KIND AND EASEY

Longways duple minor

Note: 20 bar B music

A1 1st and 2nd men whole figure 8 through the women and face partner.

A2 1st and 2nd women repeat to places.

B 1 – 4 Ring of 4 to left once round.

5 – 8 All turn single to right moving towards centre of the set and looping away.

9 – 12 1st couple dance down the middle and turn lady under arm.

13 – 16 Dance back up the middle of the set and cast one place (progression).

17 – 20 All set R. and L. and turn single.

Source: Walsh/Kynaston 24 dances for 1716

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