

EXPLANATION

Figure: First couple joins hands with the second couple; circle to the left and to the right. Without releasing held hands, couple two raise their inside hands forming an arch under which couple one walks, only to immediately back out. Couple one now forms the arch while couple two performs the 'ducking'. Both couples step forward body to body, lifting their joined hands high above their head. All shout ... 'wa-hoo!' Man one swings lady two while man two swings the first lady. Both couples swing own partners; couple one goes on to couple two to repeat the figure and so around the set.

Anona Hop

Music: 'The Anona Hop'

INTRODUCTION

(Music A and B)

Join your hands and circle left
Go halfway round the ring,
Circle back the other way
And everybody swing;
Swing her high, swing her low,
Swing her up and down;
Put your arm around your girl
And promenade the town
(Orchestra plays B for the promenade.)

FIGURE

(Music A)

First couple out and circle four,
Circle four hands round;
Right hand round your left hand girl,
Left hand round your own;
Dos-a-dos your left hand girl,
Dos-a-dos your own:
Swing your honey high and low,
Swing her all alone.
On to the next etc.....

BREAK

(Music A and B)

Right hand round your corner girl,
Left hand round your own:
Dos-a-dos your corner girl,
Dos-a-dos your own;