

Commence in Open Hold, man's LH with lady's RH, man facing wall.

MAN'S STEPS**1-3 BASIC MOVEMENT – NATURAL TOP – ROPE SPINNING – ROPE SPINNING**

- 1) LF fwd to wall. Replace weight to RF back. Turning R, LF to side slightly back, facing diag wall against LOD, adopting Closed Hold (QQS)
- 2) Cross RF behind LF. Still turning R, LF to side, close RF to LF facing wall (QQS)
- 3) Releasing RH hold, LF to side along LOD, Raising LH, leading lady to circle around, replace weight to RF. Close LF to RF (QQS)
- 4) RF back to centre, replace weight to LF, close RF to LF (QQS)

SHOULDER TO SHOULDER – SHOULDER TO SHOULDER – CHECK AGAINST LOD – ALTERNATIVE BASIC

- 5) Adopting Double Hold, turning slightly R, LF fwd diag wall against LOD. Replace weight to RF, LF to side along LOD (QQS)
- 6) Turning slightly L, RF fwd diag wall. Replace weight to LF, RF to side against LOD (QQS)
- 7) Releasing RH hold, turning R, LF across RF to check against LOD. Replace weight to RF. LF to side along LOD, adopting Double Hold (QQS)
- 8) RF closes to LF, transfer weight to LF in place, RF to side against LOD (QQS)

CHECK AGAINST LOD – INWARD TURN - CHASSE – SPOT TURN

- 9) Releasing RH hold, turning R, LF across RF to check against LOD. Replace weight to RF, LF to side along LOD (QQS)
- 10) Turning L, RF fwd down LOD. Turning R, LF to side along LOD, RF back down LOD (QQS)
- 11) Turning to face wall, LF to side along LOD. RF closes to LF, LF to side (QQS)
- 12) Releasing hold, RF fwd and across LF down LOD. Turning strongly L, replace weight to LF fwd against LOD. Still turning, RF to side against LOD to face wall, regaining RH to LH hold (QQS)

HAND TO HAND (LADY SPIRAL) – 3 WALKS – 3 WALKS – SPOT TURN

- 13) Turning L, LF back against LOD in Open Fallaway Position. Turning R, replace weight to RF fwd, releasing RH hold. Taking lady's RH in man's LH above head height, leading lady to Spiral strongly L, LF to side along LOD to face diag wall (QQS)
- 14) Releasing lady's RH and regaining LH to LH hold, turning slightly L, RF fwd down LOD in Shadow Hold. LF fwd, RF fwd (QQS)
- 15) LF fwd down LOD, RF fwd, LF fwd (QQS)
- 16) Releasing hold, RF fwd across LF, turning strongly L. Replace weight to LF fwd against LOD. RF to side against LOD to face wall, adopting LH to RH hold (QQS)

Commence in Open Hold, man's LH with lady's RH, man facing wall.

LADY'S STEPS**1-3 BASIC MOEVEMENT – NATURAL TOP – ROPE SPINNING – ROPE SPINNING**

- 1) RF back to wall. Replace weight to LF fwd. Starting to turn R, RF fwd diag centre between man's feet, adopting Closed Hold (QQS)
- 2) LF fwd diag centre. Continuing to turn R around man, RF fwd, LF fwd against LOD (QQS)
- 3) Circling R around man, RF fwd, LF fwd diag centre against LOD, RF fwd (QQS)
- 4) Circling R around man, LF fwd DW against LOD, RF fwd against LOD, LF to side against LOD, end facing centre (QQS)

SHOULDER TO SHOULDER – SHOULDER TO SHOULDER – CHECK AGAINST LOD – ALTERNATIVE BASIC

- 5) Adopting Closed Hold, turning slightly R, RF back diag wall against LOD. Replace weight to LF, RF to side along LOD (QQS)
- 6) Turning slightly L, LF back diag wall. Replace weight to RF, LF to side against LOD (QQS)
- 7) Releasing LH hold, turning L, RF across LF to check against LOD. Replace weight to LF, RF to side along LOD, adopting Double Hold (QQS)
- 8) LF closes to RF, transfer weight to RF in place, LF to side against LOD (QQS)

CHECK AGAINST LOD – INWARD TURN – CHASSE – SPOT TURN

- 9) Releasing LH hold, turning L, RF across LF to check against LOD. Replace weight to LF, RF to side along LOD (QQS)
- 10) Turning R, LF fwd down LOD. Turning L, RF to side along LOD, LF back down LOD (QQS)
- 11) Turning to face centre, RF to side along LOD. Turning L, RF to side along LOD, LF back down LOD (QQS)
- 12) Releasing hold, LF fwd and across RF down LOD. Turning strongly R, replace weight to RF fwd against LOD. Still turning, LF to side against LOD to face centre, regaining LH to RH hold (QQS)

HAND TO HAND (LADY SPIRAL) – 3 WALKS – 3 WALKS – SPOT TURN

- 13) Turning R, RF back against LOD in Open Fallaway Position. Turning L, replace weight to LF fwd to face centre, taking man's LH in RH above head height. Spiralling strongly L under raised arms, RF to side, crossing LF in front of RF without weight, to end facing LOD in Shadow Position, releasing RH and taking man's LH with lady's LH in Shadow Position (QQS)
- 14) LF fwd down LOD, RF fwd, LF fwd (QQS)
- 15) RF fwd down LOD, LF fwd, RF fwd (QQS)
- 16) Releasing hold, LF fwd across RF, turning strongly R. Replace weight to RF fwd against LOD. Still turning, LF to side against LOD, to face centre, regaining RH to LH hold (QQS)