Large circle made of couples holding hands side-by-side, all face into the centre.

Intro		Honours (first time only)
A1 & A2	16	All 'sway' into the circle & back. Gentlemen pass the lady on his left in front of him (into his partner's place) This movement is repeated 3 more times (finish, facing along the line of dance with new partner, gentleman has left shoulder to the centre)
B1	4	Dance forward & back (Right hand with partner) change places with your partner passing the lady under the right arm Repeat with left hand
B2	4	In ballroom hold, all take 2 slide steps to the centre and 2 back to place Waltz 'the spot' (opening out with the gentlemen finishing with new partner on his right)

The dance is repeated up to 8 times. Each time the gentlemen change partners.