

'T Smidje Mixer

also called **Belgian Mixer**, **Promenade Mixer**, **Humppa Mixer** and more.

Description by Richard Powers

Music: *'T Smidje* (pronounced: utt smitch-uh) by Läis
I recommend editing out the long half-minute introduction.

Formation: One large circle of couples facing Line of Dance, even spacing not too far apart, Follows on the right side.

Part 1

Taking inside hands, run LOD 3 steps, (some recommend beginning inside foot but starting on either foot works). Turn inward (toward partner) and hop on count 4, changing hands.
Run backing LOD 3 steps and hop.

Run RLOD 3 steps, hop turning inward, changing hands, and run backing 3 steps RLOD, facing LOD.

Part 2

Pas de bas (small polka step) in toward partner, then away, then the Lead casts the Follow with open 2-hands toward the center, changing places.

Pas de bas in, away, and he casts her toward the outside lane, forward one place. He may waist-slide (slightly raising his R arm and sending her toward his R side, under his R elbow) turning himself CCW, traveling back to the W behind him, as she may spin CW while traveling forward into the outside lane.

Regional Variations:

Part 1: One tradition is to run four steps forward and backing, instead of three steps.

Part 2: A very common version is to jump in onto both feet together, then jump away onto both feet.

Progression: A common version is for Follows to simply advance walking (or running) forward without rotation, and similarly, for the Leads to simply back up to the next partner.

Progression: A minor variation is for the Leads to advance, and for the Follows to back up, as in the Norwegian folk mixer Allemannsmarsj.