Spot on

32-bar reel for any number of couples in a circle around the room: women with their partner on their left.

1-4	All advance and retire.
5-8	All advance and men retire while women stay in the middle, pulling back right shoulder to face out.
9-12	Women circle round to the left in the centre while men circle round to the left from places, giving hands if possible. All finish facing new partners.
13-16	All turn partners by the left one and a half times to finish with men in the centre facing out and women on the outside facing in.
17-20	Women circle round to the right from places, giving hands if possible, while men circle round to the right in the centre. All finish facing original partners.
21-24	All dance dosido with their partners.
25-28	All dance dosido with the person diagonally to the left.
29-32	All take promenade hold with partners and dance round the circle anti-clockwise.

Repeat from new positions.

Devised by Shona Holmes in July 2022.

Our lovely Unit 2/3 teacher Rachel Shankland started every day with a fun warm up dance and often described our better moments in dancing and teaching as "Spot on". Thus, this easy warm up dance was born; the circles in bars 9-12 and 17-20 create perfect spots. Thank you Rachel!