Through & Throw

The figure starts in a circle:

```
4
2 6
1 5
3
```

Bars 1-2: The "first triangle" (dancers #1, #4 and #5) dance *clockwise* to the next first-triangle position, with all three dancers clashing with each other in the center on the second half of bar #1 as they pass through. Meanwhile, the "second triangle" (dancers #2, #3 and #6) toss counter-clockwise (also on the second half of bar #1) around their triangle.

Bars 3-4: Repeat, with first triangle tossing and second triangle dancing through.

Repeat.

At the end of the figure, the set has now rotated into the following configuration:

```
5
6 3
4 1
2
```

All dancers have shifted one position counterclockwise within their own triangle. (Alternatively, you can think of it as the entire set of six having rotated two positions counterclockwise.)

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