

ADELAIDE RACE DAY

MCD CD 1, track 1. 40 bar single reels, 2-4 set tunes or galops at 58-60 bars a minute. This dance was popularised by the late Nell Challingsworth, founder of several of the Heritage Dance Groups in Australia and author of *Dancing Down the Years* and *Australia's Dancing Heritage*. The dance is based on several popular movements from the quadrilles and to link it with Adelaide includes a German hand clapping flavour.

Formation:

Circle of 10 to 20 couples, lady on right of partner.



Dance (in bars):

- 4 All join hands with partners & skip 4 steps to centre, then 4 skips backwards to place
 - 4 Ladies only skip 4 steps to centre, half turn & then skip forward to partner
 - 8 Holding partners' hands slip step 8 counts to man's left around circle then repeat back to place
 - 1 Standing side onto the circle, clap own hands on count 1, partner's right hand on 2. Repeat clapping own hands, count 3 & partner's left hand count 4. Clap own hands on count 5. Clap both hands with partner on count 6. Take the *German hand hold on count 7 & 8.
 - 4 Slip step sideways to centre 4 counts then back to place.
 - 8 **Swing partners in the German or short (Kamarooka) hold
 - 8 Give right hands to partners & grand chain around to the 7th person. All circle up again
- Repeat as often as required.



*German hand hold, facing partners, grasp each other by the forearms.

**This swing had been added to the original dance and therefore requires 40 bar tunes in place of 32 bars. It is suggested an 8 bar tag be used at the beginning of each tune if 40 bar tunes are not at hand.