

Contra Dance

Fundamental Movements

- Right hand turn
- Left hand turn
- Right two hand turn (Right elbow)
- Left two hand turn (Left elbow)
- Star right
- Star left
- Ladies Chain
- Do-si-do
- Cast off (Historic Victorian)
- Rights and lefts (mantra)
- Pull through
- Pass through
- Turn Single
- Turn as a couple
- Salute (waist not butt)
- Chassez
- Balance'
- Forward & back