Notes by Andrew Carnie (2001) as learned from Barbara Whittlesey who beared it in Scattle from members of Redost. Argume Valley (IL) also does this dence (Larry Harding) In escort position (Left fist on left hip, Right wrist through neighbor's Left elbow)

R	L	R	L
$\rightarrow$	7	$\rightarrow$	$\Psi$ (next to R)

This chart-like description by Andrew Carnie is a good starting place, but needs some clarification. Step 1 is NOT "sideways to the right," but rather, steps 1 and 2 are just as they would be in Setnja, simply walking 2 steps in LOD. For steps 3 & 4, you turn slightly to your left, or "in," and take 2 steps back. In fact, your left foot may end up slightly behind the right. Then face in LOD again and start the dance over. These clarifications were made by an e-mail exchange with Barbara Whittlesey.