

Paula's Pit Stop

Author: Michael Barraclough (April 2005)
Source: Rhonda's Romance (Michael Barraclough)
<http://www.michaelbarraclough.com>
Formation: Longways duple becket (cw)
Music: 32-bar contra reels (smooth and well-phrased)

Notes:

- 1) At the end of the do-si-do make a (temporary) wave with the men on the outside facing their neighbor, but don't take hands.
- 2) Originally, I had no partner swing and a circle left $1\frac{1}{4}$ in B2, but I changed the dance to include a partner swing and changed a circle left into a circle right $\frac{3}{4}$.
- 3) At the end of the California twirl in B2, men should lead their partner into the next circle left.
- 4) The dance was written on Apr 17, 2005 while watching (on TV) Paula Radcliffe win the London Marathon. The title commemorates the famous mid-race 'loo' stop. First danced at Wroughton Folk Dance Club on Apr 28, 2005

Dance:

A1	1-4	Circle left $\frac{3}{4}$, pass through along
	5-8	(New) neighbor do-si-do
A2	1-4	Hey (<i>pass neighbor right to start</i>)
	5-8	Neighbor swing
B1	1-8	Give & (<i>ladies</i>) take
B2	1-4	Circle right $\frac{3}{4}$
	5-6	Balance the ring
	7-8	California twirl