

LONG POND

Duple Minor longways – Reel

- A
- 1 - 8 All change places with partner giving right hands and change back again giving left hands.
 - 5 - 8 All Back to Back, 1st man with 2nd lady, 1st lady with 2nd man of the couple above (i.e. with the person diagonally to the right).
 - 9 - 12 1st and 2nd couples Circle Left all the way round.
 - 13 - 16 1st couple Half Figure 8, while 2nd couple move straight up outside the 1st couple (do not *cast up*), move towards the centre and fall back side by side down the middle to their original place.
- B
- 1 - 8 1st and 2nd couple Ladies' Chain, facing each other up and down the set.
 - 9 - 12 All promenade partner out of the Ladies' Chain half way round the other couple finishing in progressed places with 2nd couple improper.
 - 13 - 16 All swing partner to own side of the set.