

THE BLUE GOOSE STEP

A FOX TROT TO SING AND DANCE



Words and Music
by

Lennard Nicholson
Most Loyal Gander
"CONSIN HOME NEST," 1922-1923

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A Fox-Trot to Sing and Dance

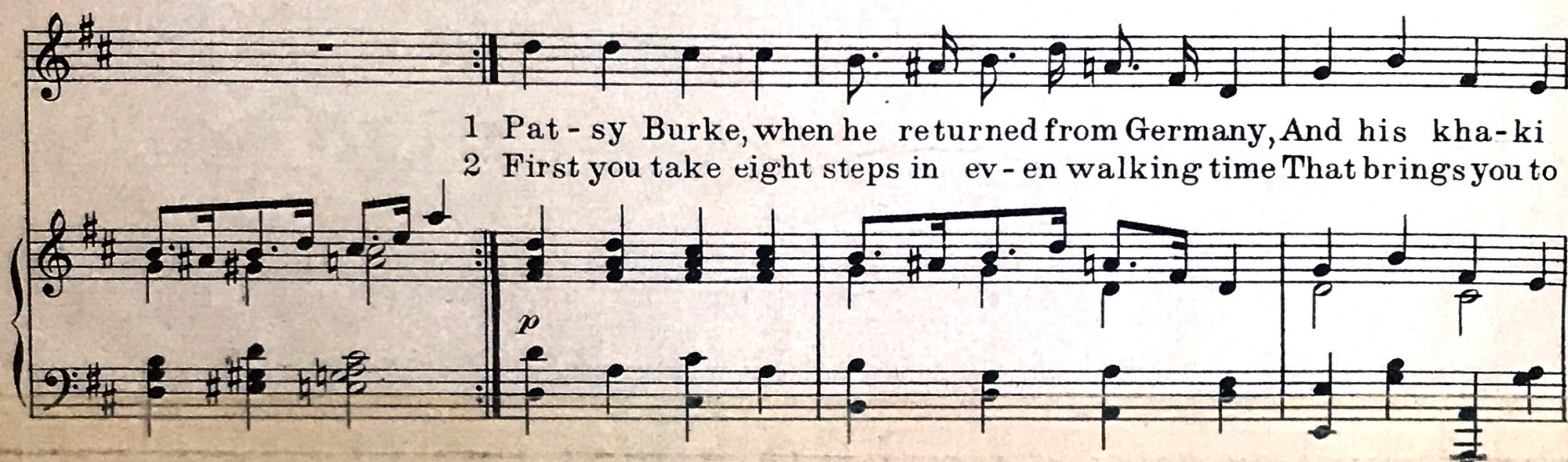
By ROY LENNARD NICHOLSON

Fox-Trot tempo

*Till ready,
and between
the verses*

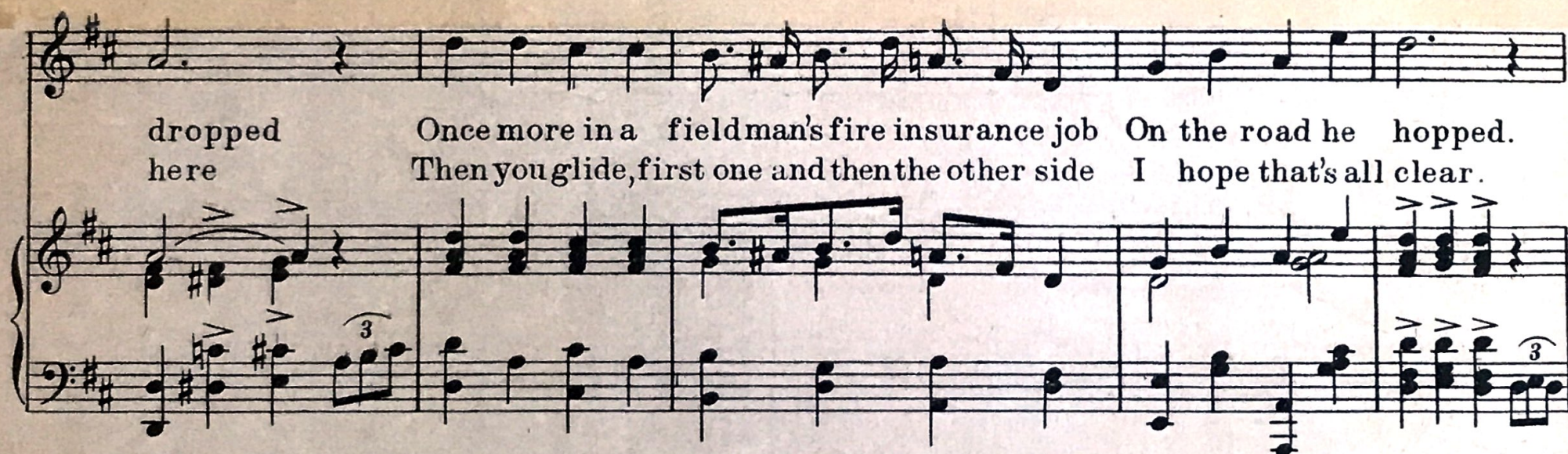


1 Pat - sy Burke, when he returned from Germany, And his kha - ki
2 First you take eight steps in ev - en walking time That brings you to

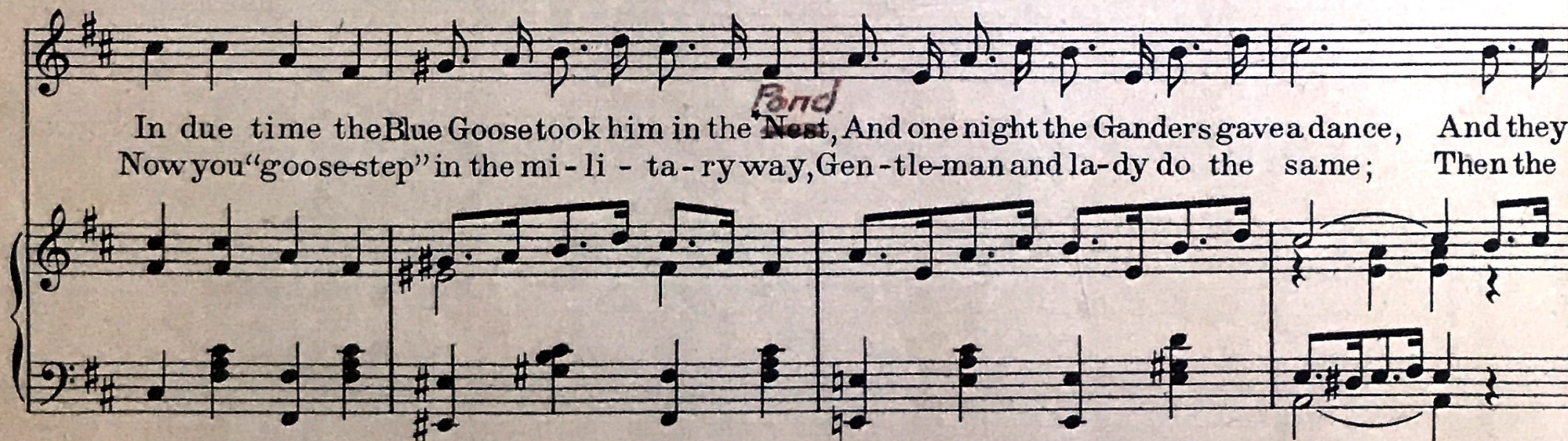


dropped
here

Once more in a fieldman's fire insurance job On the road he hopped.
Then you glide, first one and then the other side I hope that's all clear.



In due time the Blue Goose took him in the ~~Nest~~ Pond, And one night the Ganders gave a dance, And they
Now you "goose-step" in the mi - li - ta - ry way, Gen - tle - man and la - dy do the same; Then the



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*At all meetings other than those of the "Grand Nest" or the "Wisconsin Home Nest" substitute the word "Pond" for "Nest".

taught our Pat, A new "goose step" that wasn't like the one he saw tried out in France.
old two-step, Full of grace and pep, Ends the dance that we have honored with our name.

CHORUS with spirit

It's a Goose step, A snap-py goose step, But a step no Kai-ser knew; It's no

oose step, Nor "raise the deuce" step, But a dance we each can do. All Ganders and their

la-dy friends Enjoy it when they get the chance, This new goose step, The old "Blue

Goose" step, It's the Gan-ders o-rig-i-nal dance. It's a dance.

The Blue Goose Step

The Original Fox Trot of the Ancient and Honorable Order of the BLUE GOOSE

Originated by Roy L. Nicholson,
Most Loyal Gander,
Wisconsin Home Nest, 1922-1923.

—oOo—

In practicing this dance, please remember:

There are four beats to each bar of music and four such bars comprise each measure of the dance.

In measures No. 1, 2 and 4 the couple assume the usual dancing position, gentlemen going forward and lady backward. In measure No. 3, the "goose step", both face forward.

Don't wriggle, shimmy, use grotesque motions, or assume any position that would be displeasing to your audience. Dancing should be "the poetry of motion" and you can do a fox trot as gracefully as the old style waltz. Dance as much as possible on the ball of the foot, with the heel just off the ground. AND DANCE TO THE MUSIC.

ALL RIGHT - - - LETS GO!

FIRST MEASURE: "The Walk." Eight walking steps, one step to each two beats of music, which is two steps to the bar. Gentleman starts forward with left foot; lady starts backward with right foot. Swing slightly to the rhythm of the music. On the last step the gentleman makes a quarter turn and faces his right and lady turns with him. He now has his left arm and shoulder, and lady has her right shoulder, pointing in the direction they are moving, ready for the second measure.

SECOND MEASURE: "The Glide." Count four beats to the bar. On "one" gentleman steps out sideways in way of direction with his left foot and on "two" he slides up his right foot close to it. Lady simultaneously steps out with her right on "one" and slides up her left on "two." He takes another step forward on "three" and slides up on "four." Another step on "five" and slide on "six." Lady facing him is keeping abreast with him. On "seven" gentleman takes his step forward with lady as before, but on "eight" he swings to his left with his partner a full half turn so his right shoulder, and lady's left are now pointing in way of direction, and he puts his right foot down on "one" of the next eight beats.

On "one" the gentleman puts down his right foot and on "two" slides his left foot up to it. Lady on "one" steps forward with left foot and slides up her right foot to it on "two." Forward on "three" and slide on "four"; forward on "five" and slide on "six." On "seven" gentleman and lady step forward as before, but on "eight" the gentleman releases hold of lady's right hand in his left, swings a quarter turn to his right and faces in way of direction, his left leg up and out ready to put down on "one" of the next measure. His left arm drops straight to his side. Simultaneously, on "eight" the lady swings a three-quarter turn to her right so she faces way of direction at gentleman's right side, her right leg swinging out and ready to put down on "one" of next measure. Her right arm drops to her side, but her left remains on gentleman's right shoulder. Gentleman's right arm remains around lady's waist, holding her and assisting her in this broad swinging turn, and throughout the next measure.

THIRD MEASURE: "The Goose Step." Gentleman and lady go forward in military formation, both facing way of direction. Knees perfectly stiff. On "one" gentleman's left and lady's right foot come down on heel, and stay there on beat of "two." Just before "three" gentleman raises his right leg and lady raises her left leg, and bring them down stiffly on beat of "three" and keep them down for "four." This is done eight times in all and completes the measure, four bars of music. On the last beat of "eight" the gentleman turns towards the lady and takes her right hand again in his left, ready for the next and last measure.

FOURTH MEASURE: "The Two Step." This is the ordinary old fashioned two step familiar to most dancers. Dance two full turns in the four bars of music, moving round to the gentleman's right. On "one" the gentleman steps out with left foot, on count of "two" he slides up his right foot to it, and on "three" he steps out again with the left and holds it for "four." On "five" he steps out with right, slides up left foot on the "six", and out with right again on "seven" and hold for "eight." Repeat for full measure of last two bars of music. Lady, in ordinary dance position, steps out with right on "one", slides up left to it on "two" and out again with right on "three" and holds "four." On "five" she steps out with left, slides up right on "six", and out with left again on "seven," holding "eight." Repeat.

Then start all over again from first measure, "the walk."