Circle dance, facing in twd Ctr, hands joined down. R footed dance.

```
PART I -
    R
        step hop back, around Cow, turning first to face Cw.
2
    R
   L
          step back, turning CW through Ctr to face Ccw on second count.
   R
                                                                           moving
56789
    L
                                                                           around Ccw.
   R
          run fwd.
   L
    R
    L
          step fwd, turning CCW through Ctr to face Cw;
10
   L
        I then hop back.
11 R
          step back.
12 L
                                                                           moving
13 R
                                                                           around Ccw.
14 L
         run fwd, turning CW through Ctr first to face Ccw.
15 R
16 L
17-32:
       repeat, ending facing in twd Ctr.
                                        PART II
1
    R
          step hop fwd, twd Ctr, facing in twd Ctr.
34
    L
    L
5
   R
          step hop across over L, clapping on first count,
    R
         hands coming together and then up.
          step hop across over R, clapping on first count,
    L
8
    L
          hands coming together and then up.
   R
10 L
          step-pivot out from Ctr, turning a full circle CW through Ccw, out from
11 R
         Ctr and Cw, starting and finishing with a step back, out from Ctr.
12 L
        \ sway to side, around Ccw, arms up wide fwd, reaching right.
13 R
14 hold
15 L
         sway to side, around Cw, arms up wide fwd, reaching left.
16 hold
17-32: repeat.
```