

## Metal Bridge Lancers Set

	<b>Figure 1 Reel</b>	<b>160 Bars</b>
(a)	<b>Lead around, Swing;</b> All couples lead around with gent's right arm around lady's waist. All swing in waltz hold.	<b>16 Bars</b>
(b)	<b>Top couples house;</b> Top couples house around each other	<b>8 Bars</b>
(c)	<b>Top couples pass through and line up</b> Top couples chain right hand with opposite person, then chain left hand with their own partners. Tops now chain right hand in the corner and line up in top positions, tops in the centre, sides on the outside.	<b>8 Bars</b>
(d)	<b>Advance and Retire;</b> Lines advance and retire once, then advance again and top couples retire, while side dancers stay in, facing their own partners in place.	<b>8 Bars</b>
(e)	<b>Swing in place;</b> Swing in place	<b>8 Bars</b>
(f)	<b>Side couples house;</b> Side couples house around each other	<b>8 Bars</b>
(g)	<b>Sides pass through and line up;</b> Side couples lead, to finish in a line up in side positions with side couples in the centre and tops on the outside.	<b>8 Bars</b>
(h)	<b>Advance and Retire:</b> Lines advance and retire once, then advance again and side couples retire, while top dancers stay in, facing their own partners.	<b>8 Bars</b>
(i)	<b>Swing in place;</b> Swing in place	<b>8 Bars</b>
(j)	<b>Repeat (b) – (i)</b> Starting in opposite positions, all repeat to finish swinging at home	<b>64 Bars</b>
(k)	<b>House</b> All couples house around to finish	<b>8 Bars</b>

	<b>Figure 2 Jigs</b>	<b>160 Bars</b>
(a)	<b>Lead around, Swing;</b> All couples lead around. All swing.	<b>16 Bars</b>
(b)	<b>Top couples house;</b> Top couple house on the inside.	<b>8 Bars</b>
(c)	<b>Top couples star;</b> Top couples take right hand star in the centre and dance halfway around to the opposite side. Each top dancer now turns anticlockwise, left hand in left, around the side gent or lady in the corners, then top gents each put their right arm around their own partner's waist as top couples move into the centre to swing in four, ladies' hands on the gents' shoulders.	<b>8 Bars</b>
(d)	<b>Swing in four;</b> Swing in four in the centre, breaking back to finish in opposite positions.	<b>8 Bars</b>
(e)	<b>All couples swing in place;</b> All couples swing in place.	<b>8 Bars</b>
(f)	<b>Sides Repeat (b) – (d);</b> Side couples repeat (b) – (d) with side couples finishing in opposite	<b>24 Bars</b>

	position.	
(g)	<b>All couples swing in place;</b> All couples swing in place.	<b>8 Bars</b>
(h)	<b>Repeat (b) – (g);</b> Repeat (b) – (g) starting from opposite positions and finish swinging back home.	<b>64 Bars</b>
(i)	<b>House</b> All couples house around to finish	<b>8 Bars</b>

	<b>Figure 3 Reel</b>	<b>160 Bars</b>
(a)	<b>Lead around, Swing;</b> All couples lead around. All swing.	<b>16 Bars</b>
(b)	<b>Top couples house;</b> Top couples house around.	<b>8 Bars</b>
(c)	<b>Square and pass through;</b> Top couples, in waltz hold, advance to face the side couples on their left, then reverse to opposite top positions. They now pass through with ladies in the centre and pass their partners left shoulder to left into place.	<b>8 Bars</b>
(d)	<b>Everybody house with corner and pass through;</b> In waltz hold, top couples facing slightly left and side couples facing slightly right, dance around each other to change places. Top couples now pass through to the opposite side position, ladies in the centre and pass their partners left shoulder to left, while side couples dance back to back in top positions, passing right shoulder to right forward and left shoulder to left back.	<b>8 Bars</b>
(e)	<b>Swing;</b> Swing in new positions, right of own	<b>8 Bars</b>
(f)	<b>Repeat (b) – (e);</b> Repeat (b) – (e) with side couples leading. Sides house to left at (d) and pass through while top couples house to the right and dance back to back. All now finish opposite original positions.	<b>32 Bars</b>
(g)	<b>Repeat (b) – (e)</b> .Repeat until back at home position	<b>64 Bars</b>
(h)	<b>House</b> All couples house around to finish	<b>8 Bars</b>

	<b>Figure 4 Reel</b>	<b>160 Bars</b>
(a)	<b>Lead around, Swing;</b> All couples lead around. All swing.	<b>16 Bars</b>
(b)	<b>Top couples house;</b> Top couples house around.	<b>8 Bars</b>
(c)	<b>All couples Star and line up;</b> Top couples form right hand star and dance around to the side couple on their right, top ladies passing in, front of their partners, they join left hands in a star with the side couples. All turn anticlockwise in the star to finish in lines in sides positions. Each side couple is on the left of tops.	<b>8 Bars</b>
(d)	<b>Advance and retire twice;</b> The lines advance and retire once, then advance again and the dancers	<b>8 Bars</b>

	on the outside of each line stay in and dance facing each other as the dancers in the centre retire.	
(e)	<b>Swing;</b> All swing new partners	<b>8 Bars</b>
(f)	<b>Top couples house;</b> Side gents now in tops' positions house around with the top ladies.	<b>8 Bars</b>
(g)	<b>All couples Star and line up</b> New top couples dance (c) finishing in lines in sides' positions.	<b>8 Bars</b>
(h)	<b>Advance and retire twice</b> The lines advance and retire once, then advance again and the dancers on the outside of each line stay in and dance facing each other as the dancers in the centre retire.	<b>8 Bars</b>
(i)	<b>Swing:</b> All swing own partners	<b>8 Bars</b>
(j)	<b>Repeat (b) - (i) with side couples leading</b> Repeat (b) - (i) with side couples leading to finish in own position.	<b>64 Bars</b>
(k)	<b>House</b> All house to finish.	<b>8 Bars</b>

	<b>Figure 5 Fling</b>	<b>160 Bars</b>
(a)	<b>Circle advance and retire;</b> All couples circle and advance and retire twice	<b>8 Bars</b>
(b)	<b>Swing;</b> All swing in place	<b>8 Bars</b>
(c)	<b>Ladies chain across and home;</b> Four ladies join right hands in the centre and dance across to turn left hand in left with opposite gent. They then join right hands in the centre again and dance back to turn left hand in left around their own partner into place.	<b>8 Bars</b>
(d)	<b>Gents chain across and pick up new lady;</b> Four gents join right hands in the centre and dance across to turn left in left around opposite lady. Each gent now joins right hand in right with the lady on his right and dance clockwise around with her until he is in the gent's position beside her with his right arm on her shoulder and left hand in left in lead around position.	<b>8 Bars</b>
(e)	<b>Diamond:</b> All new couples dance a diamond in the lead around hold. They advance to the position on their right dancing 1,2,123 then reverse into next position opposite where they started. They now repeat the movements as they dance around to home, turning to take waltz hold during the last bar	<b>8 Bars</b>
(f)	<b>House</b> All house around in waltz hold	<b>8 Bars</b>
(g)	<b>Repeat (c) – (f)</b> Repeat three times to finish by dancing the house with their own original partners.	<b>96 Bars</b>

