Hires
THROWS A
SQUARE
DANCE
WITH
Chris
Sanderson
THE MOST FAMOUS MAN IN SQUARE DANCING . . . CHRIS SANDERSON

PENNSYLVANIA born Christian C. Sanderson and his Pocopson Valley Boys average four square dance engagements a week. This has been going on for seventeen years, a total of well over 3,000 performances, including eleven appearances at the famous National Folk Festival.

Back in 1905, while a school teacher at Chadds Ford, Pa., Chris and his fiddle entertained the local Brandywine folks. Twenty-seven years later, Station WDEL, Wilmington, Delaware, was airing Sanderson’s skit, “Old Folks at Home.” By chance one evening, the program called for a square dance. That did it. The stentorian caller of Chadds Ford started an avalanche of fan mail. In almost no time Chris Sanderson was broadcasting regularly and making appearances in fifteen states. He and his Pocopson Valley Boys have played for practically every kind of audience. The square dance maestro once worked his magic on the wild beasts at the Philadelphia Zoo.

“If you can walk, you can square dance.” Sanderson can back this statement with almost half a century of calling figures. The variations of the contra, circle and square dance are practically endless. Chris himself has a working knowledge of over one hundred different figures. The dances in this book were selected for you by Chris. When you have mastered them, you will be able to do any of the country dances with only a few moments’ instruction.
SQUARE DANCE MUSIC

First of all, square dance music has foot-tingling rhythm. Second, its "beat" is more pronounced than the tune. Third, it is characterized by that backwoods flavor that folks associate with old-fashioned music and that rollicking air that goes with the fast-stepping square dance. Some popular square dance tunes are:

A. The Duke of York  
B. Golden Slippers  
C. Soldier's Joy  
D. The Arkansas Traveler  
E. Pop! Goes the Weasel  
F. Buffalo Girl  
G. Irish Washerwoman  
H. She'll Be Comin'  
I. Hand Me Down My Walking Cane  
J. Mountain Ballad  
K. Jingle Bells  
L. Sailor's Hornpipe

(M. The Girl I Left Behind Me  
N. Turkey in the Straw  
O. Money Musk  
P. Camptown Races  
Q. Little Brown Jug  
R. Ace of Diamonds  
S. Lady of the Lake)

(Letter before the tune is used below to show appropriate music for each dance.)

These numbers are all on records, and for a small dance at home, school, and church social, you can very readily use your own record player. There are square dance record albums—in some cases complete with calls. Many high school groups square dance at lunch periods to tunes on the school’s record player.

There are three types of country dances usually called at a square dance.

One is the round, or circle, dance in which the dancers start by forming a circle. Popular round dances are:

Kentucky Running Set  
(H-I-J-K)  
Ace of Diamonds  
(Heel and Toe  
(R)  
Portland Fancy  
(Q)  
Swarthmore Swing  
(K-L)

In the contra dance, partners form two long lines facing each other. Popular contra dances are:

Virginia Reel  
(G)  
Lady of the Lake  
(S)  
The Duke of York  
(A)

The square dance (four couples to a set) has many variations. Here are a few of the most widely used:

Ladies’ Chain  
(B)  
Texas Star  
(D)  
The Girl I Left Behind Me  
(M)  
Powder Mill Grind  
(C)  
Right Hand Up  
(P)  
Chase the Fox  
(C)  
Take a Little Peek  
(D)  
Indian Quadrille  
(F)  
Darling Nellie Gray  
(C)  
Pop! Goes the Weasel  
(E)  
Buffalo Girl  
(F)  
Waltz Quadrille  
(C)  
Dive for the Oyster  
(H-I-J)
HEEL AND TOE CIRCLE DANCE

This is a good "ice breaker" for your party.

1. Form a large circle, ladies facing center of the circle and gents with their backs to the center, facing their ladies. Now play some tune like "Little Brown Jug" and we are ready to start.

2. Without moving the rest of your body, the lady's right foot and gent's left foot touch the heel to the floor and point the toe, alternately. Heel and toe. Heel and toe.

3. Now sashay 4 steps to the gent's left. Sashay is a sort of sliding step to the side, catching hold of hands and sliding together. (Instead of catching hands, you may assume regular dance position if you wish.)

4. In this position, the lady with her left foot and the gent with his right foot again . . . heel and toe. Heel and toe. Then sashay back to their original position by taking 4 steps to the gent's right.

5. Now they both hit their right hands together 3 times . . . then their left hands 3 times . . . then both hands together 3 times. Then each hits his own knees with hands 3 times.

6. Next the gent takes his lady and they turn around once on 6 counts. They end with each stamping right foot 3 times. As soon as they know this well enough, the lady only will stamp, while the gent takes those 3 counts to move over to the next lady on his left.
SQUARE DANCE FUNDAMENTALS

Hurrah! That circle dance should have seen that everyone at the party met everyone else. Ready to try a square dance now?

There are some things you should keep in mind in square dancing. A set consists of four couples. They stand on the sides of an imaginary square, facing the center and each couple should be about seven paces from the couple opposite them. The lady always stands to the right of her gent and she is his "own." The lady at his left is called his "corner lady." The head couple is usually the couple who are standing with their backs to the music. So much for the position.

The rhythm is fast in square dancing. You will find a movement to almost every beat of the music.

Most square dances begin with a bow to your partner, and a bow to your corner. Then all eight join hands and dance around, first to the left until they are half-way around the circle, and then back to the right until they have reached their original position. This is usually called "Hands all around." The introduction usually ends with "Swing your corner and swing your own." Take the lady and hold her in regular ballroom dancing position and circle her around; the gent acts as a pivot.

Another popular square dancing step is the "sashay." Face your partner, assume regular dancing position, and slide sideways.

Now, get ready to have some fun.
Now, if someone can play “She’ll Be Comin’ ’Round the Mountain,” we are ready to start on this well-known square dance.

Bow to your partner
Bow to your corner
Hands all around

Other way
Swing your corner
Swing your own

And here is what you do: Bow to your partner. Then bow to your corner. Now all eight catch hands and make a circle. Dance to your left, half-way around the circle. Reverse, and dance to the right, back to your original position. Gents, swing your corner lady and then swing your own lady. “Swing your lady” means to hold her in the customary dance position and dance her around, remaining at the same spot on the floor.

“First couple out to the right”

Now the head couple (who are standing with their backs to the music) catch hands and dance over to face the second couple who are on their right.

Dive for the oyster
Dig for the clam
Dive for your home in the Happyland
(over you go)

Those four join hands, but the second couple form an arch with their inside arms, while the head couple “dive” through without dropping hands and come back. Still without dropping hands, the head couple form the arch with their inside arms and the second couple
"dive" and come back. Then with "Dive for your home . . ." the head couple once more dive through the second couple's arch, this time letting go hands with the arch and going right on through the arch. They dance right on over to couple No. 3.

Dive for the Indian
Dive for the squaw
Dive for the gal from Arkansas
(over you go)

When the head couple reach their original position, after dancing with the other three couples, finish off by all joining hands as you did in the beginning and dancing half-way around in a circle to the left. Reverse, and dance back to your original position. Swing your corner lady and then swing your own lady.

Hands all around
Other way
Swing your corner
Swing your own

Now the second couple becomes the traveling couple with the call "second couple out to the right," and go through the complete dance routine above. After this, the third and fourth couples follow in order.
TAKE A LITTLE PEEK

This very popular dance goes well to the tune of "The Arkansas Traveler."

Take your set positions (4 couples to a square).

Bow to your partner
Bow to your corner
Hands all around

Other way
Swing your corner
Swing your own

"First couple out to the right"

As this call starts, the head couple join hands and go over to the couple at their right.

Over you go: take a little peek
Back you go and swing your sweet
Back you go and peek once more
Now back you go and swing all four

When they reach the second couple, the head couple face them and let go hands. Then they

"Peek" at each other behind the backs of the second couple. The head gent swings his lady (once
around with the gent as pivot). The head couple now "peek once more," after which the head gent and No. 2 gent each swing their own ladies. The head couple now dance over to couple No. 3 and repeat this peek routine.

(over you go)

Head couple now dance to couple No. 4 at this call, do their peek routine and then return to their original position.

When the head couple return to their original position

**Hands all around**

**Back again**

All join hands, dance half-way around, then back again to their original positions.

**Swing your corner**

**Swing your own**

With the same calls (or your own versions of these calls), couple No. 2 dance to each of the couples in turn to take a little peek, then the third and fourth couples do the same. As each couple returns to its "home," the group joins "hands all around—back again—swing your corner—swing your own."

Of course, while each couple is doing its routine, the others are not standing woodenly by. They are swaying and stamping to the music to make a spirited dance.

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If you want more Hires Square Dance booklets you can get extra copies for your school, club or church group; just fill out other side of this coupon and mail with coin, properly wrapped (please do not send stamps), to

**THE CHARLES E. HIRES CO.**
POP! GOES THE WEASEL

This is a very popular and spirited square dance to the tune of the same name.

Bow to your partner
Bow to your corner
Hands all around
Other way
Swing your corner
Swing your own

You follow the above routine just as in the other square dances.

First lady lead off to the right
Circle three hands around like thunder
Round and around and around you go
Now Pop the lady under

The head lady dances to the second couple and the three catch hands and circle around. When the caller says “POP,” the head lady goes through an arch, made by couple No. 2 holding their hands in the air, and dances to the third couple to repeat. As she starts toward the third couple, the head gent moves over to the second couple and goes through the same routine, one couple behind his lady.

And now her man follows off to the right
And circle without blunder
Take him around and around he goes and Pop the old boy under

(Head lady moves to fourth couple while head gent moves to third couple.)

The Charles E. Hires Co.
206 South 24th St., Phila. 3, Pa.

Please send .......... copies of “HIRES SQUARE DANCE BOOKLET” at 10c each in coin (no stamps, please) to cover cost of mailing and handling for which I am enclosing $............. to

Name .................................................................
Street Address ....................................................
Town .............................................................. State ........................................
Take that girl and circle her 'round
Till she's red in the face
Take her 'round and around and around
Then Pop her in her place

When the head lady reaches her original position she waits for her partner to finish to the call—

The little boy, still whirl around
Don't let him stray or roam
Give him a whirl around and around
And Pop him to his home

When the head couple are both "home"—
Bow to your partner
Bow to your corner
Hands all around

Other way
Swing your corner
Swing your own

Then,

"Second lady out to the right"

The second lady dances over to the third couple and goes through the same steps as the first lady did, followed by her gent, one couple behind. The dance continues till each of the couples goes through the "POP" with each of the other couples. Between each couple going out repeat the bows, hands around and swings.

While a lady and her gent are going around, each of the unoccupied couples swings and stamps to the music and as the caller shouts "POP," they clap their hands.

This is a long dance and its finish should be a signal for nice cool Hires.
VIRGINIA REEL

The Virginia Reel, which can be danced to almost any of the old-fashioned tunes, is known as a contra dance. “Irish Washerwoman” is a tune often played. Usually six couples make this a good dance.

First, the ladies line up in a row, facing their gents, in another row, with about five feet between them.

The music starts and, at the caller’s signal, the head gent and foot lady dance toward each other in the lane, meeting half way, make a bow, and then dance back to their places.

The head lady and foot gent do the same.

The head gent and foot lady dance toward each other again, hook their right elbows, circle, and return to their places.

The head lady and foot gent do the same.

The head gent and foot lady again dance to each other and dosi-do (circle around and keep their backs to each other). Back to their places.

The head lady and foot gent do the same.

The head gent and foot lady dance down the lane to each other, catch both hands, circle, and return to their places.

The head lady and foot gent do the same.
—The head lady and foot gent do the same.

—The head gent and head lady now join both hands and sashay (see page 4) down the whole length of the lane and back again. Returning to the head of the line, they do a circle holding right hands, then drop hands. At this point the head lady is facing the gent's row, and the head gent is facing the ladies. Now they swing down the line. In this movement the lady extends her left hand to each gent as she comes to him. The gent catches her hand with his left hand and she circles around him with the gent as a pivot. The head gent is doing likewise with his left hand down the line of ladies. After each swing the head gent and head lady catch right hands and swing around, then both move on to the next couple. (A variation of this swing is to hook elbows instead of holding hands.)

When the head gent and his lady reach the end of the lane, they catch right hands and do a half circle, then holding both hands, sashay back to their original positions.

Now the head lady goes down the line behind her line of ladies, and they in turn all follow her to the bottom of the set; the head gent does the same, followed by all his gents. At the bottom of the set, the head couple form an arch joining hands above their heads, and the following ladies and gents meet their partners and go through the arch together, the first couple through the arch going up to the top of the set to become head couple. And now you are ready to begin all over again.

There are no formal calls in the Virginia Reel. The caller simply indicates the movement by calling “up and bow,” “right hand,” “left hand,” “dosi-do,” etc.
"Balance All"—a good Irish type dance usually done to the tune of "Irish Washerwoman." After the regular introduction (see page 6), head couple dance to right to face second couple. Each person then swings right foot, then left foot in unison. To swing your foot means to give a short, graceful kick of your right foot over left foot, then left foot over right foot as in an Irish reel. Do this twice. Then swing your opposite, swing your own. Go over to third couple and repeat, then to fourth couple. Back home. Hands around—other way. Swing your corner—swing your own. Then second couple goes out. Dance ends with regular square dance ending (see page 7) when fourth couple has completed routine.

"Swing Ole Arkansaw"—a spirited dance, usually to the tune of "The Arkansas Traveler." Regular introduction. Head lady goes out to second couple, hooks right elbows with second lady, swings once around, hooks left elbows with second gent once around, dances back to her own gent and swings around with hooked right elbows. Usual call—"Swing ma—swing pa—go back and swing old Arkansaw."

Head lady does same routine with third couple, then fourth couple. Then second lady goes out. After all ladies have completed routine, head gent goes out, followed by other gents.

Regular square dance ending.

REFRESHMENTS

These old-fashioned dances are fast moving and strenuous. It will be well to have plenty of delicious Hires on hand to "wet the whistles" of the participants.

But there comes a time in the party when the guests want more than a thirst quencher. It is wise to be prepared for healthy appetites sharpened by exercise. Don't expect your guests to be satisfied with dainty salads. They'll crave food "with a capital F," and if it is a bit unusual, they'll applaud your effort. Here are a few recipes for unusual refreshments, easy to make, that go well with a square dance. They go well with Hires, too.

Hot dog and hamburger sandwiches are always popular. A novel way to serve the hot dog is to split it almost through and fill with sharp cheese, then wrap with slice of bacon and fasten with toothpick. Broil slowly. In some sections, this is known as a "Texas Tommy."
If you serve hamburgers, cut round rolls open and toast the insides, then put on a plate, toasted sides up. Put the hamburgers on one half; a slice of tomato, slice of onion and mound of relish on the other half. Sandwiches that look good, taste better.

Here’s a sandwich guests usually “go for”: Mix into a can of corned beef sufficient catsup to form a thick paste. Spread the above mixture on bread slices with crusts cut off, and cut the sandwich diagonally. Pile the triangle halves up on a tray and set where guests can reach them.

A delicious ham and hard boiled egg sandwich takes but little preparation; slice boiled ham very thin. On one half a roll put several slices of ham, and on top of the ham, a sliced hard boiled egg. Salt and pepper the egg. Spread Russian dressing on the other half roll, add a lettuce leaf and put the two halves together.

Cheese, tomato and bacon sandwiches. Cut large, round slices of white bread, and toast on one side. Cover untoasted side with sliced American cheese. On top of this, place one quarter-inch slice of tomato and two slices of bacon, placed criss-cross on tomato. Broil until bacon is crisp and brown. Season with grated onion (if desired).

If you are serving each guest with a sandwich plate and desire to use potato chips, put a dab of peanut butter on each potato chip. It does wonders.

Then for a refreshing cooler, a Hires “Black Cow” or “Float” is just what thirsty throats crave. Pour a bottle of Hires Root Beer into a tall glass. Add a generous dip of vanilla ice cream. Serve with a straw and spoon.
Square dancing and Hires have a lot in common. They are both a source of fellowship and friendship. They both appeal equally to all ages. They are both wholesome fun, and they are getting more popular every day. For 75 years, more Americans have bought Hires than any other root beer.

We think square dancing is good for America, and we hope that between sets even more Americans will discover the delicious flavor of ice cold Hires. Hires flavor comes from roots, barks and herbs, and not from artificial flavors generally used in other root beers.

You get double the quantity in each Hires carton for an extra nickel. Most other cartons hold 6 glasses; Hires gives you 12 glasses of one of the most popular soft drinks in America.

It pays to insist on Hires for real refreshment and enjoyment that makes a minute mean so much.