

## 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.

From:

<https://wiki.banburycross.org/> - **Banbury Cross Morris & Sword Wiki**

Permanent link:

<https://wiki.banburycross.org/doku.php?id=dances:fieldtown:figures:rounds-long>

Last update: **2020/09/11 21:04**

