

MY PADDLE	Adapted from Native American social dance patterns
STEPS	Traditional step-draw or step-close traveling sequence (this is done by picking up and stepping on the left foot but drawing the right foot near the floor as it closes to the left foot)
FORMATION	A broken circle that can meander wherever the leader chooses
POSITIONS	Simple line of dancers (or a few lines) standing shoulder to shoulder with hands joined and kept low toward the sides
VARIATIONS	This pattern combines a simple step-draw pattern done both slow and fast. Any slow/fast (or all fast) combination that fits the music is fine. Stomps can be added for variety, to signal a phrase, or to provide a dramatic end to the whole dance the last time through.
MUSIC	Duple with 2 phrases of 8 to complete one time through; Dance starts after 8 beats flute and 8 beats drum
REPETITIONS	Repeat the pattern (or created pattern) to the end of the music

Open L	Draw to Close R	Open L	Close R	Open L	Close R	Open L	Close R
1	2	3	4	5	6	7	8
Open L	Close R	Open L	Close R	(Double time) Open L Close R	(Double time) Open L Close R	(Double time) Open L Close R	(Double time) Open L Close R
1	2	3	4	5 and	6 and	7 and	8 and