

Examples

Contra — Longways Set

Dance: Contra

Meter: 4/4

Tempo: 112 bpm

Sequence: A1 — Total: 8 beats (~2 bars @ 4/4)

#	Figure	Name	Repeat	Beats each	Subtotal
1	f-forward	Forward & Back	1	4	4
2	f-dosido	Do-si-do	1	4	4

Figure: Forward & Back (longways) — Total: 4 beats (~1 bars @ 4/4)

#	Who	Action	Beats	Count	Foot	Direction	Facing	Notes
1	both	Forward	2	1-2	L		Partner	
2	both	Back	2	3-4	R		Partner	

Figure: Do-si-do (longways) — Total: 4 beats (~1 bars @ 4/4)

#	Who	Action	Beats	Count	Foot	Direction	Facing	Notes
1	both	Pass R shoulders	2	1-2	R	CW		
2	both	Return	2	3-4	L	CW		