

Warm-up – It's Nicol's Round

couple face couple RR, 1st couples face clockwise

1) 1s and 2s circle and back

2) 1s dance half figure of eight through 2s. On the diagonal, 1s and 2s advance and retire (optional hand clap with opposite!).

3) 2s dance half figure of eight through 1s. On the diagonal, 1s and 2s advance and retire.

4) With nearer hands joined with partner, set to opposites. Turn-about (towards partner) to face couple who were behind and set to them. With new opposites, dance half rights and lefts (men finish with a polite turn).