

ME AND MY SHADOW

Issued Oct. 1951

Originated by Helen Horn and Edith Lee of California.

POSITION: Varsouviana facing LOD.
 MUSIC : "Me and My Shadow" Rainbow #60044 - 2/4 time/
 Start : Both on the left foot.

Figure :
 1-2 Heel toe; heel toe, two-step
 With left foot touch heel to side and toe across and then repeat this heel and toe (cts 1 & 2 &) then one two-step.
 3-4 Repeat measures 1-2 starting with the right foot.
 5-8 Repeat measures 1-4 as above.
 9-10 The gent does two two-steps forward starting left foot, the lady does a right face turn in 2 two-steps to end in front of the gent, both facing LOD and hands joined at shoulder height.
 11-12 Walk-2-3-4 (walking four steps forward)
 13-14 2 two-steps forward starting on left foot.
 15-16 The gent's walk four steps in LOD while the lady's do 2 right face twirls (CW) under the gent's right arm.

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MOCKINGBIRD WALTZ *R*

Originated by Helen Day of Boise, Idaho, as appeared in Sets in Order.

Position: Open dance facing LOD
 Music : Mocking Bird Hill - Capitol #1373
 Start : Outside feet. Directions for the gent.

Figure :
 1. Step forward on the left, swing the right forward, at the same time swing the joined hands forward turning slightly back to back.
 2- 1 pursuit waltz step forward, at the same time swinging the joined hands back so that partners face each other slightly.
 3-4 Repeat measure 1-2 still in LOD.
 5-6 Facing partner with gent's left side to LOD and both hands joined. Step to the side with the left foot; cross the right behind the left; step to the side again with the left foot; swing the right foot over in front of the left.
 7-8 Repeat measure 5-6 moving RLOD and starting Right foot.
 9-10 Balance forward toward partner (gents L and lady's R) to a banjo position with right hips adjacent, then balance away bringing the joined hands together in front.
 11- The lady does the three step twirl under the gent's left arm while gent does three steps in place, Ending in closed dance position.
 12-13 Balance forward on gent's left (lady back on right) then back on gent's right (lady forward on left).
 14-16 Three CW waltz steps starting on gent's right to end in open dance position without a whirl.

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