

Chaos Mixer

(Swiss Break Mixer, Phrase Craze Mixer)

Music: Any square (4x8) walking-tempo song. For contemporary appeal, I use energetic electro-swing.

Formation: Couples holding inside hands, Follow on the right, scattered around room

1) Walk: Starting outside feet, walk 8 counts, anywhere in the room

2) Back Away, Stamp and Clap: Walk back 4 steps away from partner, facing partner, then three quick stamps (5-and-6), and three quick claps (7-and-8)

3) Right Elbow Wheel with Partner: Link right elbows with partner and wheel for 8

4) Left Elbow Wheel with New Partner: Link left elbows with a new partner (anyone nearby) and wheel for 8, then take inside hands and repeat

Note 1: You can also do this in an orderly circle, with the Leads progressing forward and the Follows backwards to their new partner for the Left Elbow Wheel, but I find the chaos of mixing anywhere in the room to be a large part of the appeal of the dance.

Note 2: There are many different versions of this dance, which replace the elbow wheels with do-si-dos and swinging your new partner (buzz steps).