

Examples

Circle Mixer — Intro

Dance: Mixer

Meter: 4/4

Tempo: 116 bpm

Sequence: Intro — Total: 8 beats (~2 bars @ 4/4)

#	Figure	Name	Repeat	Beats each	Subtotal
1	f-walk	Walk the Circle	2	4	8

Figure: Walk the Circle (circle) — Total: 4 beats (~1 bars @ 4/4)

#	Who	Action	Beats	Count	Foot	Direction	Facing	Notes
1	all	Walk CW	2	1-2	R	CW		
2	all	Walk CCW	2	3-4	L	CCW		