

Keith's Class by Keith Rubow

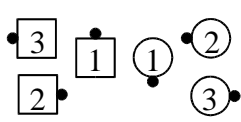
EXCHANGE THE TRIANGLES

Welcome to Keith's Class. This month we will look at Exchange the Triangles. There are many varieties of this

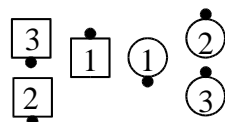
call because there are many varieties of triangles. It can also be fractionalized into 1/3's or 1/4's, depending on how many dancers are in each triangle.

DEFINITION: Everyone does normal triangle circulates until arriving at the “exchange” spot. From the “exchange” spot, the circulate is into the other triangle (an interlocked triangle circulate for apex-to-apex triangles, to the trailing base position for base-to-base wave base triangles, to the lead base for base-to-base tandem base triangles). Circulates continue in the other triangle if necessary until the total number of circulates is equal to the number of dancers in the triangle (3 or 4), or the number specified by the fraction. The “exchange” spot is the apex for apex-to-apex triangles, the lead base for base-to-base wave based triangles, the trailing base for base-to-base tandem based triangles, or the middle base for base-to-base 3x1 triangles. When circulating in the “other” triangle, the traffic pattern is to go around the outside of the other triangle to avoid collisions with dancers who have not yet left the other triangle.

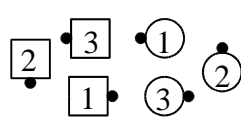
Example triangles (dancer #1 is the exchange spot, one triangle shown as all boys, the other as all girls)



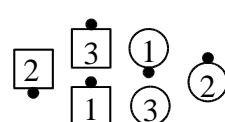
Apex-to-apex
wave base



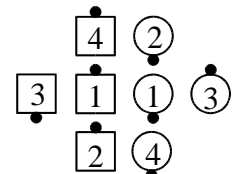
Apex-to-apex
tandem base



Base-to-base
wave base



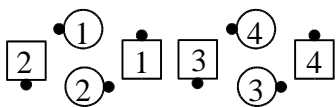
Base-to-base
tandem base



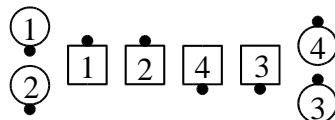
Base-to-base
3x1 tandem base

Some formations have many different triangles to choose from. There may be dancers in between or in the middle of the triangles which are exchanging. In this case the active dancers simply work around the extra dancers as if they were not there.

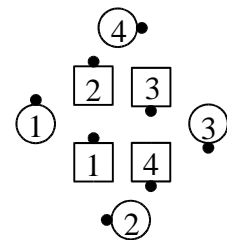
Find the triangles in the following formations:



Inside triangles
Outside Triangles

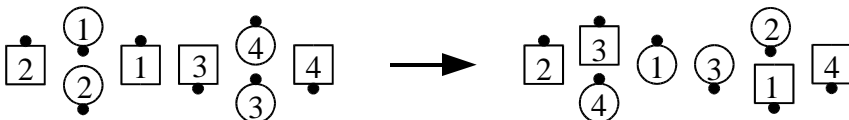


Outside Triangles
Interlocked outside triangles
Ignore the Head Boys,
tandem base triangles



Wave base triangles
Tandem base triangles
Interlocked wave base triangles
Interlocked tandem base triangles

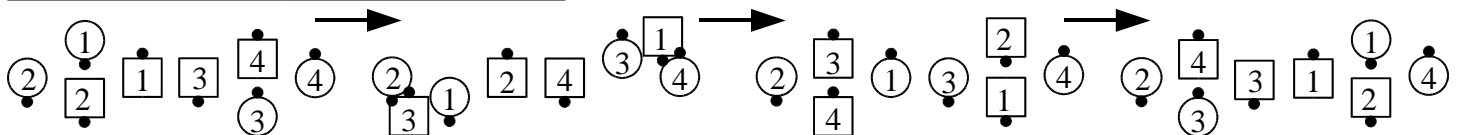
Inside Triangles, Exchange the Triangles 2/3



Start

Finish

Inside Triangles, Exchange the Triangles



Start

After 1/3 (head men
passing outside
“other” triangle)

After 2/3

After 3/3