

													Name	
													# reps	info
													bars	
													type	
													# cpls	
													adv & retire	non-progressive figures
													back to back	
													balance/set in line	
													chase	
													circle	
													double triangles	
													figure 8	
													grand chain	
													ladies chain	
													lead down and up	
													petronella	
													poussette right round	
													promenade	
													RA,LA	
													rights and lefts	
													set & link	
													track	
													allemande	progressions
													poussette (quick-time)	
													half-poussette	
													knot	
													rondel	
													turn corner partner	corners
													set to and turn corners	
													hello/goodbye setting	
													corners pass & turn	
													reel 3 across	reels
													reel 3 on side	
													reel 4 across	
													reel 4 side	
													reel 4 diag	
													special reels	
														special

