

INDEX.

	Page
Preface.....	3
Introduction.....	5
Personal Introductions.....	8
A Grand Ball.....	13
Department in the Ball Room.....	14
Hints to Dancers and Society generally.....	18
Evening Parties.....	12
The Five Positions in Society Practice.....	25
Explanation of the Five Positions.....	25
The Bow.....	26
The Courtsey.....	27
Quadrille Steps.....	29
Technical Terms used in Quadrille Figures.....	30
Explanation of Grand Square.....	31
The Position in Quadrilles.....	32
QUADRILLES—	
“ The Lancers.....	34
“ The Quadrille (Double) ..	37
“ The Quadrille (Single).....	39
“ The Caledonians.....	41
“ The Eureka.....	43
ROUND DANCES.....	45
THE POLKA.....	49
“ Revclving Step.....	49
“ Backward Step.....	50
Polka Redowa.....	50
Schottische.....	50
GLIDE WALTZ.....	51
“ Time.....	51
“ Accentuation.....	51