

The First Set
Figure 3 (La Poule)

Formation: Quadrille – 1's back to band, 2's facing band, 3's on Right of 1's and 4's on Left of 1's

Music: 4 x 32 bars

Bars	Steps
4	Introduction
4	First lady and Second man pass right shoulders, touching right hands in passing, move backwards to opposite places.
4	Cross back, pass left shoulders, touching left hands, turn left to sideways position and take partners' right hands, so that a line of 4 is formed across the centre of the set.
4	Line of 4 all balance forward and backward twice
4	Release left hands; men lead partners, retaining hold of right hands, until last step to opposite places.
4	First lady and Second man advance and retire
4	They advance again, bow, and retire to places
4	First and Second couples advance and retire.
4	Half right and left back to original places.

Repeat with Second lady and First man.

Repeat with Third lady and Fourth man.

Repeat with Fourth lady and Third man