

## Set Formations

**Longways Set** – couples stand opposite their partner forming 2 lines

o      o      o      o } *top*  
x      x      x      x } *couple*

The top couple is at the head of the set. Most longways dances are progressive so that there is a new top couple each time through the dance.

**Square set** – 4 couples stand one on each side of a square.

XO  
  
O                                  X  
X                                  O  
  
OX

## Simple Dance figures for Longways Sets

**Forward and back** – lines walk towards each other for 4 steps and back for 4 steps.

**Crossover** – lines walk towards each other and continue walking past each other to finish in their partners' places (8 steps)

**Single cast** – top couple turns out and dances down the back of their line and back up to their original place, top boy dancing down behind boys' line and top girl dancing down behind girls' line. All girls follow the top girl down and back up to place; boys similarly follow the top boy.

**Double cast** – top couple take hands, both turn out in same direction (either way), dance to bottom of set and back up the middle again (i.e. dance round in a circle.) All follow.

**Make an arch** – often at the end of a single cast the top couple will make an arch at the bottom of the set and the other dancers will meet their partners and come up through the arch together. There will then be a new top couple.

**Gallop down the set** – top couple gallops together to bottom of set. Sometimes the whole set gallops together.

**Right hand star** - 2 couples join right hands together in the middle of the set to make a

4-handed right hand star. Dance round back to place.

**Left hand star** – as above but with left hands in the middle. A RH star is usually followed by a LH star.

**Right hand turn** – take right hands with partner and dance round each other back to place.

**Left hand turn** – as above but holding left hands.

**2 hand turn** – as above but holding both hands.

**Do si do** – face partner, walk around each other and back to place without turning round

**Promenade** – standing side by side, take 2 hands with partner and walk or skip.

**Basket** – Dancers form a small circle with arms around each others' waists. Place right foot in centre and pivot round.