

ARNOLD'S CIRCLE

Type: Contemporary English couple mixer devised in Holland.
Formation: Double circle by couples, men facing the wall and partners.
Music: Rhythm: Two beats per measure.
Record: Original tune not available on a record. Any good reel will be satisfactory.

Measures

- A1 1 - 2 Partners join right hands and change places.
3 - 4 Partners join left hands and change back, and join right hands with corner.
5 - 8 Balance forward and back and box-the-gnat with corner (change places with lady passing under man's right arm).
- A2 1 - 8 Repeat action of A1 1 - 8 to place.
- B1 1 - 8 Men pass clockwise around partner, in front of next lady to the right and swing the second lady to the right. Finish with men facing the wall.
- B2 1 - 8 Ladies pass clockwise around partner, in front of next man to her right and swing the second man to her right. Finish with men facing wall, ready to begin the dance again.

FRIDAY NIGHT SPECIAL

Type: Contemporary English couple mixer devised by Sam Flinders.
Formation: Sicilian circle, progressive twosome. Double circle with couples alternately facing CW and CCW.
Music: Rhythm: Two beats per measure.
Record: Any reel, jig or hornpipe of a moderate tempo.

Measures

- A1 1 - 8 Dip and dive four changes with the couples facing clockwise forming the first arch and dancing under the second arch.
- A2 1 - 8 With the fifth couple dance a left hand star and a right hand star.
- B1 1 - 4 Ladies chain half way, turning once and a half around to face the couple on the other side.
5 - 8 Ladies chain half way with this couple.
- B2 1 - 8 Balance and swing new partners. Finish with men facing the original direction and another couple ready to start dance over again.