- RECORD: Any square dance tune will do, although some have a better beat.
- TYPE: 6 couples in longways set, men on left when facing music. Springy walking steps.

 Active couples: #1, 3, 5.
- A. RIGHT HAND TO PARTNER FOUR ABREAST.

 Before dance starts, active couple join R hands & turn 1/2 around and take next couple's L hands, making line of 4 (women facing up set).
- B. BALANCE FOUR IN LINE.
 All balance forward and back (4 counts).
- C. TURN.
 Turn opposite with L hand, turn partner once around with R hand, and form line as before (12 counts).
- D. BALANCE FOUR IN LINE. As in B (4 counts).
- E. SWING PARTNER.
 Active couples swing (12 counts).
- F. DOWN THE CENTER AND BACK.
 Active couples down center 8 steps, turn as a couple, go back up set past couple they have been dancing with, separate and cast off around that couple and fall into place just below them (16 counts).
- G. RIGHT AND LEFT.
 Both couples R hand across, courtesy turn, L hand back,
 courtesy turn (Note: women turn with each other, men with
 each other). (16 counts).
- NOTE: Upon reaching head of set, wait out one repetition, then become active; upon reaching foot of set, wait out one repetition, then become inactive.
- End with swing and promenade around hall or to seat.