

Rounds

On the catch-step ("and") before the downbeat, hop into a circle and face clockwise. Middles will need to move outwards ("bulge"). One [double step](#) around the circle (clockwise). On the second [double step](#) spiral into a clump, ending halfway around the circle but closer to the center. [Hop backs](#) to your corner's place (halfway around the circle). [Foot-together-jump](#). On the catch-step ("and") before the downbeat, all dancers turn a little more than 180° over their left shoulders ("hard turn") and go back the way they came (counter-clockwise). Again, on the second [double step](#) spiral into a clump, ending halfway around the circle but closer to the center. [Hop backs](#) to your original place. [Foot-together-jump](#).

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