Circle dance, facing in twd Ctr, hands joined or not, but down. When hands are not joined, they swing freely with movements. R footed dance.

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PART I
 1
           step to side.
                                 around Cow.
 2
           step across over R.
 3
     R
           step back to place.
 4
     L
           step to side, turning to face Cw.
 5
     R
                                                moving around Cw.
     L
           step fwd.
 78.9
     R
     hold
     L
 10
     R
     L
 11
 12 R
           Mayim around Cow, facing in twd Ctr:
 13
    L
           back-side-in front-side-behind-side-in front.
 14 R
 15 L
 16 hold
 17-32:
         repeat, then release hands of joined.
                                          PART II
 1
     R
          step to side, around Cow, turning a half circle CW with each
 2
     L
          Istep, through Cow, out from Ctr, and Cw, ending facing in twd Ctr.
 3
    R
           step to side, around Cow.
     L
           step across over R.
 5
     R
           step back to place.
                                        Yayin steps, arms swinging
     L
           step to side, around Cw.
                                        freely with movements.
 78
     R
           step across over L.
     L
           step back to place.
 9-16:
        repeat, except turn to face Cw on count 16.
 17
    R
 18 L
           step to side, on toe, arms out to side, low; then step \gamma moving in twd
 19 R
 20 L
           across over R, flat-footed with knee slightly bent.
                                                                    J Ctr, facing Cw.
 21
    R
 22 L
 23
    R
           step to side, in twd Ctr, on toe.
 24
    L
           close on toe.
 25
    R
    L
 26
           step across over L, flat-footed with knee slightly bent; \ moving out from
 27
    R
           then step to side, on toe, arms out to side, low.
                                                                       Ctr. facing Cw.
    L
 28
 29
    R
           step across over L, out from Ctr, flat-footed with knee slightly bent.
    L
 30
           step-pivot out from Ctr, pivoting CW 14 circle through
 31
    R
           Ctr, Ccw, out from Ctr, and Cw, to end facing in twd Ctr.
_32
    L
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