

Ly Bens Distonys

Any number of couples (often in a line)

All go 2 Singles and a Double forward.

The Man goes 3 Singles forward and turns to face back while the Woman goes 3 Singles backward.

Come back together, taking both hands and turning to the Right halfway round, ending improper.

The Woman goes 3 Singles forward and turns to face the Man while the Man goes 3 Singles back.

Come back together and turn again back to your places.

Take hands and go a Single forward and backward, then Turn Single away from each other.

Repeat.

♩ = 100

③ A

B

C

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