Goud Man of Ballangigh

An English Country Dance.

Formation: Sets of two couples in longways formation, ladies on one side, gentlemen on the other.

Part I

- a) All #1-couples face down the set, take inside hands and walk down between #2 couples, around them (men around men, women around women), and back to place. 8 counts/8 steps.
- b) Men #1 and #2 walk forward, passing between women #1 and #2, separating so that each continues around own partner and back to place. 8 counts.
- c) Now couple #2 faces up, leads up the set between couple #1, goes amound them (man amound man, woman around woman), and back to place. counts.
- d) Women #1 & #2 walk forward, passing between men #1 & #2, separating so that each continues around own partner and back to place. 8 cts.

Part 11

- a) #1 man 'sets' to #2 woman (balancing right, then left, approaching her slightly as he sets) and 'turns single' (one full turn CW) as he turns back to place. 8 counts.
- b) #1 woman sets in same fashion to #2 man, and turns single to place. 8 counts.
- c) All four (couples #1 & #2) join hands and circle CW one-half turn, stopping so that men are on the woman's side, and women on the men's side. 4 counts. They drop hands and back away from partners. 4 counts.
- d) All set (balance right and left), moving forward, then pass right shoulders with partner and return to original side, turning to face partner. 8 counts. All couples have progressed either up or down the set.

DANCE BEGINS AGAIN, with #1 couple facing down.

