Men's circle dance, facing Ccw, hands joined down in a single circle. Girls dance outside the circle without holding hands. L footed dance.

```
PART I
           step back, around Cw. > very quick balance, with shoulders step fwd to place. > not moving from place.
    L
and R
2
    L
          step hop fwd, around Cow.
and L
3 R
          step hop fwd, around Cow.
and R
4
    L
           step fwd, around Cow, beginning leap fwd.
           land fwd, to Cow, with body facing in twd Ctr. Shoulders stay back in place.
.5
    B
           hop back, facing Cow. Feet are now under body again. Debka.
and R
6
    L
          close, light stamp, facing Cow.
    R
8-14: repeat.
```

```
PART II
   L
          step back, around Cw, and clap.
1
and R
          step fwd to place.
                                            almost repeating 1-2 of PART I,
2
   L
          step hop fwd, around Ccw.
                                            hands no longer joined.
and L
   R
          step fwd, around Cow, beginning high leap fwd.
   B
          land fwd, around Ccw, in a crouch, R ft fwd, L toe back,
         making a fist with R hand fwd and showing off muscle. L arm down.
          rise to normal height and simultaneously pivot CCW through Ctr to face Cw.
   L
   R
          close, facing Cw.
       repeat, facing Cw and pivoting CCW through out-from-Ctr to face Ccw;
       then rejoin hands for PART I.
```