

OPENER

Circle Left
Sometimes I stop and wonder
Why can't I let myself enjoy
Those Men Star by the Right - Travel one time around
Allemande Left and Weave The Ring
You've got to reach a little bit higher
Swing your girl around and Promenade
Stretch your soul and you'll never grow old

FIGURE

Heads You Promenade go halfway
Walk down the middle and Square Thru Four
Go all the way, Right & Left Thru
Veer Left and Couples Circulate
Half Tag, Scoot Back, and Swing
Take her by the hand and Promenade
Stretch your soul and you'll never grow old

MIDDLE BREAK

Four Ladies Chain straight across the ring
You turn and Chain the Ladies Home
Join Hands, Circle Left and go walking 'round
Allemande Left and Weave The Ring
You've got to reach a little bit higher
To get a hold on all that you desire
Stretch your soul and you'll never grow old

CLOSER

Four Boys Promenade go walking
Get back and give that Girl a Swing
Join Hands, Circle Left and go walking 'round
Allemande Left and Weave The Ring
You've got to reach a little bit higher
Swing your girl around and Promenade
Stretch your soul and you'll never grow old

TAG

No Tag