

Lesson, The

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Source: <http://www.michaelbarraclough.com>
Formation: Longways duple improper
Music: 32-bar contra jigs and reels (strong 4-bar phrasing)

Notes:

- 1) The last dance in my introductory session

Dance:

| | | |
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| A1 | 1-4 | Neighbor do-si-do |
| | 5-8 | Neighbor swing (<i>end facing partner</i>) |
| A2 | 1-4 | Ladies chain |
| | 5-8 | Lines forward & back |
| B1 | 1-4 | Right & left through |
| | 5-8 | Partner promenade across |
| B2 | 1-4 | Circle left $\frac{3}{4}$ (<i>all home</i>) |
| | 5-6 | Balance the ring |
| | 7-8 | Pass through (<i>along, to a new neighbor</i>) |