

My Heart's Delight A Contra Dance

Couples 1, 4, 7, etc. active. Proper contra.

1-16	Active couples cross over and go down two couples. Come up the center with partner right hands joined, cross over, cast down one.
17-32	Six hands once around.
33-48	Same 3 couples promenade, led by couple #2. Varsouvienne, turn left, walk down the outside (8 steps for this maneuver). Turn left back up the set into place.
49-64	Top 2 couples right hands across. Gate turn. Right hands back.

Written by Ralph Page, researcher from New Hampshire. This dance is from 1807 – 1808 and may be found as My Heart's Desire or My Heart's Delight. It is danced to *On the Road to Boston*.