

A.

1. Facing R.L.O.D. & travelling CCW, elbows bent, hands at shoulder height, Step R as arms swing down (cts 1 & 2), Step L as arms swing up (cts 3 & 4)
 2. Step R (ct 1), Step L beside R (ct 2), Step R (cts 3 & 4)
 3. Facing L.L.O.D. & travelling CW, Repeat meas 2 with opp. ftwk
 4. Step R across L (cts 1 & 2), Step L on the spot (cts 3 & 4)
- 5 - 8 Repeat meas. 1-4

B.

1. Facing centre of circle, elbows bent, Step R to R (ct 1) Step L beside R (ct 2) Step R to R (ct 3) Stamp L beside R, no body weight (ct 4)
 2. Repeat meas. 1 with opp. ftwk
 3. Step onto R (ct 1) Stamp L beside R, no body weight (ct 2) Step onto L (ct 3) Stamp R beside L, no body weight (ct 4)
 4. Stamp R (cts 1 & 2) Stamp L, no body weight (cts 3 & 4)
- 5 - 8 Repeat meas. 1-4 with opp. ftwk

C.

1. Step onto R (ct 1) Stamp L beside R, no body weight (ct 2) Repeat cts 1 & 2 with opp. ftwk
 2. Step onto R (ct 1) Step L across R (ct 2) Step R on the spot (ct 3) Step L beside R (ct 4)
 3. Step onto R (ct 1) Step ^L across R (ct 2) Step R on the spot (ct 3) Leap onto L crossing R facing slightly left (ct 4)
 4. Travelling fwd, Step R (ct 1) Step L behind R (ct 2) Step R fwd (cts 3 & 4)
 5. Turn to right, Stamp L (ct 1 & 2) Turn to left, Stamp R (cts 3 & 4)
 6. Facing left, travelling away from centre, Step L (ct 1) Step R beside L (ct 2) Step L (ct 3) Stamp R beside L, no body weight (ct 4)
 7. Facing centre, Step R to R (ct 1) Step L beside R (ct 2) Step R to R (ct 3) Stamp L beside R, no body weight (ct 4)
 8. Step L to L (ct 1) Step R beside L (ct 2) Step L to L (cts 3 & 4)
- 9-16 Repeat meas 1-8

Repeat whole dance thru including Var. A 4 X