

LONG VALLEY  
By Don Armstrong

Formation: Contra lines, 1, 4, 7, etc., cpls active but not crossed over.

Music: Try English Country Dancing music.

Cts                      Actions and explanations

- 1-8      ACTIVES CROSS GO DOWN THE OUTSIDE -- Actives cross the set, passing R shldrs, dance down the outside of the other line, below two inactives, into that place in line and join with the cpl now above to
- 9-16     WITH THE COUPLE ABOVE CIRCLE FOUR\* -- Actives and the cpl above circle L exactly once around.
- 17-24   LADIES CHAIN -- Those ladies chain.
- 25-32   CHAIN BACK -- Ladies chain gack.
- 33-40   ACTIVES CROSS PASS TWO INTO PLACE -- Actives cross the set, passing R shldrs, dance up the outside of the other line, passing the same two inactives, into starting places joining hands with the cpl now below to
- 41-48   WITH THE COUPLE BELOW CIRCLE FOUR \*\* -- Actives and cpl below circle L exactly once around.
- 49-56   ACTIVES CENTER BELOW TWO TURN OUT -- Actives go down the ctr with near hands joined, passing the same two inactives, and turn out to face up the outside of their own lines.
- 57-64   PASS ONE WEAVE IN CAST OUT AND DOWN -- Actives pass the first inactive on the outside, weave in to pass the second inactive on the inside, turn out through their orig places in line to cast out and down (cast off) one place in their lines. Progression has been made, actives are now down one place in line.

Note:\* In 9-16 above -- after the dancers learn the figure, callers may wish to change this circle to a "R hand star."

\*\* In 41-48 above -- Similarly, callers may change this to a "L hand star."

To prompt this dance:

- Intro    - - - -, Actives cross go down the outside
- 1-8      - - - -, Below two, with the couple above circle four
- 9-16     - - - -, Once around then ladies chain
- 17-24    - - - -, With the music chain them back
- 25-32    - - - -, Actives cross go up past two
- 33-40    - - - -, With the couple below circle four
- 41-48    - - - -, Actives down center below two turn out \*
- 49-56    - - - -, - - Up pass one
- 57-64    (- Weave in, - cast off, actives cross go down the outside)  
(Start of next time).

\* Caller indicates ON AT THE HEAD every third sequence through the dance.

LONG VALLEY (continued)

As the dancers learn the figure, less prompting is necessary.  
For example.

57-64 - Weave in - cast off, - - actives cross and down.  
 1-8 - - - Below two, - - circle four above  
 9-16 - - - -, - - Ladies chain  
 17-24 - - - -, - - - Back  
 25-32 - - - -, - - Actives cross and up.  
 33-40 - - - -, - - Circle four below  
 41-48 - - - -, - - Actives down and out  
 49-56 - - - -, - - Weave up cast off

Note: This dance is more fun if the tempo is not faster than  
124 MBPM.

Presented by Don Armstrong