

ALAND ISLAND CONTRA

Duple Improper, couples 1,3,5,7, etc. active and crossed over

MH 1534

Gold and Silver

- 8 Ladies do si do
- 8 Men 2-hand turn once
- 8 Turn corners 2-hand once and a half
- 8 Circle 4 hands left once
- 8 Ladies chain
- 8 Ladies chain back
- 8 Half promenade
- 8 Right and Left thru