

THE ROSE

HOOPS **LEFT FOOT** single step

DANCE ON

For 16 steps clockwise making a circle no-one stops dancers 1 and 2 join ends

CIRCLE LEFT 8 steps
8 steps circling clockwise (hoops going down slowly to waist height)

CIRCLE RIGHT 8 steps
8 steps circling anticlockwise (hoops going up slowly)

TUNNELS 32 steps

Dancer 1 hands hoop end to number 2 and dances round inside the set to number 7's position
Number 3 behind leaving a space in front with hoops arched.

1 5 8 4

3 7 6 2

Number 1 leads through the arch turning clockwise to end up at the top of the set. Followed by everyone else and forming arches in the same order.

Number 1 leads through the arch again this time picking up number 2's hoop end and everyone follows to create a circle again

PICK UP HOOPS 16 steps

Dancer 1 hands left hand hoop to number 2 turns 360° clockwise to pick up the other end of own hoop from number 3's left hand, in 2 single steps. Then carries on, around in the circle.

Followed by everyone else in turn

After number 2 has done this create 2 lines, facing your partner.

INTO LINE & STARS 32 steps

4 steps into a line, right shoulders with your partner, to form a line down the middle of the set.

4 steps back to place. Then right hand star, 4 steps.

4 steps into a line left shoulders with your opposite, to form a line down the middle of the set

4 steps back to place. Then a left hand star back to place 4 steps

FORM WINDOWS 16 steps

4 steps forward to meet partner placing hoops against each other take hold of 2 ends in your right hand.

4 steps 1,3,5,7 turn 360° clockwise to face partner again, 2,4,6,8 dance on the spot.

4 steps lower one hoop, the other raised. (one hoop in each hand).

Dancers 1 and 2 raise hoops turn in to face down the set and place hoops horizontal height, while everyone else dance 4 on the spot (one hoop lowered and one raised).

THROUGH WINDOWS 32 steps

Dancers 1 and 2 dance through the windows, steps 3,5, and foot goes over other hoops that are lowered.
Everyone else dances 2 on the spot and 2 step to move up the set.

When at the top of the set dance down through the windows

16 steps

Dance on the spot until it's your turn to move.

Everyone raise the lowered hoop so both are raised in the air

1 and 2 meet and dance down through the raised hoops separating the hoops on the way, so they end up with one hoop. Cast out when they reach the bottom.

3 and 4 follow after 4 steps

5 and 6 follow after 8 steps

7 and 8 follow after 12 steps to form a circle again, with 1 and 2 at the top of the set

PICK UP HOOPS 16 steps

Dancer 1 hands left hand hoop to number 2 turns 360° clockwise to pick up the end number 3's hoop from their left hand, 2 single steps. Then carries on, around in the circle.

Followed by everyone else in turn

UNDER & OUT 16 steps

Dancers 1,2 turn in to face down the set shoulder to shoulder.

Then lead down and under the hoop between dancers 7,8

Cast out passing the hoop over everyone's heads, and back to the top of the set facing out forming a circle

Repeat

TURN TO THE RIGHT 16 steps

Everyone is facing out.

4 steps turn clockwise ½ turn to face into the circle left hand hoop over head

4 steps forward

4 steps turn clockwise ½ turn to out of the circle

4 steps back wards to form a tight circle still facing out.

Everyone lower the hoops on the last note

DANCE OFF

Last note of the intro raise hoops. Number 1 passes her end attached to number 2, either to number 2 or someone in the middle.

8 bars stood still

Everyone turn to clockwise. Except number 1 and dance off number 1 leads.