



CALLED BY:
TONY McUMBER

SSR-163

S L A CONTRA

Formation: Improper duple (1,3,5 etc. active and crossed over)

Intro (8 beats)

(LEFT HAND LADY SWING)

_____	_____	_____	_____	;	put <u>HER</u> on <u>RIGHT</u> go <u>DOWN</u> in <u>FOURS</u>
_____	_____	<u>DIXIE</u>	<u>TWIRL</u>	_____	_____
_____	_____	<u>COME</u>	<u>BACK</u>	_____	<u>CAST</u> <u>OFF</u>
_____	_____	_____	_____	_____	<u>HALF</u> <u>PROMEN</u> <u>-ADE</u>
_____	_____	_____	_____	<u>LADIES</u>	<u>LEAD,</u> <u>HEY</u> for <u>FOUR</u>
_____	_____	*	_____	<u>LINES</u>	<u>GO</u> <u>FOR-ward</u> and <u>BACK</u>
_____	_____	_____	_____	<u>BRAND</u> new <u>LEFT-</u> hand <u>LA-</u> dy <u>SWING</u>	

* Caller indicates Ends Cross Over second time and every other time through the dance. As dancers learn the dance, less prompting is necessary.

SLA = St. Louis Arch Contra. An original modern contra dance written by Tony & Becky McUmbur in honor of the 42 National Convention

See page 2 & 3 for Description of Movements

www.silversoundsmusic.com

Description of Movements for

SLA CONTRA

Men face the lady on the left: Ladies face the men.

Swing (8 beats, No Twirl) Finish facing foot of hall (away from caller).

Down in Fours (4 beats) Lines of four walk four steps forward.

Dixie Twirl (8 beats)

Lines of four facing foot of hall:

Center most two dancers raise joined hands in an arch
Far right-hand lady walks to her left under the arch,
taking her partner with her. Without letting go of hands,
this couple veers to the right to become the right-hand
couple in lines facing up the hall.

Simultaneously, the far left-hand gentleman and his partner
walk as a couple in a sweeping turn to the right to become the
left-hand couple in lines facing up the hall.

Come Back (4 beats) Lines march four steps up the hall (toward caller).

Cast Off (8 beats)

Lines of four facing head of hall:

Center most two dancers let go of hands and pivoting on the
end dancers, couples wheel away, turning 3/4 around to finish
facing each other across the set.

Half Promenade (8 beats)

Couples facing in lines:

Couples exchange places by walking toward each other so that
the men pass left shoulders, then wheeling around into the
other's former position to face across the set.

*All are now back in original lines, facing original partner, but having
moved up or down one place in the line. Progression has occurred.*

Hey for Four (16 beats)

Ladies cross the set, passing right shoulders with each other. As they

Page 3

approach the men, the men will begin to cross the set, passing left shoulders with the ladies and right shoulders with each other. As each dancer reaches the opposite side, he or she will make a looping left-face turn to face in and repeat this action back to original places.

Lines Go Forward and Back (8 beats) 4 steps forward, 4 steps back, with a slight bow on the fourth step forward.



At this point there is one person on each end of each line who cannot do the dance because of his/her position in line. At the end of the next sequence (before saying "Lines Go Forward And Back"), the caller will direct these people to cross over, whereupon they may rejoin the dance.

www.silversoundsmusic.com