

Blaydon Races

Formation: One big circle of couples – Men have Women on their Right

Music: Own tune

Bars	Steps
4 4	Holding hands in one big circle all forwards 4 steps into the centre and back Repeat above
4 4	Take ballroom hold with your partner and 2 chassée steps in, 2 steps out Repeat above
8	Take an upper promenade hold with your partner and with Men on the inside of the circle promenade L.O.D.
8	Men move forward to the woman in front (<i>women keep going</i>) Balance and swing this new partner and end putting her on your Right to start again.

Repeat ad lib