

<b>SKIP TO MY LOU</b>	A simple circle dance to a traditional dance melody.
STEPS	Walk; slide; skip (optional)
FORMATION	Single circle in no particular order
POSITION	Hands joined low all the way around the circle
VARIATIONS	Learn the dance walking first. If the children know how to skip replace the walk “into the middle and back” with a skip.
MUSIC	Music in 2 with an 8 beat introduction and 4 phrases of 4 beats per phrase
REPETITIONS	The whole dance repeats 9 times after the introduction

All join hands into the middle			
walk R (or skip) 1	walk L (or skip) 2	walk R (or skip) 3	walk L (or skip) 4
Back to the start			
walk R (or skip) 1	walk L (or skip) 2	walk R (or skip) 3	walk L (or skip) 4
All join hands turn to the right CCW			
walk R 1	walk L 2	walk R 3	walk L 4
All slide to the R			
slide 1	slide 2	slide 3	slide 4