

Form: 4 couples in a square, woman on man's right.

1st TOUR

A. Meas. 1-8 Circle clockwise and counterclockwise with hop-waltz-steps.

(with repetition) This step is used throughout the dance.

B. Meas. 9-24 Double Mill. Women form a right hand mill (star); men hook right arms into Women's left arms. 6 steps clockwise; with 7th and 8th steps, women release their mill hold, all cpls. rotate clockwise half around, (men going forward, women backward, and men join left hands in the mill hold). Then 6 steps counterclockwise: With the 7th and 8th step, men release their mill hold, swing their women to the center where women form a circle. At the same time, men form a circle over women's arms.

C. Meas. 25-32 Sunrose. This is the well known basket figure but the movement of the arms is slow and suggests the unfolding of the rosebud. The movement is clockwise once around. With the first 4 steps the men's arms are lifted over the women's heads and lowered behind their backs. With the next 4 steps, the women do the same over the men's heads. With the next 4 steps the women's arms are returned, and with the last 4 steps the men's arms are returned.

D. Meas. 33-40 Chain. Grand Right and Left. When partners meet the first time, they pause briefly and bow. (They bow again at the end.)

2nd TOUR

A. Meas. 1-8 Women's Circle clockwise and counterclockwise. Men clap hands on the 1st count of every measure.

B., C., D. as in 1st Tour.

3rd TOUR

A. Meas. 1-8 Men's Mill. Right hand star and back with left. Women clap hands on 1st count of every measure.

B., C., D. as in 1st Tour.

Note: The tours suggested here were arbitrarily chosen. To dance only two or three or four tours is really characteristic of the last thirty years. Formerly such a dance had at least eight tours or even sixteen and was danced without pause. The following are further suggestions for tours:

Hand Tour (partners right hands around and left hands around).

Cross Hand Tour (partners face, cross hands, and dance clockwise and counterclockwise around in place).

Back Hand Tour (partners facing opposite, right shoulder to right shoulder, join hands behind their backs).

Men's Circle, Women's Mill, and various rounds such as individual cpls. and head and side cpls.