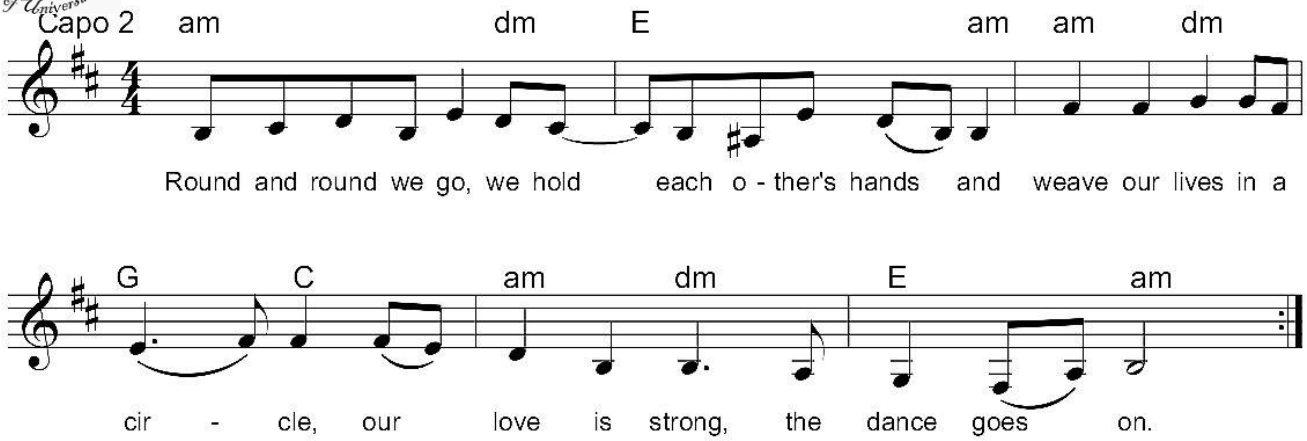
Round and round we go



An energetic partner dance, which beautifully describes, what happens, when we meet and dance. It may be helpful to ask women or men to sing a phrase alternating, so the other gender can catch breath. It is also an amazing round in 3 parts, rather challenging to teach by its own, but after having it danced, it is not so difficult any more.

Round and round we go, we hold each other's hands	Take right hands with a partner, then left hands underneath, and turn together clockwise as energetic as feels comfortable for both. End by facing your partner on the line of the circle (in any direction – so you may face and move clockwise or anticlockwise: the point of confusion!).
and	Let go of the left hand, and stretch the left arm back left down, ready to
weave our lives	scoop left hand down and forward up while walking forward 4 steps past your 1st partner reaching out to 2nd partner & take left hands.
in a	Feel the connection with the past partner behind AND the new 2nd partner.
ci- ircle,	Let go of the right hand and scoop down & forward, walking 4 steps past your 2nd partner & take right hands with 3rd partner. End being connected with the past partner AND the new 3rd partner.
our **love**	Bring both your hands with palms on your heart centre
is strong,	open both hands & arms wide up from your heart to your 3rd partner.
the dance go-oes on	Turn towards the circle centre, hold hands with your neighbours and walk / skip to the right. Your 3rd partner will be the next turning partner.

Make sure dancers end turning on the circle line facing in one direction and practice progressing past their partner –either to the left or to the right. Confusion is a pre-state of enlightenment – enjoy!

This dance is ideally danced in 3 concentric circles, all beginning together and later dancing as an amazing 3 part round (begin each voice on “Round”, “weave” and “love”). If danced in one circle, at the end of the dance all can come close together, get the circle swaying and stepping together in the rhythm, and direct 3 circle segments to sing – or 2 parts with women and men singing (+ the leader as 3rd part).
For accompanying the round only use the chords of the first two bars.

Melody: traditional, (via Gerhard Lipold - www.lipold.com). Movements: Ralph Nimmann

Published & updated on: www.rainbow-cambridge.org.uk/dances/our-dances.htm Nov. 2017