

PROCESSION

HOOPS

LEFT FOOT

STEP UP

4 single steps holding hoop still moving forwards
2 polkas swinging hoops to the left first, still moving forwards

ARCHES

Couples 1,3,5,7 make arches and stand still
Couples 2,4,6,8 take 2 polkas to meet partner face to face, go through the arches using 4 single steps, then 1 polka on the spot, 1 back to place
Then everyone 2 polkas on the spot.
Then repeat with Couples 2,4,6,8 make arches and stand still and 1,3,5,7 go under.
Repeat

STARS

Right hand starts in 4's single step turn out 2 polkas
Left hand star, 4 single steps 2 polkas back to place

WINDOWS

Everyone 4 single steps to meet your partner, pick up hoops 2 ends in one hand
2 polkas, squire's side turn under hoops
Couples 2,4 and 6,8 dip under for 4 single steps
Everyone 2 polkas on the spot
Couples 1,3 and 5,7 dip under for 4 single step
Everyone 2 polkas on the spot
Everyone 4 single steps to retrieve your own hoop and 2 polkas back to place

PARTNERS

4 single steps to meet in a line right shoulders (one line down the middle of the set)
2 polkas to turn ½ way round clockwise with your partner, linking right hand
4 single steps to continue round
1 polkas out and 1 back to place

ZIGS

1,4, 5,8 take 4 single steps to move forward diagonally opposite one place on
2,3,6,7 stand still
Everyone 2 polkas on the spot
2,3, 6,7 take 4 single steps to move forward diagonally opposite one place on
Everyone 2 polkas on the spot
2,3,6,7 stand still
Repeat back to place