

# SWINGOLA

(Old Time English Ballroom Dance)

MUSIC: Record: Mercury 5249, *Cruising Down the River*  
 Piano: *Cruising Down the River*—Beadell & Tolbert Music Publishing Co., Inc.,  
 1619 Broadway, New York 19, N. Y.

FORMATION: Couples in Varsouvienne Position

STEPS: Waltz\*, Walk\*, Step-Close\*, Step-Swing\*

Music 3/4

PATTERN

- MEASURES I. *Cross, Swing*
- 1 Both step L foot across R turning body slightly to R. (ct. 1).  
 Swing R foot fwd. (cts. 2, 3)
- 2 Step R behind L foot (ct. 1), hold (ct. 2)  
 Step on L beside R (ct. 3)
- 3-4 Repeat action of measures 1 & 2, R foot across L, turning body slightly to L
- 5-8 Repeat action of measures 1-4
- II. *Step-Close and Waltz*
- 9 Step directly L on L foot (ct. 1), hold (ct. 2), close R to L, placing weight on  
 R (ct. 3)
- 10 Step L (ct. 1), hold (ct. 2), close R to L, keeping weight on L (ct. 3).
- 11 Repeat action of measure 9, starting R and moving directly to R.
- 12 M steps R (ct. 1), hold (ct. 2), close L to R, keeping weight on R (ct. 3); W steps  
 R (ct. 1), hold (ct. 2), close L to R, placing weight on L (ct. 3).  
 Note: On ct. 3 W turns to face partner and they assume closed position.
- 13-16 M starting L, W R, take 4 waltz steps turning clockwise and progressing counter-  
 clockwise. Finish with M back to center of room, R hips adjacent.
- III. *Step-Close, Step-Swing, Walk*
- 17-18 Move toward center of room (M bwd., W fwd.), M steps back L (ct. 1), hold  
 (ct. 2), close R to L, placing weight on R (ct. 3). Step back L (ct. 1), swing R  
 directly fwd. (cts. 2, 3).  
 W steps fwd. R (ct. 1), hold (ct. 2), close L to R, placing weight on L (ct. 3).  
 Step fwd. R (ct. 1). Swing L directly fwd. (cts. 2, 3)
- 19-20 Repeat action of measures 17-18 starting opposite feet moving away from center.  
 Finish final swing with W facing counterclockwise, M clockwise, L hips adjacent.
- 21-22 Walk counterclockwise, one step to measure.  
 M steps bwd. L (cts. 1, 2, 3), steps back R, pivoting to L on R to face counter-  
 clockwise (cts. 1, 2, 3).  
 W steps forward R (cts. 1, 2, 3), forward L (cts. 1, 2, 3)
- 23-24 Both walk fwd. two more steps, starting M L, W R (cts. 1, 2, 3—1, 2, 3)
- IV. *Waltz, Step-Close, Step-Swing*
- 25-28 Still in closed position, partners face each other and take 4 waltz steps turning  
 clockwise and progressing counterclockwise (M starts L, W R). On measure 28  
 (4th waltz step) M ends facing counterclockwise, W makes half turn R to face  
 counterclockwise and they assume varsouvienne position.
- 29-32 Repeat action of measure 17-20, both starting forward on L. On measures 29-30  
 both travel forward (counterclockwise). On measures 31-32, both travel backward  
 (clockwise)

Note: *The above recording plays through the dance sequence five times, but a two  
 measure break occurs between the third and fourth sequences. On this break,  
 waltz-balance forward L (cts. 1, 2, 3), waltz-balance bwd. R (cts. 1, 2, 3)*