



Ted Sannella  
**BALANCE AND SWING**

*A collection of  
fifty-five squares, contras, and triplets  
in the New England tradition  
with music for each dance*

Country Dance and Song Society of America  
1982

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Beaver Lake Jig	Ted Sannella
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Circle to the Middle	Ted Sannella
Do-Si-Do and Face the Sides	Ted Sannella
Easy Does It Quadrille	Ted Sannella
Fluid Drive	Ted Sannella

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# The Contras (cont.)

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