for his partners. Players form large circle with three abreast, one set of three facing another set.

Action:

Verse 1

1. Players, with elbows linked, walk diagonally forward passing their opposites on the right, and face a new set.
2. On reaching new set, all join hands in circles of six and circle four steps to the left and four to the right.
3. Each man swings his own right-hand lady while the left one stands still.
4. Each man swings his left-hand lady--right one stands still.

Verse II (1 and 2 same as first verse)

3. The four girls form a right-hand star and walk eight steps around back to place.
4. The two boys do-si-do and back to place.

Verse III (1 and 2 same as first verse)

3. Girls on boys' right change places. Boys take girls' right hands and turn them under their arms as they cross over.
4. Girls on left of boys change places, turning under boys' left arms as they cross over. Thus each boy has two new partners with which to proceed as the dance is done over again.



## REELS

Western Virginia Reel - This "cowboy version" of the old Virginia Reel is done in friendly family style--the first part which all couples do, the second part, which is done by head and foot couples only, and the reel, done by the head couple.

Formation: Four couples stand in longways formation--ladies on one side facing the gents on the other. Head couples are closest to the music.

### I. Family Style:

1. All forward and back to place
2. All swing with the right hand around
3. All swing with left hand around
4. All swing with both hands around
5. Do-si-do with right shoulders (back to back)
6. Do-si-do with left shoulders

### II. Head and Foot Couples:

1. Head lady and foot gent forward and back
  2. Head gent and foot lady forward and back
- Then 2,3,4,5, and 6 are repeated as in part I with first the head lady and foot gent, then the head gent and foot lady.

### III. Reel and casting off:

The head couple links right elbows and turns once and a half around. They then separate and go to opposite sides (lady to men's side and man to ladies' side) and turn the first person in line with left elbows, just once around. Head couple then comes back to meet each other and swings once with right elbow. This is continued until head couple has turned each person in line and has reached the foot of the set, where they join both hands and return to the head position.

All ladies "cast off" following head lady to right and gents follow head man to the left. When the head couple reaches the foot of the set, they join both hands in an arch, under which all other couples pass, the second couple is now "head couple" and we are ready to begin again.

Durham's Reel - (Reel of English origin, now a New England favorite)

Music: Any reel tune such as "Pop Goes the Weasel" or "Irish Washerwoman".

Formation: Partners in two lines facing each other, girls in one line, boys in the other. Hand joined all around.

- Action:
1. Join hands in a circle and slide 16 slides to the right.
  2. Reverse, sliding sixteen slides to left.
  3. Top and bottom couples drop hands, and head couples cast off lady to right and man to left, return up center to place. Swing lines around in a mild "crack the whip."
  4. Bottom couple join hands again. First and second man makes arch with their inside hands and first lady leads whole line through and back to place. (clockwise)



5. First and second lady make arch with inside hands, and first man leads whole line through and back to place (counter-clockwise)
6. Partners join hands in skating position, behind backs (right hands joined and left hands). Head couple promenades left around the bottom of the set, all other couples following. They make an arch, and all others pass through. Repeat with new head couples each time.

### SQUARES

#### Around That Couple and Take a Peek (Tune: Turkey in the Straw)

- Call:
1. First couple out and around that couple and take a peek.
  2. Back in the center and swing your sweet.
  3. Around that couple and peek once more.
  4. Back in the center and swing all four.
  5. Circle four in the middle of the floor.
  6. Half way round and out the door.  
(Continue above 6 steps with 3rd. and 4th couples)

- Chorus:
7. Turn your corner.
  8. Right to your partner and grand chain eight.
  9. Meet your lady and promenade home.

- Action:
1. First couples walk to couple on their right-man goes left, girl right and peek at each other behind second couple.
  2. Return to center of circle and swing once around.
  3. Head couple peek around second couple again.
  4. Back to the center and both couples swing.
  5. Head couple join hands with second couple and circle half around to the left.
  6. Head couple under raised hands of second couple and on to the third couple.
- Repeat same figure with each couple visited.

- Chorus:
7. Face corners and turn with left hand, returning to place.
  8. Face partner, take right hands and do grand right and left until partners meet.
  9. Promenade partner back to place, girls on right, boys on left.

#### Pistol Packin' Mama

- |       |                                       |                            |
|-------|---------------------------------------|----------------------------|
| Call: | Then its allemande left on the corner | Action:                    |
|       | On the corner allemande all           | Allemande left and         |
|       | Then a right hand to your partner     | Grand right and left       |
|       | And a grand chain round the hall      |                            |
|       | Meet your partner half way round      |                            |
|       | And promenade right back              | Promenade back in place    |
|       | With that same old woman              |                            |
|       | In that same old track                |                            |
|       | First couple lead out to the right    | 1st couple go to the 2nd   |
|       | And circle four hands round           | couple circle to left      |
|       | All the ladies turn about             | Drop hands and ladies turn |
|       |                                       | around once.               |
|       | And circle four hands round           | Circle left                |
|       | All the gentlemen turn about          | Drop hands and men turn    |
|       |                                       | around once                |



And circle four hands round  
Everybody turn about  
And circle four hands round

Circle left  
Drop hands and all turn around  
once  
Circle left

Then on to the next and circle four  
And circle four hands round  
All the ladies turn about  
And circle four hands round  
All the gentlemen turn about  
And circle four hands round  
Everybody turn around  
And circle four hands round

1st couple go to third  
(Repeat actions as above)

(Repeat last verse with 4th couple)  
(Repeat dance until all couples have been active)

### Duck for the Oyster

The Call - 1. All join hands and circle to the left.  
Break and swing and promenade home.

2. (a) First couple out to the couple on the right,  
(b) And a four hand around.  
(c) Duck for the oyster,  
(d) Duck for the clam,  
(e) Swing that bacon,  
(f) And now the ham.  
(g) And on to the next and a four hands round.  
(Repeat c,d,e,f,g, with third and fourth couples.)

3. Now allemande left with your left hand,  
And a right hand to your partner  
And a right and left grand.  
Meet your partner and promenade.

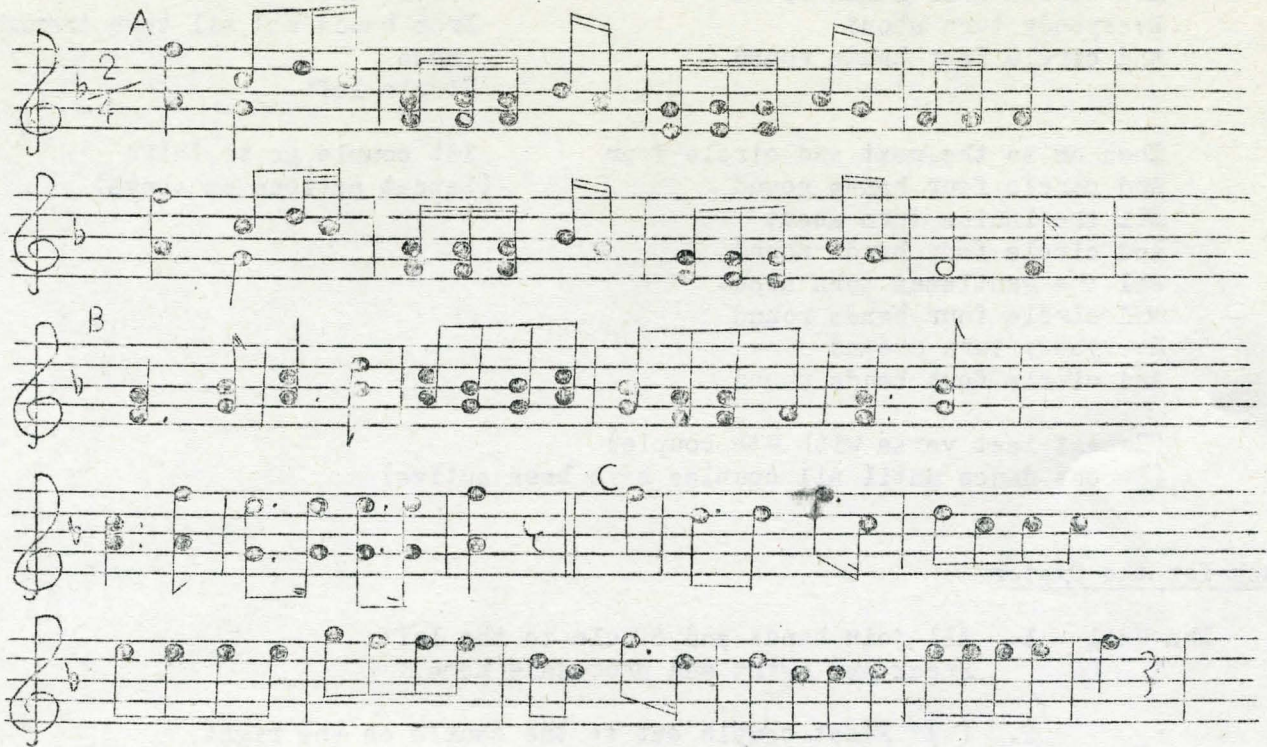
(Repeat 2 and 3, beginning with second, third, and  
fourth couples.)

- The Explanation -
- (a) First couple go out and stand in front of second couple.
  - (b) Join hands, four in a circle, and circle to the left.
  - (c) The two couples circle completely around until they have returned to their starting positions, and without letting loose of hands, the head couple simply "duck" their heads in under the joined hands of the second couple, and return to place immediately.
  - (d) The second couple now "ducks" in under the joined hands of the first couple, and immediately returns to place.
  - (e) Each gent swings the opposite lady.
  - (f) Each gent now swings his own lady.
  - (g) Head couple advances to third couple, and these two couples join hands and circle to their left.



FOLK DANCES

The Ace of Diamonds -



Formation: Couples form a double circle, partners facing each other with hands on hips.

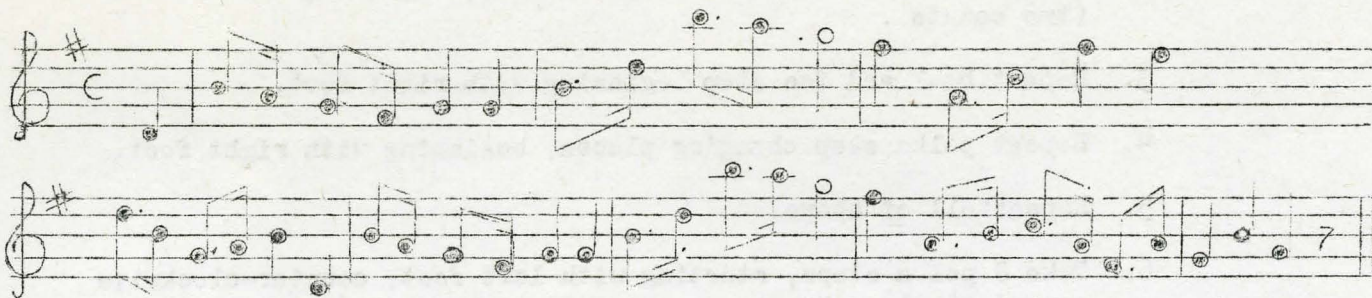
Action: A. On first beat partners clap own hands together sharply, hook right elbows and run around to left eight steps. Stop, clap hands again, hook left elbows and run around to right eight steps, returning to original positions.

B. With hands on hips partners hop on left foot, putting right heel forward. Hold two counts. Then shift, hopping on right foot, putting left heel forward (hold two counts) then shift rapidly in succession four times, ending with left heel forward (four counts altogether). Repeat heel and toe steps.

C. Take partner in polka position. Lady puts hand on man's shoulders, and man puts his hands on her waist. Finish with eight polka steps around the circle, turning to left. Partners lean away from each other, man starting with left foot, lady with right. Polka step for the man is as follows: Step to side on left foot. Close with right foot. Step again in left and finish with hop on left foot. Repeat to right. Girl does the opposite.



Texas Schottische -



Formation: Double circle, couples facing counter-clockwise boys on inside, girls on outside of circle. Boy holds girl's right hand in his right over her right shoulder, her left hand in his.

Action: (both use same foot all the way through)

1. Place left heel forward (count one and)
2. Place left toe back (count two and)
3. Man releases girl's right hand, and she moves to her right in front of him, still holding left hands, at the same time both take one polka step (left - right - left)

(count one and two and)

4. Girl is now in front of her partner and to his left, but is looking not at him, but at the man in the couple behind.
5. Repeat 1 and 2 using right foot.
6. Repeat the polka step (see 3), beginning with right foot, and as the man releases the girl's left hand she goes behind him, turning counter-clockwise to her right as she goes, ending on the right of the man behind. They join hands as described at the beginning of the dance.
7. In this position the new couple completes the dance with the regular schottische step starting on the left foot, as follows:

Left - right left hop  
Right - left right hop  
Left hop, right hop  
Left hop, right hop

Continue for 6 or 8 times.

Little Brown Jug Polka - (Southwestern Style)

Formation: In couples around the room, boy standing somewhat behind and at the left of the girl. He holds her hand in his, extended across his chest, and holds her right hand over her right shoulder. This dance is done with much gusto, so put on the steam.

Action: 1. Both start with the left foot, extending it forward (count one and), then backward, touching the toe (count two and).



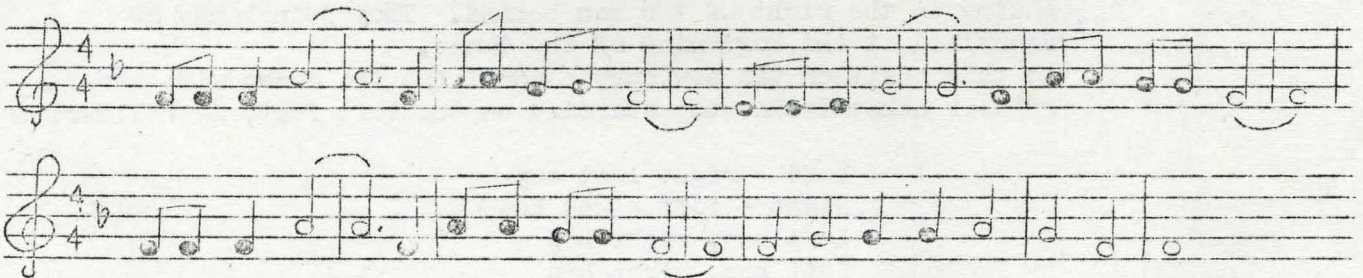
2. Boy and girl change position without letting go of hands, girl moving to left in front of boy, and he to right behind her. To change places, they use one polka step, beginning on left foot (two counts).
3. Repeat heel and toe step beginning with right foot.
4. Repeat polka step changing places, beginning with right foot.
5. Repeat all of above.
6. Take 8 polka steps, starting with left foot, counter-clockwise around circle. Swaying partner to right and left, looking at her eyes not her feet.

(Little Brown Jug for music)

### SONGS

Over My Head - Two groups sing, one repeating the phrase sung by the others.

1. Over my head (repeat)  
There's music in the air (repeat)  
Over my head (repeat)  
There's music in the air (repeat)  
Over my head (repeat)  
There's music in the air (repeat)  
There must be a God somewhere  
(Both groups sing this line)
2. Over my head, there's glory in the air, etc.



Stand Up - Sit Down - (Start song to chorus of "My Bonnie")



Stand up -- sit down  
Stand up -- sit down, stand up, sit down  
Stand up -- sit down  
Stand up -- sit down, sit down!

Chester

Oh, Chester, Have you H'eared about Hairy,  
He chest got back from the arm-me,  
Eye h'ear he knose how to wear his clothes  
Hip, Hip, hurry for the arm-me.

(Point to each part of the body mentioned as you sing-on "hurray",  
throw arms in the air.)



Ice Wagon -

(Tune: The Old Gray Mare)

Here we go a ridin' on the ice wagon,  
Ridin' on the ice wagon, ridin' on the ice wagon.  
Here we go a ridin' on the ice wagon,  
Hear our tale of Whoa! (pull back on reins.)



Boys: Any ice today, ladies?  
Girls: No, your ice melts!  
Everyone: Giddiup, Napoleon! etc.

Today is Monday - Divide group into 7 sections, giving each the name of a day.  
Group sings song omitting names of days. Each group rises, sings out day,  
and sits in turn. As the group stand, they should go through suitable  
motions.

(Songs for days)      Today is Monday  
Monday - Washday  
Is everybody happy?  
Well, I should say!

Tuesday - String Beans  
Wednesday - Soup  
Thursday - Roast Beef

Friday - Fish  
Saturday - Pay Day  
Sunday - Church Day

Calliope Stunt - This is a musical novelty which is especially effective at  
banquets, or large gatherings where the group can be easily divided into sections.  
Rehearse each of the four sections separately, then put them all together.

First Section: Melody of any waltz time song (More We Get Together)  
Section Section: Ump pah pah - Ump pah pah  
Third Section: Up sst sst Ump sst sst (noise of steam)  
Fourth Section: Ump tweedledee Ump tweedledee (very high).

One Finger - One Thumb

One finger, one thumb together  
One finger, one thumb together  
One finger, one thumb together  
Together all the time.

Two fingers, two thumbs together, etc.  
Two fingers, two thumbs together, etc.  
(Keep adding "two feet", "stand up", "sit down",  
"turn around").



Prepared by T. H. Alexander, State Rural Youth Leader from material presented  
at the Recreational Training Meetings, 1946