			1686 Lo	ongways, Duple, Proper
_(Count	Pattern English		
	8	1st M turn 2nd W by R hand		
	8	1st M turn partner by L hand		
	8	2nd man turn 1st W by L hand		
	8	2nd M turn partner by R hand		
	8	Circle L, four hands, slipping		
	4	Clap own hands, partner's R, own, L		
	4	1st couple cast off 1 place, 2 lead up	middle	Progression