

Oklahoma Trio Mixer

(a.k.a. Oklahoma Mixer,
Texas Schottische,
California Schottische*)

Music: Any square (4x4) schottische.

Formation: Trios (one Lead and two Follows, of either gender), facing LOD. Lead has both hands in front by his sides, and Follows take Lead's hands with their outside hands (left Follow's left and right Follow's right), taking inside hands behind his back, in a heart-shaped formation. All start on the left foot.

1) Polka Promenade: Promenade with two slow polkas (slide-close-slide) forward along LOD, first left foot, then right foot.

2) Strutting Promenade: Starting left foot, strut forward four slow steps.

3) Send Follows Out: Left foot heel-toe, then send Follows out along LOD with a polka triple step, so that they face back LOD, holding the Leads hands only, in a V-shaped formation. Lead dances heel-toe, triple in place.

4) Send Follows Back: Right foot heel-toe, then send Follows forward against LOD to the next Lead with a polka triple step. As they reach the new Lead, Follows turn to face along LOD, taking the heart shaped position with this new partner to repeat from the beginning. Lead dances heel-toe, triple forward along LOD to meet his new partners.

* There are many different names for this dance, and for each name, there are multiple dances for which that name is claimed. I use the Folk Dance Federation of California's moniker, "Oklahoma Trio Mixer," as this seems to be relatively unambiguous.