

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).