

# SEXTET MIXER

(also known as the Borrowdale Exchange)

*A Scottish Country Dance*

**Music:** Any square (8x8) polka.

**Formation:** Groups of three couples (sextets), hands held in small sextet circles, Follow at Lead's right.

**1) Circle Left:** As a sextet, circle left for eight counts (with galop steps).

**2) Circle Right:** As a sextet, circle right for eight counts (with galop steps).

**3) Balance:** Balance in, balance out, balance in, balance out (with polka steps). Keep tension in the circle so that it feels like you're pulling your opposite toward you.

**4) Dos-à-Dos:** Drop hands, face partner, and dos-à-dos around your partner, clockwise.

**5) Right Hand Star:** All right hand star (with polka steps), taking hands with the dancer of the opposite role across from you. This will be your new partner.

**6) Pull Under:** The Lead with the lowest hand pulls his new partner under, closing up to waltz position. Then the Lead with the second lowest hand pulls his new partner under, and finally the Lead with the highest hand takes his new partner in his arms.

**7 & 8) Mix:** In closed position, polka anywhere in the room, finding and forming a new sextet by the end of the phrase, taking hands in your new sextet circle to repeat.

*Note:* While sextets are ideal, quartets and octets often spontaneously arise (it's hard to spontaneously organize into even sextets on the fly!), and they also work, for those rounds where you find yourself in one. In a quartet, you'll need to get creative with the wheel, as your new partner is beside you, rather than across from you.