

The Northdown Waltz

Contra: Duple Minor longways	
A 1 4 measures	1 st corners join right hands, Balance forward and back, then change places
A 1 4 measures	2 nd corners the same
A 2 8 measures	Repeat A 1 back to places
B 8 measures	1 st couple take inside hands, lead down center and lead back to 2 nd place, 2 nd couple moving up
C 8 measures	In ballroom position, 1 st & 2 nd couples Pousette around each other, ending in progressed places