



COTTON-EYED JOE

FORMATION: Groups of two or four - side by side, facing counter clockwise around the circle.

PART 1

- Weight on left foot, bring right knee up and then push down towards floor TWICE (at the same time clap hands two times - Optional)
- Run on the spot - right - left - right
- Weight on right foot, bring left knee up and then push down towards floor TWICE (at the same time clap hands two times - Optional)
- Run on the spot - left - right - left

REPEAT ALL OF THE ABOVE

PART 2 (Travelling forward)

Do eight gallop steps

- right - together - right
- left - together - left
- right - together - right
- left - together - left
- right - together - right
- left - together - left
- right - together - right
- left - together - left

REPEAT PART 1 and PART 2 THROUGHOUT THE DANCE



PART 3 (Optional)

Part 3 can be done in place of PART 2 or for every other PART 2.

(part 1 - part 2 - part 1 - part 3 - part 1...etc)

- Step with right foot diagonally forward and crossed in front of right neighbour's left foot.
- Step with left foot diagonally forward and crossed in front of left neighbour's right foot.

REPEAT ABOVE SEVEN MORE TIMES