

Losing Weight

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Source: Rhonda's Romance (Michael Barraclough)
<http://www.michaelbarraclough.com>
Formation: Longways duple improper
Music: 32-bar contra jigs and reels

Notes:

- 1) Designed for use as the first dance on the contra program. The transition from the courtesy turn in the ladies chain to circle left is a nice one and feels better without twirls.
- 2) Written Mar 18, 2009 and first performed that day at the Baltimore Contra. Named to celebrate my loss of 50 pounds (weight!) in my first year of living in the USA.

Dance:

A1	1-8	Circle left $\frac{3}{4}$, partner swing
A2	1-8	Circle left $\frac{3}{4}$, neighbor swing
B1	1-4	Lines forward & back
	5-8	Ladies chain
B2	1-4	Circle left $\frac{3}{4}$
	5-6	Balance the ring
	7-8	California twirl