

## Jiffy Line Dance

(U.S.)

Dance composed by Jerry and Kathy Helt.

Music: 4/4 meter Windsor Records 4684 "Jiffy Mixer"  
 Formation: Four-wall line dance. No partners. All dancers start facing the same direction in loose lines.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
4 meas	<u>INTRODUCTION</u> . No action.	
1	Touch R heel to R (ct 1); touch R toe next to L (ct 2).	
2	Repeat meas 1.	
3	Step R to R (ct 1); step L next to R (ct 2).	
4	Repeat meas 3; on ct 2, touch L instead of putting weight on it.	
5-8	Repeat meas 1-4 with opp ftwk and direction.	
9	Jump bkwd, keeping wt on both feet (ct 1); hold (ct 2).	
10-12	Repeat meas 9 three times.	
13-15	Three slow Walking steps (R, L, R) on ct 1 of each meas.	
16	Step L fwd and turn $\frac{1}{4}$ to R (ct 1); hold (ct 2).	

Presented by Jerry Helt

## Contra Line Dance

(U.S.)

Formation: Contra formation. M with L shldr to the music. Partners across from each other.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
	Follow the same ftwk as Jiffy Line Dance (above) up to meas 12.	
13-16	Four slow Walking steps (R, L, R, L) on ct 1 of each meas, but move diagonally to the R to approach a new partner. The inactive person on the end of each line does an automatic cross-over and dances once throughout the sequence with an imaginary partner.	

Presented by Jerry Helt