

05a Couples Promenade

Timing

Full: 16; 3/4: 12; 1/2: 8; 1/4: 4

Starting formation

Squared Set

Dance action

The couple moves side by side in the direction of the dance (promenade direction) on the circle in a counter-clockwise direction. The dance partners hold each other's hands. The right hand connection is above the left. The gentleman's palms face upwards, the lady's palms face downwards. In a promenade home, the promenade ends at the men's homeposition. To do this, the couples walk at least a quarter of the way around the square. At the end of the promenade, the dancers turn as a couple towards the center of the square and change their hand position to the normal couples handhold.

In a half promenade or three quarter promenade, exactly half or three quarters of the way around the square must be performed in the direction of the dance.

If a heads / sides half promenade is announced, the inactive couples step forward to the center and help to shorten the path for the active couples. They then step back again.

In a heads / sides one quarter or three quarter promenade, the inactive couples step forward to the center and stay there.

The wheelchair users decide whether they want to ride side by side without holding hands with their partner or whether they want to form a hand connection (no cross-hand grip) and be pushed with their partner's other hand.

Ending formation

Squared Set