

Camp Hill Contra

This is a teaching dance that I composed and have used for adults and children as young as third grade. It uses backwards chaining; a teaching technique that begins with the last figure and adds earlier figures a step at a time. This way the dancer is always moving towards the familiar. In this case, the most abstract notions, progression, neutral couples, crossing over, ones travel down and twos travel up, are named and are the focus of the first simple figure. As other simple figures are added the dance is repeated and the progression is reviewed numerous times.

Camp Hill Contra

Figure	Teaching Points
B2 Circle Left/balance the circle: 1s dive thru	<ul style="list-style-type: none"> • Numbers of couples • Must complete a full circle in 7 counts • Progression • Neutral couple comes back as the other number • Crossing over (optional)
<i>Dance this with music 4 to 8 times through then add:</i>	
B1 Star Right and Left	<ul style="list-style-type: none"> • Teach “Pack Saddle Star”. Hand in flat, palm down. Take the wrist of the person on the thumb side.
<i>Dance B1 & B2 until smooth and then add:</i>	
A2 Do si do Neighbor then Partner.	<ul style="list-style-type: none"> • Consider teaching how to use all 8 beats of dsd.
<i>Dance A2, B1 & B2 until smooth and then add:</i>	
A1 The “Black Joke Clap” N, Pt, N, Pt i.e. Clap own hands, then opposites Rh, own hands then opposites Lh. (4 beats)	
<i>Dance the whole dance for as long as people are having fun.</i>	

The Camp Hill Contra DI or DP

John J Krumm

- A1** The “Black Joke Clap” N;Pt/ N;Pt
- A2** Do si do Neighbor /Partner.
- B1** Star Right / Left
- B2** Circle Left/balance the circle; 1s dive thru