

GLOSSARY and Acronyms

Allemande right: Stand side by side with partner, right shoulders together, right arm extended, left arm behind back, with palm facing outward. Slide right arm inside partner's arm, and place right palm on their left palm. Dance clockwise in this position, as far round as the dance directs.

Allemande left: The same as allemande right, except have left shoulders together, left arm extended and right arm behind back.

Box the Gnat: Join nearer hands (man's right, woman's left) and, turning towards each other, the woman dances under the upraised hands to change places. The dancers will be facing in the opposite direction, having changed places and the woman still on the man's right.

Cast off/up: The dancer in top position casts off while the dancer in second position casts up.

First corners: First man and second woman

Gate: Join nearer hands and rotate 360 degrees; the pivot point of the gate is where the dancers hands join. If second couple gates the first couple, then the 2s would be backing up and the 1s would be dancing forward.

Gate half way: Same as the gate, but only rotate 180 degrees. For example: If first man gates his partner half way, he backs up and she dances forward, so that they change places and are facing in the opposite direction.

Second corners: First woman and second man

W woman, 1W means first woman
M man, 1M means first man
R right
L left
CW clockwise
CCW counter-clockwise