

Long 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. Four **Hop backs** to your corner's place (halfway around the circle) and face across. **Galley** 360° over left shoulder. 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. Four **Hop backs** to your original place and face across. **Galley** 360° over right shoulder.

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