MUSIC:

FOLKRAFT 1251

PATTERN

INTRO

Allemande L your corner and

A R hand to your own

Grand R and L around until you meet your own

Meet your own with an elbow hook and grand allemande the ring

When you're home you swing your own and everybody swing.

FIGURE I TRADITIONAL

Head 2 ladies cross over and give that man a swing

Side 2 ladies over and do the same thing

Honor your corner lady

Salute your ptnrs all

Swing your corner lady

And promenade the hall.

THE TOTAL DANCE IS AS FOLLOWS:

INTRO

FIGURE

FIGURE (REPEAT)

BREAK (INTRO)

FIGURE

FIGURE

ENDING (INTRO)

FIGURE II (LIFE ON THE OCEAN WAVES)

This figure is not as old as #1 but old enough to be considered traditional.

Head 2 gents give R hands around

But keep your step in time (small steps)

Back by the L, take hold of her hand (ptnrs R in your R)

And balance 4 in line (fwd and back balance)

Break in the ctr, go half way around and balance your

line again.

Center break, swing your own

And the same 2 ladies chain --- and chain them home again.

Continued ...

Dance #2 is the same as dance #1 except FIG II is used when a figure is specified.

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Presented by Bob Brown Idyllwild Workshop - 1973

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