

Formation

Longways sets of 6 couples, men on the right , ladies on the left.

Instructions

The rule of this dance is you give right arm to your partner and left arm to everyone else.

1. Top couple link right arms and step hop round twice on the spot.
2. Top lady takes left arm with 2nd man and they step hop round once on the spot, at the same time as the top man takes a step down the middle of the set so as to keep up with his partner.
3. Top couple link right arms and step hop round once on the spot.
4. Top lady takes left arm with 3rd man and they step hop round once on the spot.
5. The sequence is repeated until the top couple reach the bottom of the set.
6. Repeat part 1
7. Top man takes left arm with the bottom lady and they step hop round on the spot, at the same time as the top lady takes a step up the middle of the set so as to keep up with her partner.
8. Repeat part 3.
9. Top man takes left arm with the bottom but 1 lady and they step hop round on the spot.
10. This sequence is repeated until the top couple get back to the top.
11. Repeat part 1.
12. Top lady takes left arms with 2nd man at the same time as the top man takes left arms with the 2nd lady and they step hop round on the spot.
13. Repeat part 3.
14. This sequence is repeated until the top couple reach the bottom of the set. The rest move up a place.
15. The new top couple can start stripping the willow as soon as the former top couple are on their way to the bottom of the set for the last time.