

LOUISH MENTEL

COMPOSER OF

MENTEL'S HESITATION WALTZ

MORE MUSTARD - ONE STEP

MENTEL'S TANGO, ETC

Directions for Dancing The Maxixe

1. Take the same position as in an ordinary Two-Step. Two-Step for 16 counts. (The above takes 8 Bars of Music.) This Two-Step is the same as the old-fashioned Two-step, except that when you Two-Step to the left you sway the body to the right a little, and when you Two-Step to the right sway the body to the left. (Illustration No. 1.)

2. (Single Step.) Take position as in Illustration No. 2; advance the heel of the outside foot, count 1; draw the inside foot up to the outside foot, count "and"; advance the heel of the outside foot again, count 2; draw the inside foot up to the outside foot, count "and". (1 Bar.)

Repeat all of No. 2 three times. (3 Bars.)

3. During the Single Step the gentleman releases the lady's right hand and she places it behind her back where he takes it in his right. He takes her left hand in his left and holds it above her head (Illustration No. 3). In this position they do an ordinary Two-Step for 16 counts. (8 Bars.)

4. (Skating Step.) Take position as in Illustration No. 4 and Two-Step towards the left, count 1, "and" 2; then Two-Step towards the right, count 3, "and" 4. (2 Bars.)

Repeat No. 4 three times. (6 Bars.)

5. The gentleman steps behind the lady and they do the Single Step towards the left. The gentleman holds both of the lady's arms by the wrists and while "Single Stepping" to the left he makes a circular movement with the lady's hands. He moves the lady's hands up slowly in a circle, bringing them together over her head, down the center and out, then up again, down the center and out, making two complete circles. (4 Bars.) Illustration No. 5.

For more explicit directions, and for other steps to be used in the Maxixe and for directions for other modern dances, address MENTEL BROS. PUBLISHING CO., Cincinnati, Ohio.









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Mentel's Maxixe

La Mattchiche Bresilienne



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TRY THESE ON YOUR PIANO.



THE GREAT ONE-STEP More Mustard



Mentel's Tango

Directions for dancing the Tango are printed on the title page.



Mentel's Maxixe

La Mattchiche Bresilienne Directions for dancing the Maxixe are printed on the title page.



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