

OMEGA

Formation:

	3W	3M		
	2M			4W
	2W			4M
1Ma	1Wa	1Mb	1Wb	

5 x 32 reels

- A1 1st couple a with 2W; 1st couple b with 4M star right and left while 2M and 3W; 4W and 3M turn right and left.
- A2 1Ma with 2s; 1Wb with 4s reels with the Sides starting 1Ma passing 2M left and 1Wb passing 4W right while their partners and 3s circular hey
- B1 Both 1st couples arch over nearer Side couple, change places 1b arching in opposite head place, arch over other Side couple and return to original places 1a arching while 3s cross the set, half two hand turn, cross back and half two hand turn.
- B2 Promenade one place anticlockwise, set and back to back with partner ready for the next turn of the dance

Repeat 4 times until all are back to original places

As our club often had 5 couples the number of formations was limited, so I explored alternatives and came up with a dance in an omega shape!