

The Borrowdale Exchange

Also known as the Sextet Mixer

by Derek Haynes

Circa 1975, published in *Carnforth Collection 2*, 1991

Revised by Richard Powers

Formation: 3-Couple Sets, taking hands. 2 or 4 couples are also possible.

1-4 All 6 Hands Round to the left, walking or sliding step.

5-8 All 6 Hands Round to the right, walking or sliding step.

9-12 Retaining hands, all Advance And Retire twice (pull, push, pull, push).

13-16 All Dos-à-Dos with partner.

17-20 All take hands with opposite for Right Hands Across (star), finishing by retaining hold and raising hands into an arch.

21-24 Those with the lowest right-handhold: M pulls W under the arch. The next lowest does the same. Take crossed-hand promenade (or waltz hold if polka) with partner.

25-32 These new couples promenade (or polka) anywhere in the room to find 2 other couples.

Repeat.