

Arch in the Middle

The head two couples go forward and back
Forward again
Take the opposite split the sides
Separate, go around one to a line of four
Forward eight, back you go
Forward again, pass through
Arch in the middle and the ends turn in

Circle four in the middle of the floor,
go once around
Pass through, split the sides
Separate, go round one to a line of four
Forward eight, back you go
Forward again, pass through
Arch in the middle and the ends turn in.

Circle four in the middle of the floor,
go once around
Pass through to an allemande left
(or do-si-do etc.)

Sequence-heads-sides-heads-sides with intro,
and breaks between figures for a
complete dance

Ladies do-ce Balinet

Head two couples go out to the right
join your hands and circle a half
The ladies do-ce balinet
Gents cross over and don't forget
With the right hand lady, go right hand round
Left to your own and promenade round

(repeat for sides)

Home you go to your places all.
(Repeat for Heads go left. Repeat all for Sides
leading out)

Explanation:
(Gents drop right hand with own partners,
ladies walk forward passing left shoulders with
each other, as gents transfer left-hand ladies'
right hand from his left to his right hand.
Re-join hands, ladies remain facing out, gents
facing in balance forward and back.
Gents then drop the right hands again, walking
forward passing right shoulders with each other
and turning lady on their left (own partner), as
they cross over. Gents remain facing out, ladies
facing in. Re-join hands and again balance
forward and back.)

Canadian Breakdown

The head two couples promenade around
the outside of the ring
Go all the way around
Go right and left through with the couple
you meet (1&2, 3&4)
Go right and left back with the same two
The same two ladies chain across (1&2, 3&4)
Turn the ladies and chain them back
The same two couples do a half promenade
(cpl.1&2 trade places,3&4 likewise gents
passing left shoulders with each other)
Right and left through to your home place.

The figure is repeated for the side two couples,
then a break.

The typical dance sequence is
Introduction, Hds-Bk, Sds-Bk, Hds-Bk, Sds-Bk.
When the side couples promenade, cpl.2 will
meet cpl.3 and cpl.4 will meet cpl.1.

Spin the Ends

Head two ladies do a half chasse,
go up to the middle and back that way.
Lead right out to the right of the ring,
circle four you're doing fine,
now the ladies break to form a line.

Forward eight and the eight fall back,
with your right hand high and your left hand low,
spin the ends and let them go.
The four gents go forward and back.
Forward again and pass through,
around just one between the two,
and you balance to a line of four.

Forward eight and the eight fall back,
With your right hand high and your left hand low,
Spin the ends and let them go.
The four gents go forward and back.
Forward again and pass through,
around just one between the two,
go into the centre with a right hand star.
Turn it around from where you are,
Go back by the left and pick up your partner
and star promenade to your places all.