

# Heart's Ease

Square Dance for 2 Couples (facing each other)

- I. A - Take hands, Double forward (toward Opposite) and back. Repeat.  
B - Face your Partner and fall back a Double (away from them) then go Forward a Double. Turn your Opposite by the Right hand.  
B - Face your Opposite and fall back a Double then go Forward a Double. Turn your Partner by the Left hand.

## Hearts Ease

- II. A - Side Right with your Partner.  
Side Left with your Opposite.  
B - As in Part I.
- III. A - Arm Right with your Partner.  
Arm Left with your Opposite.  
B - As in Part I.

The musical notation consists of two staves. The first staff begins with a treble clef, a key signature of one flat (Bb), and a 6/8 time signature. A tempo marking above the staff indicates a quarter note equals 100. The melody starts with a quarter note G4, followed by an eighth note A4, a quarter note Bb4, and an eighth note A4. This is followed by a quarter note G4, an eighth note F4, a quarter note E4, and an eighth note D4. The next measure contains a quarter note D4, an eighth note C4, a quarter note Bb3, and an eighth note A3. The final measure of the first staff has a first ending bracket over a quarter note Bb4 and an eighth note A4. The second staff begins with a second ending bracket over a quarter note Bb4 and an eighth note A4. This is followed by a quarter note G4, an eighth note F4, a quarter note E4, and an eighth note D4. The next measure contains a quarter note D4, an eighth note C4, a quarter note Bb3, and an eighth note A3. The final measure of the second staff has a double bar line.

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- I. A - Take hands, Double forward (toward Opposite) and back. Repeat.  
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B - Face your Opposite and fall back a Double then go Forward a Double. Turn your Partner by the Left hand.

## Hearts Ease

- II. A - Side Right with your Partner.  
Side Left with your Opposite.  
B - As in Part I.
- III. A - Arm Right with your Partner.  
Arm Left with your Opposite.  
B - As in Part I.

The musical notation is identical to the first section. It consists of two staves in 6/8 time with a key signature of one flat and a tempo of quarter note = 100. The first staff has a first ending bracket and the second staff has a second ending bracket.

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