

Contrasonic

Author: Michael Barraclough (February 2011)
Source: <http://www.michaelbarraclough.com>
Formation: Longways duple becket
Music: 32-bar contra jigs and reels (well-phrased)

Notes:

- 1) The balances in the Rory O'More go the opposite way to usual
- 2) Slice (right) = move forward as a couple to the next couple on the (right) diagonal and then fall straight back as a couple so that you end facing them
- 3) If you take the full 4 bars for the promenade then the ladies only need to go once around in the allemande right. However, dancers tend to take less than 4 bars in the promenade and move into the ladies allemande right early thus the suggested twice around.
- 4) Written as an additional becket dance for my becket medley at Contrasonic February 2011

Dance:

- A1 1-4 Partner promenade over, into
5-8 Ladies allemande right twice (*to a wavy line, left hand to partner*)
- A2 1-4 Balance & Rory O'More left
5-8 Balance & Rory O'More right
- B1 1-8 Partner balance & swing
- B2 1-4 Slice right
5-8 Right & left through (*across*)