

- 1-4 2nd Cpl. In centre set and cast, pulling R shoulder back, to finish 2nd M in centre, above 1st Cpl, and 2nd L in centre below 3rd Cpl.**
- 5-8 2nd M with 1st Cpl and 2nd L with 3rd Cpl. Dance R hands across once round
(Finish where started R hands across), 2nd Cpl facing each other up and down dance**
- 9-12 2nd Cpl. Advance setting and turn each other both hands
2nd Man dancing up towards 1st Cpl, and 2nd L dancing down towards 3rd Cpl.**
- 13-16 2nd M with 1st Cpl, and 2nd L with 3rd Cpl, dance L hands across once round
to finish on sides in original place.**
- 17-24 All 3 Cpls dance The Knot. Now in order 3, 2,1**
- 25-28 2nd Cpl cross R and cast down, behind 1st Cpl in 3rd place,
1st Cpl move up on 27 & 28**
- 29-32 2nd Cpl dance ½ figure eight up round 1st Cpl in 2nd place. Finish in order 3,1,2**

Repeat from new positions.