

## **Mike Anastasia Square Dance Class - Definitions for Week 4**

**This week is deliberately light on new calls** - Week 3 was very dense so we'll do a lot of review, and Swing Your Partner this week takes some practice!

**FOUR MEN/LADIES PROMENADE:** Typical starting formation - squared set. Designated dancers step forward into the middle, face promenade direction (right), and walk in a circle around the center.

**LADIES IN, MEN SASHAY:** Typical starting formation - circle of eight. Dancers drop hands, and the ladies step straight forward into the middle. The men continue circling in the direction they were circling until they have passed one lady, the ladies back up to rejoin the circle, and all continue circling.

**LEAD RIGHT/LEFT:** Typical starting formation - facing couples. On Lead Right, each couple, working as a unit, turns 90° to the right, pivoting around the right-hand dancer. On Lead Left, each couple turns to the left, pivoting around the left-hand dancer. Ends in couples back to back.

**SWING YOUR PARTNER:** Typical starting formation - man and lady facing. Dancers step up into ballroom position. The man's right hand is on the lady's upper back, near her shoulder blade, and his left hand holds the lady's right hand. The lady's left hand rests on the man's right shoulder. Dancers stand slightly offset from each other and move forward around each other by pushing forward with their outside (left) feet, and walking in a very small circle with their inner (right) feet. To break out of a swing, the couple release their handhold and the lady rolls to end next to the man on his right, facing promenade direction. Alternatively, to twirl, the man and lady raise their joined hands and drop their grips, while the lady turns under their joined hands toward the right. Ends in a couple facing promenade direction.

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This work is derived from [Tech Squares Class Handouts and Definitions](http://www.mit.edu/~tech-squares/lessons/) <http://www.mit.edu/~tech-squares/lessons/> by [Tech Squares](http://www.mit.edu/~tech-squares/) and distributed under the same license. It has been modified by re-ordering the calls to match Mike's syllabus.