

HELEN'S FANCY (HOFFEDD HELEN)

Formation – Couples facing round the room in ballroom direction, each man having his right arm round his partner's waist, the ladies resting their left hands on the man's right shoulder.

- 1 – 2 Tap the left toe behind, the left heel in front, the left toe to the right of the right foot and the left heel in front again. (This is similar to a well-known clog step but done much slower).
- 3 – 4 Walk forwards starting with the left foot, (with apologies to Victor Sylvester) SLOW, SLOW, QUICK, QUICK, SLOW.
- 5 – 6 As in 1 – 2 but with right foot.
- 7 – 8 As in 3 – 4 starting with the right foot.
- 9 – 10 Chassé forward and to the left, step, close, step and the same thing to the right.
- 11 – 12 Turn out away from partners with four slow walking steps.
- 13 – 14 Sidestep to the left (step, close, step) and back to the right.
- 15 – 16 Turn partners with the left hand, the men going forward to the new lady in front, the ladies going to the new man originally behind them.