Couples Promenade

Timing

Full: 16; Three Quarter: 12; Half: 8; One Quarter: 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 counterclockwise 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 home position. 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.

Ending formation

Squared Set

Birgit Rudolf Stand: 2026 11 06