

Loop The Loop

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

Notes:

- 1) Make sure that dancers understand that the circle left is with a new couple, not with the person you swung

Dance:

- A1 1-4 (*New neighbors*) circle left
5-8 Circle right (*keep holding hands at end*)
- A2 1-4 Mountaineer loop (*2s arch, 1s go under the arch and cast back*)
5-8 Mountaineer loop (*1s arch, 2s go under the arch and cast back, end four-in-line facing down, 1s in the center*)
- B1 1-8 Lines down and reverse back, 1s arching at end and 2s popping through the arch
- B2 1-8 (*Next*) neighbor swing