

You will find this pictorial introduction to Southern Appalachian folk dancing, showing the simplest group movements, the start of many pleasant associations. The figures have been handed down to us from our pioneer forefathers. We seldom change them or have any desire to change the music, for they have worn well, are still charming—and they are fun to do!

Don't let your party get so enthusiastic that hilarity spoils the dancing. Worse still, don't be too earnest about these steps—individual initiative makes for more pleasure. Remember to follow the sustained tempo of the music even if you are correcting a mistake just made. Square dancing is not a hard task master. But working together like a good team helps everybody to have a good time. . .

*So, Get Your Partners,
Form A Ring, Count Off,
Start The Music, and All
Go Left!*

Rascom Lamar Lunsford

Director,
Asheville, North Carolina
Annual Mountain Dance and Folk Festival

