

Barn Dance Progressive

Couples in a circle facing L.O.D.
Promenade position

Music: 4/4 reels x 8 bars

- | Bars | Steps |
|-------------|--|
| 1 | Man on Left foot, Woman on Right, walk 3 steps forward and throw inside foot forward on fourth count. |
| 1 | Stepping back on raised foot (<i>Right for Men, Left for Women</i>) walk 3 steps back, close and then separate to change partners. |
| 1 | <i>(Men walk 3 steps diagonal centre, turning on the fourth count to face back towards place. Women have walked 3 steps forward diagonal to wall, with pause and turn on the fourth count.</i> |
| 1 | <i>Men walks 3 steps back towards place to meet the new Woman who walks 3 steps diagonal centre to join him.)</i> Take a ballroom hold with new partner. |
| 2 | In ballroom hold with Men facing the centre and Women facing new partner take 3 steps forward for the Men and backwards for the Women, and pause, then repeat in the reverse direction. |
| 2 | Everyone still in ballroom hold dances 2 waltz circles. |

Repeat ad lib.