

<p>Start: side by side facing Line of Dance (LoD), Leader on Left, Follower held in Sweetheart position</p>	<ul style="list-style-type: none"> <li>• Leader on Left - Follower on right</li> <li>• Follower hold hands up just above shoulder height, palms facing forward</li> <li>• Leader's right arm behind follower's shoulders</li> <li>• Leader's left arm across his chest</li> <li>• Leader's fingers in follower's palm, leader thumbs behind follower's palm, holding very lightly</li> <li>• Weight starts on right foot for both partners</li> <li>• Foot movements are the same for both partners</li> <li>• Dance4fun modifications are included – having leader slightly behind follower on twinkles, and doing hand connection slightly differently during final quarter turn and the half turn</li> </ul>
<p>First 6 counts: Twinkle to the right  Then twinkle to the left</p>	<ol style="list-style-type: none"> <li>1. Step left foot across body forcing body to do a ¼ turn. Left foot lands pointing to outside of the dance's circle past the right foot's position. Both partners are facing to the outside of dance circle. Follower should be slightly ahead of Leader on LoD. Maintain hand holds thorough out twinkles.</li> <li>2. Turn body back to face LoD as right foot steps past the left foot (further to the outside of the dance circle) and turns towards LoD direction. This is easier if Leader is now behind follower as they both face in direction of the LoD.</li> <li>3. Step left foot to about 45 degrees to the left of LoD direction but only slightly closer to the center of the LoD than it was previously positioned. This sets up the twinkle to the left by starting body moving towards the center of the circle.</li> <li>4. Step right foot across body forcing the body to do a ¼ turn as it moves past the left foot. Right foot lands pointing to the center of the dance's circle. Both partners are facing the center of the dance circle. Follower is still further along the LoD than the leader.</li> <li>5. Turn body to face LoD as the left foot steps past the right foot (further to the inside of the circle) an turns towards the LoD direction. Leader is still behind the follower.</li> <li>6. Step right foot to about 45 degrees to the left of the LoD direction but only slightly closer to the outside of the LoD than it was previously positioned. This sets up the twinkle</li> </ol>

	<p>to the right by starting body moving towards the outside of the circle.</p> <p>These movements flow smoothly. In fact you may find that the 3<sup>rd</sup> and sixth counts are almost pivots, rather than steps. Try making it a step so that weight change occurs when you are learning. These instructions have the leader slightly behind follower to avoid stepping on partner's feet.</p>
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<p>Second 6 counts: Twinkle to the right</p> <p>Then twinkle to the left</p>	<ol style="list-style-type: none"> <li>1. Step left foot across body forcing body to do a ¼ turn. Left foot lands pointing to outside of the dance's circle past the right foot's position. Both partners are facing to the outside of dance circle. Follower should be slightly ahead of Leader on LoD. Maintain hand holds thorough out twinkles.</li> <li>2. Turn body back to face LoD as right foot steps past the left foot (further to the outside of the dance circle) and turns towards LoD direction. Leader is now behind follower as they both face in direction of the LoD.</li> <li>3. Step left foot to about 45 degrees to the left of LoD direction but only slightly closer to the center of the LoD than it was previously positioned. This sets up the twinkle to the left by starting body moving towards the center of the circle.</li> <li>4. Step right foot across body forcing the body to do a ¼ turn as it moves past the left foot. Right foot lands pointing to the center of the dance's circle. Both partners are facing the center of the dance circle. Follower is still further along the LoD than the leader.</li> <li>5. Turn body to face LoD as the left foot steps past the right foot (further to the inside of the circle) an turns towards the LoD direction. Leader is still behind the follower.</li> <li>6. Step right foot to about 45 degrees to the left of the LoD direction but only slightly closer to the outside of the LoD than it was previously positioned. This sets up the twinkle to the right by starting body moving towards the outside of the circle.</li> </ol> <p>These movements flow smoothly. In fact you may find that the 3<sup>rd</sup> and sixth counts are almost pivots, rather than steps. Try</p>
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	<p>making it a step so that weight change occurs when you are learning.</p>
<p>Third 6 counts: Balance forward then back</p>	<ol style="list-style-type: none"> <li>1. Left foot step forward (style: longer step, body dipping down) weight ends on left</li> <li>2. Right foot steps along side of left (style: raise body by moving onto toes) – weight ends on right</li> <li>3. Left foot steps in place (style: on toes) – weight on left</li> <li>4. Right foot steps back (style: longer step, body dipping down) weight on ends on right</li> <li>5. Left foot steps back along side of right (style: raise body by moving onto toes) – weight on left</li> <li>6. Right foot steps in place (style: on toes) – weight on right</li> </ol>

<p>Fourth 6 counts: Quarter turn to the left (this faces couple out from LoD)</p> <p>Balance backwards (across the line of dance)</p>	<ol style="list-style-type: none"> <li>1. Release left hands as Leader raises their joined right hands high positioned over the Follower’s head. Both step forward on left foot as Follower moves under joined right hands.</li> <li>2. Step right foot forward past the left foot and then land it with a quarter turn to the left letting left foot pivot 1/4 , thus turning body ¼ turn to the left. Both Leader and follower are facing towards the left. Follower is facing Leader’s back. Weight on right foot’s ball at the end. Right foot is further forward than the left foot. Joined right hands are lowered alongside the couples right side, with the Leader right arm trailing behind him while the Follwer’s right arm is slightly forward</li> <li>3. Step left foot next to the right foot. (Recall left foot pivoted to the left when right foot landed; if left foot did not pivot, then left foot does a quarter turn to the left). Leader extends his left arm behind him as Follower moves left hand forward. Leader and Follower will join hands on count 4 or before.</li> <li>4. Both step right foot backwards, maintaining the spacing between the bodies. As stepping backwards, the right hands stay connected behind the leader’s back about waist height and connect the left hands if not already connected. The joined left and right hands</li> </ol>
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	<p>are separated by the width of the leader's shoulders (i.e. you are forming a nice suspension bridge with your bodies forming the upright towers and the arms and hands forming the primary suspension cables between the towers).</p> <ol style="list-style-type: none"> <li>5. Both step left foot backwards to align with the right foot while maintaining the body spacing. Weight ends on left foot.</li> <li>6. Step right foot in place. Weight ends on the right foot.</li> </ol> <p>You have completed a quarter turn to the left on steps 1-3 and used 4-6 to ensure body positions are correct for the upcoming quarter turn.</p>
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<p>Fifth 6 counts:</p> <p>Quarter turn to the left (this positions couple to face against LOD)</p> <p>Balance backwards</p>	<ol style="list-style-type: none"> <li>1. Drop the right hand connection, but maintain the left hand connection. Both step forward on left foot.</li> <li>2. As the right foot steps forward past the left foot, turn the right foot one quarter turn to the left as it lands and allow the left foot to pivot, thus turning body ¼ turn. At this point you are facing backwards from where you started the dance. As the couple turn, their joined left hands raise up to almost chest height in front of the Follower. Both Leader and follower are facing against LoD. Follower is alongside the Leader's left side. Weight on right foot's ball at the end. Start moving your right hands to join together Between the couple at about waist height, UNDERNEATH the left hands (i.e. the left arms are at chest height and are further from the body than the right arms that are close to the waist).</li> <li>3. Move the left foot next to the right foot. As the left foot lands, it will be pointing against the LoD. (Recall the left foot pivoted when the right foot landed; if it didn't, rotate the left foot ¼ to the left to align with the right foot.) At the end of this step, Follower is to the Leader's left. As the left foot moves, ensure the right hands are moving to join at waist height between the</li> </ol>
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	<p>bodies. At the end, weight is on the left foot.</p> <ol style="list-style-type: none"> <li>4. Step right foot backwards (in the direction of the LoD). As stepping backwards, ensure right hands are joined at waist height of the couple. The left hands are connected across the Follower's chest. Weight ends on right foot.</li> <li>5. Step left foot backwards to align with the right foot. Weight ends on left foot.</li> <li>6. Step right foot in place. Weight ends on the right foot.</li> </ol> <p>You are now positioned to turn around to face in the original direction (Line of Dance). Make sure your hands are touching, but not grasping, as they need to rotate in the next sequence of steps.</p>
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<p>Sixth 6 counts: Walking turn forward to face LoD</p> <p>Then balance backwards</p>	<ol style="list-style-type: none"> <li>1. Leader raises their joined left hands above Follower's head and lifts the joined right hands to just above the Follower's shoulders. Both step forward (against LOD) on left foot, with Follower moving under the joined left hands. Remember to keep hands touching but not grasping as they need to rotate against each other.</li> <li>2. Turn right foot <math>\frac{1}{4}</math> towards the left as it steps forward past the left foot, thus turning body <math>\frac{1}{4}</math> turn. Leader is facing Follower's back. Their joined hands will be above the follower's shoulders, follower's palms facing front, Leaders fingers in the followers palms, Leader's thumbs on the back of Follower's palms (just as they were during the twinkles) Weight on right foot's <b>ball</b> at the end. Right foot is further from the direction of the LoD than the left foot.</li> <li>3. Make another <math>\frac{1}{4}</math> turn so that both partners are facing the LoD side by side by moving (swinging) the left foot behind your body and against the LoD direction to align with the right foot. When the left foot lands, it will be facing the LoD. As left foot moves, the right foot pivots on its ball of the foot. At the end of this step, Follower is to the Leader's right side. As the left foot moves, lower the joined hands until they are just above the Follower's shoulders (if you</li> </ol>
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	<p>have not lowered them already), just as when the dance started. At the end, weight is on the left foot.</p> <ol style="list-style-type: none"> <li>4. Step right foot backwards (against the direction of the LoD). Weight ends on right foot.</li> <li>5. Step left foot backwards to align with the right foot. Weight ends on left foot.</li> <li>6. Step right foot in place. Weight ends on the right foot.</li> </ol>
<p>RESTART:</p> <p>Twinkle to the right</p> <p>Then twinkle to the left</p>	<ol style="list-style-type: none"> <li>1. Step left foot across body forcing body to do a ¼ turn. Left foot lands pointing to outside of the dance’s circle past the right foot’s position. Both partners are facing to the outside of dance circle. Follower should be slightly ahead of Leader on LoD. Maintain hand holds thorough out twinkles.</li> <li>2. Turn body back to face LoD as right foot steps past the left foot (further to the outside of the dance circle) and turns towards LoD direction. Leader is now behind follower as they both face in direction of the LoD.</li> <li>3. Step left foot to about 45 degrees to the left of LoD direction but only slightly closer to the center of the LoD than it was previously positioned. This sets up the twinkle to the left by starting body moving towards the center of the circle.</li> <li>4. Step right foot across body forcing the body to do a ¼ turn as it moves past the left foot. Right foot lands pointing to the center of the dance’s circle. Both partners are facing the center of the dance circle. Follower is still further along the LoD than the leader.</li> <li>5. Turn body to face LoD as the left foot steps past the right foot (further to the inside of the circle) an turns towards the LoD direction. Leader is still behind the follower.</li> <li>6. Step right foot to about 45 degrees to the left of the LoD direction but only slightly closer to the outside of the LoD than it was previously positioned. This sets up the twinkle to the right by starting body moving towards the outside of the circle.</li> </ol> <p>These movements flow smoothly. In fact you may find that the 3<sup>rd</sup> and sixth counts are almost pivots, rather than steps. Try making it a step so that weight change occurs when you are learning.</p>

