

MANITOU

Traditional two-step.

Music: "Manitou" as arranged by "Mom" Ruth of Phoenix, Arizona.

Record: LS 6-141, 3303

This is the simplest of all round dances using a standard two-step, and is the one best dance with which to start a group of beginners on the two-step in a round dance pattern.

Position: Closed pos, man's back to COH.

Footwork: Opposite throughout, starting man's L, steps described for man.

Introduction: 4 meas of 2/4 time, wait.

Measures

1-4 HEEL-TOE; HEEL-TOE; SIDE-CLOSE, SIDE-CLOSE;
SIDE-CLOSE, SIDE

In closed pos, man's back to COH, starting man's L (woman's R), touch L heel out to L side, then touch L toe near R instep; repeat; step to L on L, and close R to L, and repeat; step again to L on L and close R, and step again on L and take wt on L.

5-8 Repeat meas 1-4, starting twd R on man's R, stepping twd R on meas 7-8.

9-16 TURNING TWO-STEP FOR 8 MEAS

If it has not been previously taught, the turning two-step should be taught at this point. Point out that the side-close-side of measure 4 is a basic two-step, and have the dancers do this meas alternately to the L and to the R until they have the feeling of it. Then, if the man will step slightly fwd and to the L, turning slightly RF as he does the close-left, and slightly bwd and to the R as he does the right-

two meas (woman doing the opp, of course). At the same time he is making progress down the hall in LOD, CCW around the room.

Because the routine is short and the practice so valuable, the music is repeated for a total of 9 times.

By studying and using the spoken cues, an inexperienced teacher can teach this dance very readily, and the dancers will have a sense of accomplishment by starting with something within their capacity.

The music is quick and gay and the dance should be done playfully and lightly. Stress good posture and no stamping.