SELLENGER'S ROUND

Formation: Single circle of couples facing the center. W on partner's R. All hands joined in circle. L foot free.

<u>Measures</u>	<u>Music</u>	Part 1 - Circles
1-4	А	Circle L w/8 slides
5-8		Circle R w/8 slides
		Chorus
1-2	В	2 balance steps FWD (R, L) toward center
3-4		4 running steps BKWD, starting w/R foot. Finish facing partner
5-8		Partners balance (R, L) then turn singly. Partners facing, balance to the R and to the L, then each turns once CW in place $w/4$ running steps. All finish facing center.
1 4		Part 2 - Forward and Back a Double
1-4 5-8	А	All FWD and BACK. All join hands in circle and dance 4 light running steps FWD, toward center and 4 light running steps BKWD to places, starting w/R foot. REPEAT pattern of measures 1-4
5-0		KEI EAT patient of measures 1-4
	В	REPEAT Chorus
		Part 3 - Siding
1-4	А	Partners change places $w/4$ steps, passing L shoulders, then return $w/4$ steps, passing R shoulders (cross over on 1st two steps and turn on 3rd and 4th steps)
5-8		REPEAT pattern of measures 1-4
	В	REPEAT Chorus
		Part 4 - Arming
1-4	А	R elbow swing w/partner once around and return to place w/8 running steps
5-8		L elbow swing w/partner once around and return to place w/8 running steps
	В	REPEAT Chorus
		Part 5 - Circles
1-4	А	Circle L w/8 slides
		Circle R w/8 slides
	В	REPEAT Chorus , ending w/a bow or curtsy to partner"



DANCE NOTES - ENGLAND