

ACTIVITY CARD

The Virginia Reel

Traditional Reel Line Dance

Music: [iTunes Link](#)

Modified steps are used with permission from Dr. Theresa Cone's website:
<http://users.rowan.edu/~conet/rhythms/CulturalDances/VirginiaReel.html>

Movement Name	Movement Description	Counts
Forward and Back	Step forward toward your partner on the beat. On the 4 th step, bow your head to your partner.	1-2-3-4
	Step backward away from your partner on the beat.	5-6-7-8
	Repeat.	1-2-3-4-5-6-7-8
Allemande Right	Take 2 steps toward your partner on the beat.	1-2
	Grab R hands (or link R elbows) and circle one another for 4 counts.	3-4-5-6
	Take 2 steps to return to your spot in line.	7-8
Allemande Left	Take 2 steps toward your partner on the beat.	1-2
	Grab L hands (or link L elbows) and circle one another for 4 counts.	3-4-5-6
	Take 2 steps to return to your spot in line.	7-8
Both Hands	Grab both your partner's hands and circle around one another until you're back to your place in line.	1-2-3-4-5-6-7-8

Do-Si-Do	Step toward your partner on the beat and pass them on the L side.	1-2-3
	Step sideways 2 steps so that you switch sides with your partner.	4-5
	Step backwards so that you pass your partner on the R side and return back to your place in line.	6-7-8
Head partners down and back	The head couple (partners at the end of the line closest to the music player or front of the room) move toward one another, grab hands out to the sides of their bodies, and slide all the way down the line (8 counts) and then back up to where they began (8 counts).	1-2-3-4-5-6-7-8- 1-2-3-4-5-6-7-8
Reel the Set (Optional Challenge Movement)	The head couple move toward each other and hook R elbows, swinging around each other 1½ times.	1-2-3-4
	The head couple switches lines, hooking L elbows with the next person in line and swinging around 1 time.	5-6-7-8
	The head couple meets in the middle again, hooking R elbows and swinging around each other 1½ times.	1-2-3-4
	Switching lines again (back to their original lines), the head couple hooks L elbows with the next person in line, swinging around 1 time.	5-6-7-8
	Repeat down the line until the head couple is at the very end of the line. Remember: always hook R elbows with each other and L elbows with the other couples in line.	As many 8 counts as necessary
Slide Back Up	The head couple grabs hands out to the sides of their bodies and slides back up to the head of the line.	1-2-3-4-5-6-7-8
Cast Off / Peel the Banana	All students turn to face the front of the room in 2 single-file lines. The head partner on the L turns to the L and walks toward the back of the line. The head partner on the R turns to the R and walks toward the back of the line as well. All others follow. Everyone claps to the beat.	1-2-3-4-5-6-7-8- 1-2-3-4-5-6-7-8
The Arch	The head couple meets at the back of the room and clasps hands above their heads, forming a human bridge. All the other pairs walk “under the tunnel” and back to the front of the room. Now the second couple is the new head couple and the former leaders are at the back of the line.	1-2-3-4-5-6-7-8- 1-2-3-4-5-6-7-8

The dance repeats until all partners have had the opportunity to be the head couple.