

Contradance Figures and Timing

Maia McCormick for ESC 2021

Adapted from Bob Isaac's "10 Steps to Writing Your Own Dance"

Figure	Beats	Figure	Beats
Allemande:	-	Circle:	-
½	2	½	4
once	4–6	¾	6–8
1½	8	slide left + circle left ¾	8
Arch	4	circle left ¾ and pass through	8 (tight)
Arch + dive	6	once	8
Balances (all)	4	1¼	10
Box the gnat*	4 (or 2)	Contra corners	16 (loose)
Box circulate*	4	Do–si–do:	-
California twirl*	4 (or 2)	once	8 (loose)
Cast	4	1¼ to wave	8
Chain	8	1½	8 (tight)
Chase	16 (loose)	once as couples	8 (tight)
* These figure timings do NOT include balances. E.g. the listed time for a petronella turn is 4 beats; thus the time for a ring balance and petronella turn would be 8 beats (4 for balance + 4 for petronella turn).		Give and take	4
		Long lines in + give and take	8

Figure	Beats	Figure	Beats
Grand R and L	2/pull by	Rollaway	2–4
Hey:	2/pass	Rory O'Moore spin*	4
half (may be 3 or 4 passes)	8 (loose)	Full Rory O'Moore (bal., slide R; bal., slide L)	16
full	16	Slice	8
NB: ricochets take 2 beats (tight)—treat as a tighter pass		Slide left	2
Line of 4	-	Square through*	2/pull by
down the hall, turn alone, come back	16	interrupted square through (half)	8 (tight)
down the hall, turn as a couple, come back	16	interrupted square through (whole)	16 (tight)
down the hall, turn other, come back	16 (tight)	square through three (no balances)	8
^ e.g. R hand high/L hand low		Star (regular or facing) once	8
Long lines forward and back	8	Star promenade + butterfly whirl	8 (tight)
Long lines forward and back + rollaway	8 (tight)	Star through	4
Mad Robin	6–8	Swat the flea*	4
Orbit	6–8	Swing	8–16
Pass through up or down	2	Walk-around (aka right/left shoulder round):	-
Petronella turn*	4	once	6–8
Pousette, half	8 (loose)	1½	8
Promenade across	8 (loose)	Wavy line at center* (go into/fall back from)	4
R and L through	8		