

March Ado About Dancing

Programme and Dance Instructions

Dances will be selected from the following :

Boston Two Step
CHOGM Pentrille
Citronella Morning
Duke of Kent's Waltz
Federation Waltz
Flirtation Reel
Gay Gordons
Gundagai Schottische
Janet's Delight
La Russe Quadrille
Levi Jacksons Rag
Levi's Longway Contra
Marching Through Georgia

Merry Widow Waltz
Monday Night Fever
New French Quadrille
New Parliament House Jig
OXO Reel
Parma Waltz
Picton Whistle
Richard's Daughter's Fancy
Stallion's Ford
Swing Waltz
Tango Schottische
The Tempest
Waves of Tory
Wicklow Waltz

BOSTON TWO STEP

Couples facing LOD with inside hands joined.

March 6/8 or 2/4

Old Time Dance Masters Track 5 (Marine Four Step)

Bars

- 2 Set out and in
- 2 Take three walking steps forward and turn against line of dance
- 2 Set out and in
- 2 Three walking steps against line of dance – finish with feet together
- 2 Facing partner and with both hands joined (lady starts RF man on LF)
Set to partner
- 2 Take ballroom hold and take two chasses steps along line of dance
- 4 Two rotary Chasses (2 turns) along line of dance.
- 16 Repeat

CHOGM PENTRILLE

Formation: 5 couples in a pentagon.

Numbered anti-clockwise 1,4,2,5,3

Music: 10 x 32 bar jig or reel + 4 bar intro. Misc. Dance Music

Written by: Norm Ellis, October 1981

Bars

- 4 With hands joined in a circle, advance & retire four steps.
- 4 Circle left with 8 slipsteps
- 4 Advance & retire
- 4 Circle right. Keep hands joined.
- 8 First couple split the ring.
1st couple cross the set and lead through an arch made by lady 2 & man 5, then separate and cast out to return to place on their own side, still leading the set. Arching couple turn under their own arch in place.
- 8 2nd Lady & 5th Man split the ring.
1st couple make the arch.
- 16 Arches
1st couple arch over 2s, changing places with them, both couples courtesy turn in place.
Repeat with 3rd, 4th & 5th couples.
All have now progressed.
- 4 All set twice to partners.
- 4 All swing partner using cross over hold
- 8 All promenade in skaters hold, around set to finish in new position.
- 64 Repeat 4 times

CITRONELLA MORNING

Formation: Improper Duple Minor
Devised by: Bill Olson
Music: High Clouds Tr. 11

4 Circle left once around
4 Ladies allemande left one & a half times
8 Gypsy and swing partner (face across & join hands in a circle)
4 Circle balance, petronella turn one place to right
8 Repeat twice (until across from partner)
4 Balance the ring, California Twirl
32

DUKE OF KENT'S WALTZ

https://www.youtube.com/watch?v=mR1_OwjpVQ4

1799. Different versions exist.

Formation: Duple-minor longways set, couples numbered 1 and 2. Couples retain their numbering until they reach the top or bottom of the set. They stand out for the first 16 bars of the next repeat.

Music: Own tune, 32B waltz Own Tune: Pride & Prejudice Collection 1 Tr 17

Bars

8 Cpls. 1 & 2 RH star then LH star
4 Cpl. 1 Face partner, take 2 hand hold with partner & dance two slow chassé steps down the centre & two back
4 Couple 1 casts down to 2nd place, while couple 2 meets, leads up briefly & curls out to first place
4 All take R hand with partner: balance forward and back and turn lady under, changing places
4 All take L hand with partner: balance forward and back and turn lady under, changing places
4 All right hand turn person on right diagonal once around
4 All left hand turn partner once around
32

FEDERATION WALTZ

Written by Karenne Kenny 2001

96 bar waltz x 3 plus 8 bar coda. Own Music Misc. Dance Music

Circle of 6 couples.

Numbering: 1-6 anticlockwise around set.

Odds (tops) 1,3,5. Evens (sides) 2,4,6.

Bars

- 4 Honour partners, honour corners.
- 14 Odd couples waltz the set once around.
- 2 Turn lady into place and bow and curtsey
- 16 Even couples waltz the set, finishing with bow and curtsey
Odd men step in to face partners on last 2 bars
- 4 Arches
Even couples join two hands to form an arch and move clockwise over Odds.
Odd couples, join two hands and move anticlockwise under arches
- 4 Waltz to place with Odds on inside, Evens on outside of set.
- 8 Slip Step Arches in opposite direction and waltz to place – odds making arches, evens passing under.
- 8 Odd couples right hand star, then left hand star
(men lead partners by RH into centre to make star).
- 8 Even couples right hand star, then left hand star
- 16 Odd ladies chain with each Odd man in turn (4 times) to reach new partner
- 16 Even ladies chain four times to reach new partner.
- 96
- 96 Repeat
- 96 Repeat to return to partner
- 4 Taking lower promenade hold, all promenade the set.
- 4 Gents turn ladies out (clockwise under right arm) into deep curtsey. Men bow.

Note: The dance symbolises the images present at the time of Federation in Sydney. Six couples representing the six separate colonies which joined together to form the Commonwealth of Australia; 6 pointed stars representing the six pointed Federation star on the new flag and arches, which were built in the streets of Sydney out of wool, coal, wheat etc, through which parades passed during celebrations to mark Federation on 1 January 1901.

FLIRTATION REEL

<https://www.youtube.com/watch?v=6b06sy25hRc>

Formation: Longways set. Duple improper (1st couple improper)
American Contra written by Tony Parkes
Music: 32 bar reels A Portland Connection Tr. 3

Start by forming lines of four down the room. 1s in centre of 2s.

- 8 Lines of 4 down the room for count of 8. Turn solo.
Return up the hall for count of 8 and finish facing neighbour
(1s in middle back to back, 2s on outside facing in)
- 8 Hay for four (right shoulder) across and back to face neighbour
- 4 Gypsy with neighbour
- 4 Swing neighbour (ballroom hold). Finish with lady on rhs of man
Finish in long lines facing partner across the set.
- 4 Long lines advance and retire
- 4 Actives only (1s)
Swing partner and finish between new 2's facing down the set.
As couples reach end of set, wait out one turn and change places with
partner ready to return as the opposite number.

GAY GORDONS

Formation: Couples
Devised by:
Music: Own Music. 16 bar sequence Fran's Scottish Music. Tr. 14

- Men starts LF, Lady RF
- 2 4 steps forward, (turn on 4th)
- 2 4 steps backwards (close on 4th)
- 2 4 steps forward (turn on 4th)
- 2 4 steps backwards (close on 4th)
Turn lady under
- 4 Lady turns under man's right arm 4 times, while both move
anticlockwise around the room.
- 4 Circular polka x 4
- 16

GUNDAGAI SCHOTTISCHE

Composed:

Formation: Circle of 6 couples all facing line of dance, men with their partners on their right.

Music: 8 x 16 schottisches Mudgee Schottische. ATD1 Track 7

- In New England Promenade hold, starting with right foot.
- 2 Advance & retire. Three steps forward, point, three steps back
 - 2 Turn on the spot as a couple, once around anticlockwise (8 steps)
 - 2 Ladies RH Star while men promenade solo, along LOD around outside of the set, passing their partner
 - 2 To Left hand turn one and a half times around with the next lady, to finish facing LOD with inside hands joined with new partner.
 - 4 Two chasse steps sideways – moving away from partner – and two chasse steps to come back together.
- Repeat
- 2 In ballroom hold, take two chasse steps sideways in toward the centre of the set, and two back to place.
 - 2 Four rotary chasse turns along line of dance.
- 16

JANET'S DELIGHT

https://www.youtube.com/watch?v=e4Golqc5x_U

Formation: Four couples in a Quadrille Set (1952)

96 Bar Waltz Lights of Old Aberdeen Misc. Dance Music.

Facing centre, all holding hands.

Bars

- 4 Advance & Retire
- 4 Do-si-do right with partner
- 4 Advance and retire
- 4 Do si do left with corner
- 16 Repeat
- 2 Ladies right hand star one place around the set (to man on left of partner)
- 2 Left hand turn new man (Scottish hold – one hand only)
- 12 Repeat three more times until back in original place
- 2 Promenade anti-clockwise one quarter around set (using skaters hold)
- 2 Retaining hands - man crosses (clockwise) in front of partner (to stand beside her on other side)
- 2 Promenade one quarter
- 2 Retaining hands - lady crosses in front of partner
- 8 Repeat back to place
- Circle Waltz
- 2 Holding hands in circle formation, balance
- 2 Man turns corner lady (on his left) across in front of him into partner's place - honour.
- 12 Repeat three times
- 16 Waltz the set back to place.

LA RUSSE QUADRILLE

Flying Arches

Formation: Quadrille, numbering anticlockwise around the set. 1,2,3,4.

Music: 4 x 64 Reels Merry Muse 3 Track 14,
BB CD 2, Track 2 (Soldiers' Joy)

- 4 All change places with partner, by
Men pull L shoulder back and cast behind the ladies.
while ladies take four small steps to their left to meet their opposite on the diagonal..
Set once.
 - 4 Swing with long arm hold
 - 4 Men pull R shoulder back and cast back to partner, while L pulls right shoulder
Back, walks four tiny steps in a small circle and returns to her partner in place.
Set once.
 - 4 Swing
 - 8 1st Couple continues to swing.
 - 8 1st Couple (in lower promenade hold) visits the set anticlockwise
Flying Arches
 - 2 Couple 1 arches over Couple 3 (turn the lady under in place)
 - 2 Couple 2 arches over Couple 4
 - 2 Couple 3 arches over Couple 1
 - 2 Couple 4 arches over Couple 2
 - 8 Repeat arches
 - 8 Take hands in circle and circle left 16 slip steps
 - 8 In Lower promenade hold, promenade to places
- 64 bar

Repeat with couples 2, 3 and 4 leading

"Flying Arches": the order of arches is - lead couple make arch, then anticlockwise around the circle
(i.e. on original right)

LEVI JACKSON RAG

<https://www.youtube.com/watch?v=-l8OjD-1464>

Composed by: Pat Shaw 1975

Formation: 5 Couples: Upside Down U

Music: Own tune 32 bar rag Misc. Dance Music

- 4 Sides Half rights and lefts while
Top Couple: Wait 2 bars then advance to centre of set.
- 4 Sides half rights and lefts while
Top Couple: Wait 2 bars then advance to bottom of the set.
- 4 Top 4 and Bottom 4 circle left, while
Top Couple dance back to place, outside the set on their own side of the set without crossing.
- 4 All Do-si-do Partner (right shoulder).
- 4 All 5 ladies chain two places around to 3rd gent (pass partner and next)
- 4 Repeat ladies chain
- 2 With new partner, promenade one place around the set.
- 6 All: Balance and swing (with new partner)
- 32 Repeat 4 more times – all finish back in place with Original Partner.

LEVI LONGWAY CONTRA

Composed: Rearrangement of Levi Jackson's by Bill Propert 2011

Formation: Longways set of couples, duple minor but in Becket formation. Couple facing couple across the set (**OR** form up Improper then minor sets circle left 1place).

Music: American Rag 32 bars (Levi Jackson's tune preferred)

Bars

- 8 All give right hands to opposite & cross to opposite place. All give left hands to partner along the line and change places. Repeat RHs & LHs to place.
- 8 Minor sets of two couples take hands & circle to the left one turn. All do-si-do with their partner.
- 8 In minor sets, the ladies chain across & back. Keep the chain hold and finish as couples facing up and down the line. "Man's" side facing down the set & "ladies" side facing up the set.
- 8 Couples promenade along the line to the next couple's place, balance (or set) and swing together. Finish facing a new couple across the set. Note: at the end of the longways set the couples facing out promenade across to the opposite side.

32

The progression of couples is either up or down the lines, crossing over at the bottom.

MARCHING THROUGH GEORGIA

Written by: Noreen Grunseit
Formation: Quadrille set numbered anti-clockwise
Music: 32 bars. Own tune. (Henry Clay Work 1865) or lively march.

Bars

- 8 First couple cast out (ladies right men left) and dance around the set, past each other, ending back in partner's place.
- 8 First couple do-si-do, swing, finish with lady on right, facing out of set (ready to cast off). Others step in behind in a line.
- 8 Cast out, leading back up into lines.
- 8 All do-si-do partner and swing to place.

Repeat 3 times for each couple to lead.

MERRY WIDOW WALTZ

<https://www.youtube.com/watch?v=6EGliWI5vaE>

Source: Daryl Powell. The dance probably dates from the very early 1900s.

Music: Waltz. Tunes: Merry Widow Waltz and usually Barcarolle & Plaisir d'Amour. 32 bar repeat dance.

Formation: Couples in Upper Promenade Hold, facing LOD

- 2B Two slow steps fwd starting Left foot
- 2B Diagonal Chassé step to the left, i.e. step L, close R, step L (Slow-Quick-Slow)
- 2B With weight on left foot, point right foot forward then diag. right
- 2B Close with right foot beside left, then bend knees to "dip"
- 2B Starting left foot, two slow steps backwards
- 2B Backwards - step L, close R, step L (SQS)
- 2B Rock fwd onto right foot and back onto left foot
- 2B Step fwd onto right foot and turn to face out from centre, close with left foot. (Gent behind the Lady, retaining the same hold)
- 4B 2 Chassé steps to left and then to right, finish facing forward around LOD
- 3B 3 small steps (casting out) away from partner, finish facing partner
- 1B Bow/Curtsey to partner
- 8B Waltz with partner

MONDAY NIGHT FEVER

Composed: Tony Parkes 1988
Formation: Longways set, duple minor, Improper
Music: 32 bar Contra

Bars

- 8 With your Neighbour balance (right hands) & swing (ballroom waltz hold). Finish in long lines facing across the set.
 - 4 Men allemande left (left hand turn) 1 ½ turns
 - 4 Swing partners. Finish on the side in long lines facing across the set.
 - 4 Couples promenade across the set & face back across
 - 4 Ladies chain across (i.e. 1/2 ladies chain)
 - 4 Sets of two couples join hands in a circle and circle to the left
 - 4 Same two couples join left hands in the centre and star around. Finish facing new Neighbour.
- 32

NEW FRENCH QUADRILLE

Composed:
Formation: Quadrille set of four couples
Music: Waltz 40 bars x4.
All steps in waltz time.

Bars

- 8 Top couples dance rights and lefts across and back (no hands but maintaining eye contact where possible) and finish facing corner.
- 8 All grand chain half way to meet partner (2 bars per hand starting with right hand to corner), turn partner (left hand) half-way to face back in the direction you came from.
- 8 All grand chain back to original place to meet partner. Men turn ladies into the centre ready to begin a right hand star. Men remain facing anti-clockwise around the set.
- 8 Ladies right hand star half way while men on the outside of the set dance single half way. Meet partner, pass right shoulder (so men are in the centre and ladies on outside) and the men left star home while ladies dance single to home. All face partners.
- 8 All couples right shoulder do-si-do then take a ballroom hold and as couple waltz on one place (anticlockwise).
Repeat three times

NEW PARLIAMENT HOUSE JIG

Composed: John Colvin 1980
Formation: Three lines of three all facing forward
Music: 64 Bar Jigs

Bars

- 8 **Couples on Right** end of each line, join inside hands and **promenade** around set to **left**
- 8 **Couples on Left** end of each line, join inside hands and **promenade** around set to **right**
- 8 **Diamonds Circle left and right** (middle person first and third lines, ends of second line)
- 8 **Corners Circle left and right** (end dancers in first and third lines)
- 4 **Left Hand Star, first corner** (centres and right ends of first two lines)
- 4 **Right Hand Star, second corner** (centres and left ends of first two lines).
- 4 **Left Hand Star, third corner** (centres and left ends of last two lines)
- 4 **Right Hand Star, fourth corner** (centres and right ends of last two lines).
- 8 **Reels of Three along each line**
- 8 **First line lead out to left**, pass behind 2nd line and finish behind third line.
- 128 **Repeat twice**

OXO REEL

Composed:
Formation: A longways set of 6 couples.
Music: 32 bar Reels. High Kickin' & A Hollerin" 2 Track 2

Bars

- 8 Lines advance and retire and then all do-si-do partner by **right** shoulder
- 8 Repeat advance and retire but do-si-do by **Left** shoulder.
- 8 Top 2 couples make a circle, bottom 2 couples the same. They circle left and right. Meanwhile the centre 2 couples right hand star around and left hand star back. This is the O X O
- 8 Top couple swing to the bottom of the set. Other couples swing after they have passed.
- 32 Dance starts again with all couples in a new position. Couples should note their new position ready for the OXO section

This dance takes its name from the OXO company, a British manufacturer of gravy and stock. From above – when the dancers are doing the ‘circle and star’ steps, they appear to be forming these letters.

PARMA WALTZ

Formation: Couples dance, starting in upper promenade hold
Music: 32 bar waltzes Bill's Waltzes Tr. 18 Wilma's Waltz
Tr. 3 Old Bush Dance

Bars

2 Both start Left foot, 2 steps forward along LOD, turning half way around on right foot turn to face against LOD
2 1 chassé step backwards (i.e. LRL).
2 Starting right foot 2 steps forward (against LOD) turning to face LOD
2 1 chassé step backwards (RLR)
4 4 slow steps forward
2 Chassé diagonally to left
2 Chassé diagonally to right
4 Chassé to left and right again
4 2 steps forward in LOD, ladies turn out from partner, take ballroom hold
8 Waltz 4 turns with partner
32

THE PICTON WHISTLE

Composed: Charles Warner. 1999
Formation: Square Set of 4 couples
Music: 32 x 4 Reels Own Tune: Whistling Rufus
Num. 1,2,3,4. c/w around set.

Bars

Cpl. 1 dance figure of 8 around Cpl 2 & 4,
8 M1 dances between cpl. 2, around M2, while L1 dances between cpl.4, around L4, touch nearer hand with partner, M2 dances back between 2s, behind L2 and back to place, while L1 dances back between 4s, behind M4 and back to place.
Back to back with opposite
4 1st and 3rd cpls do-si-do (L1 with M3, M1 with L3),
RH Turn with opposite
4 Cpls 1 & 3 turn RH (L1 with M3, M1 with L3)
Chase
8 Cps. 1 & 3 chase clockwise, men leading, around the outside of the set, ending in original places.
Eight hands round.
8 All circle left and right.
32 Repeat with Cpl 2 dancing figure of 8 around 1s & 3s,
32 Repeat with Cpl 3 dancing figure of 8 around 4s & 2s
32 Repeat with Cpl 4 dancing figure of 8 around 3s and 1s.

RICHARD'S DAUGHTER'S FANCY (Hoffedd Ferch Rhisiart)

Formation: Square set of four couples, numbered 1,2,3,4, anticlockwise.
Devised by: Wayne Lloyd-Jones
Music: Hoffedd Ferch Rhisiart Welsh Dances – Track 6

- 8 All taking hands in a circle, advance and retire twice
- 8 With partner, RH turn, then LH turn
- 8 Ladies take hands and circle left then Right (in the centre), while men set.
- 8 Men take hands and circle left then right (in the centre) while ladies set.
- 16 First couple, taking lower promenade hold, visit the set then man passes left shoulder with the man originally on his right to pass outside the set to skip around outside of the set to place
- 16 All grand chain to place and swing.
- 64 Repeat with couples 2, 3 & 4 leading.

THE STALLION'S FORD (Rhyd Y Meirch)

Composed:
Formation: Quadrille of four **triplets** (3 persons each side. A 'Centre' between 2 'Ends'. Triplets called 'Tops' & 'Sides'
Music: Jig 64 bars x4.
Walking and travelling steps.

Bars

- 8 All Triplets (lines of 3) join hands, adv & retire TWICE
- 8 Triplets reel/hey for 3. Starts centre person & RH partner pass R shoulder.
- 8 Top and bottom triplets star right hand and left
- 8 Side triplets star right hand and left
- 8 Tops change places (R End leads).
Sides change places
- 8 Tops change back (R End leads).
Sides change back
- 8 All 12 dancers join hands and circle to left then right
- 8 Triplet Ends only advance and turn about single & return to place arching over centres who advance & progress to the right to join next triplet.
- 32 Repeat dance 3 times to bring centres back to original places.

SWING WALTZ

<https://www.youtube.com/watch?v=0FomdlqYW1g>

Formation: Couples start inside hand hold & start outside foot, both facing along LOD
Music: 32 bar waltzes. ATDT Vol. 2, Track 3 Emu Creek Spring Valley Hop Tr. 5

Bars

- 4 3 steps forward along LOD and raise inside foot, step back on that foot and 3 steps backwards, finishing facing Partner
- 2 Waltz solo turn along LOD – finish 2-hand hold with Partner
- 2 Chassé 2 steps sideways along LOD (step close, step close).
- 2 Chassé 2 steps back against line of dance – finish facing LOD holding nearer hands
- 1 Step apart 1 waltz step (keeping hands joined)
- 1 Change places (Lady turns under Gent's right arm) – finish facing against LOD
- 2 Step away & Change places – finish facing along LOD
- 2 Step away & Back – Face Partner & take 2-hand hold
- 2 Step kick through + Step kick back
- 2 Turn to be back to back (4 steps), keeping nearer hand joined
- 2 Sway backwards then forwards to face Partner & take 2-hand hold
- 2 Step kick through + Step kick back
- 2 Lady turn under Gent's left arm progressing along line of dance
- 2 Lady turn back (under Gent's left arm) dancing back against line of dance
- 4 Waltz (reverse waltz)
- 32

TANGO SCHOTTISCHE

Written by John Short, February 2010

This Australian Old Time Dance was an entry in the TSDAV's 2010 Dance Composer's Competition.

Couples dance. Upper promenade hold facing line of dance.

Music: Schottische music x 4 (eg Lily of Laguna) then switches to Tango music x 4. (eg Jealousy)

Bars

- 2 Starting L foot, two slow steps forward along LOD then one diagonal chasses step to the left
- 2 Starting R foot, two slow steps forward along LOD then one diagonal chasses step to the right. Lady moves slightly in front of man.
Both turn to face the centre of the hall.
- 2 Starting LF, two slow steps, then three quick steps, toward centre of the hall, pivot, pulling right shoulders back, to face away from the centre of the hall.
Lady is now on LH side of the man.

- 2 Starting R foot, two slow steps, then three quick away from centre of the hall. Lady moves in front of man, both facing the wall (man behind lady) Tap left foot
- 2 Starting L foot, two sideways chasse steps along LOD, two back against LOD. Turn to face LOD remaining in upper promenade hold.
- 2 Starting L foot, two slow steps along LOD, drop L hands. Turn lady under into ballroom hold. Both turn to face LOD.
- 2 Four slow steps along LOD
- 2 One slow rotary chasses turn, finishing facing LOD to start again.
- 16

THE TEMPEST

Composed:

Formation: Double Sicilian circle - 2 couples facing 2 couples around the floor.

Music: 32 bars ATDT 1, Tr. 11

Bars

Circle left.

8 The two lines take hands and circle left, then circle right back to places, with slip steps.

Galop across and back.

Couples take ballroom hold and galop across (men passing back to back) to other side with 8 small sideways galop steps.

4 Galop back to places with 8 small sideways galop steps (ladies passing back to back).

Star round and swing.

The centre 4 people (insides) put their right hands across (ladies' right hands on top) in a star and walk round clockwise, while the outsides swing with their opposites.

Star back.

Insides put left hands across and walk back in anticlockwise direction while outsides swing their opposites in the reverse direction as before.

Advance and retire.

Take hands in lines of 4, and walk 4 steps forward and 4 back.

4 Pass through.

32

WAVES OF TORY

Formation: Longways set of **5** couples. Partners facing across the set
Music: Reel 48 bar x5 Blackwattle Reel Music Misc. Music.

This dance represents the rough seas around the Island of Tory off the coast of Donegal.

Bars

- 8 Take hands along lines & adv & ret. Lines advance again & cross over with men making arches and ladies going under by R shoulder. Finish in partner's place facing across.
- 8 Repeat adv, ret & crossover to finish in original place.
- 8 Top couple take 2H open hold & slip step down the set & back.
- 8 Top couple cast off & lead lines down outside of set. Top couple form an arch at the bottom the others to pass under & back up the set. Finish with top couple in bottom place. All join inner Hs.
- 16 **The Waves:** Start from the top. The new top couple change places with a courtesy turn, face down the set & dive under next couple coming towards them & over the next & so on. All change sides with courtesy turn at both ends & dive to start back. Repeat on reaching the end of the set diving first then arching, etc. back to original place. Note: at the ends ALWAYS start back with **diving first. WAIT** for the waves to finish before starting again.

48

** Traditionally bottom couple starts but often now the top couple starts since they can start a bit earlier. i.e. The New top couple, when reaching the top, do a courtesy turn & face down, then commence the waves by diving under the next couple.

Note: ALL wait for the waves to finish before starting again.

WICKLOW WALTZ

Composed:

Formation: Couple facing couple (anywhere in the room). Couples numbered 1 & 2 then man1 with lady2 make couple3 & lady1 with man 2 make couple 4.

Music: Waltz 32 bars x4

Bars

- 4 Couple1 join inside hands & waltz forward between couple2 (2B) then ½ turn singly to face back, rejoin hands and waltz backwards (2B). Meanwhile couple2 cast, pulling inside shoulder back, turning 1½ singly to face their neighbour.
- 4 Mirror turns: Couple1 drop hands & each turn their neighbour by the (free) outer hand (a full turn).
- 8 Couple1 repeat the first 8 bars in the opposite direction back to original place.
- 8 Couple1 take 2Hs & wth chasse steps change places with 2s (1s btwn 2s) & both ½ turn. Rpt back to place wth 2s btwn 1s
- 8 Couples 1&2 join hands & circle to the left (2 bars), balance in & out & circle right back to place & balance in and out.
- 32 Couple2 lead and repeat the sequence
- 32 Couple3 lead and repeat the sequence
- 32 Couple4 lead and repeat the sequence