

Hedgehog Helper

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Source: <http://www.michaelbarraclough.com>
Formation: Longways duple improper (double progression)
Music: 32-bar contra jigs and reels (bouncy A-music, smooth B-music)

Notes:

- 1) Dancers need to adjust their hand-hold between the 'box the gnat' and 'allemande right' in A1.

Dance:

A1	1-4	Neighbor balance & box the gnat
	5-8	Neighbor allemande right (<i>end in long wavy lines, men facing in, ladies facing out</i>)
A2	1-2	Balance left & right
	3-4	(<i>Next</i>) neighbor swat the flea
	5-8	(<i>This</i>) neighbor allemande left $\frac{3}{4}$, men pull by into
B1	1-8	Partner balance & swing
B2	1-8	Give & (<i>ladies</i>) take