Circle Four Left – Circle Four Right

Timing

One Quarter – 2; Halfway - 4; Three Quarters - 6, Full: 8

Starting formation

4 dancers, Facing Couples

Dance action

The dancers join hands, form a circle, turn slightly to the announced dance direction, and walk forward with their hands clasped. The elbows are slightly bent, and the hands are above the elbows. If the directions left or right are not announced, a circle left is danced.

In a circle in which a lady and a man dance alternately, the ladies' palms face downwards and rest on the upturned palms of the men.

In a same-sex circle, the right palm is up, and the left palm is down..

Ending formation

Facing Couples

Birgit Rudolf 2026 11 07