

Swiss Break Mixer

Described by Richard Powers

Suggested music: *Sally's Dance* by Parov Stelar. Any energized walking-tempo music works.

Measures

- 4 All promenade LOD arm-in-arm with a partner, 8 walking steps.
- 2 Back away from partner 4 steps, facing partner.
- 2 Stamp 3 times; clap hands 3 times. QQS QQS.
- 8 Allemande partner by the R elbow, 8 walking steps.
- 8 M advance LOD to next W, as W go RLOD one place, to Allemande next partner by the L elbow. Change to promenade arms to repeat.

Chaos Mixer

This is the same dance but promenading in *any* direction and finding a new partner *anywhere*.

Be careful when backing up, as someone behind you might be backing into you.

Those without a partner raise their hand and try to find someone.

If you miss the first 8 walking steps because you're looking for a partner, keep mental track of those 8 counts of music so that you back away on the next four counts of music. A common mistake is to promenade 8 steps after a delay in finding a partner, then backing up late. But don't worry, everyone's stamping and clapping will remind you.

History

This dance evolved from the **Break-Mixer** created in the 1970s by Hannes Hepp from Germany. The original version was danced in randomly weaving paths on the floor. It's essentially the same as the Chaos Mixer (so named by Steve Kotansky) above except dancers link both L and R elbows with the *same* partner before moving on to find a new partner.



Carmen Irminger from Zurich then taught a version, the **Swiss Mixer**, that linked R elbow with one's partner then L elbow with the next partner, and she used the Swiss tune "De Vogeli."

The **Swiss Break Mixer** (a name that combines the previous two names) is usually danced in a big circle formation, with progressive partner changes around the circle, as described first, above.