

Examples

Square — Right & Left Thru

Dance: Square

Meter: 2/4

Tempo: 120 bpm

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

#	Figure	Name	Repeat	Beats each	Subtotal
1	f-ral	Right & Left Thru	2	2	4

Figure: Right & Left Thru (square) — Total: 2 beats (~1 bars @ 2/4)

#	Who	Action	Beats	Count	Foot	Direction	Facing	Notes
1	both	Square thru R-hands	1	1	R			
2	both	Pull by L	1	2	L			