

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 new 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 original partners.
- 25 - 28 All dance dosido with the person diagonally to the left.
- 29 - 32 All take promenade hold with original 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!