

From Thomas Bray's Country Dances 1699 by Christine Helwig and Marshall Barron, 1988

- A1 1-2 First person in Left File (1st Left) cross over, go right shoulder around partner to end between the Rights, joining hands in a line of 3 to face 2nd Left
- 3-4 All fall back, 2 steps and close, and forward
- A2 1-4 Hey in the line of 3, middle person facing up to pass right shoulder to partner to begin, WHILE 2nd Left dances an orbit to the right around the hey (dancing counterclockwise outside around the others)
- At the end of the hey 1st Right loops right (inward) in the transition into the next hey to give left shoulder to the 2nd Right
- B 1-4 2nd Left heys with the 1st and 2nd Rights passing partner by the right shoulder to begin, WHILE 1st Left orbits to the right around the hey
- 5-6 End hey in a diamond shaped pattern, Rights facing diagonally to the left to join partner with 2 hands. 1s half draw pousette clockwise down as 2s half pousette clockwise up to end proper and progressed
- 7-8 Partners turn 2 hands once round

Note: Right file dancers are in both heys, Left file dancers orbit or hey

Notes:

A2 bar 4 2R can turn inward about right shoulder to give right shoulder to partner to start 2nd hey.

B bar 6 Position of dancers can be described many ways, but the heys flow into it. 1 R is facing down, 2R is facing up. Their right hands are close to each other. 1R is at top middle of set facing down; 2R is at bottom middle of the set. All have two hands joined with partner. [Demonstrate.]