ABBEY REFLECTION

3 couple longways

Part 1

A Up a double, set, back a double, set *(still facing up)*

B Heys on the side - *starts by top couple cast out, 2nd in & up, 3rd out & up*

C Down a double, set, back a double, set *(facing partner)*

Part 2

A Side *(Sharp)* once and circle-6 ½ way round *(left)*

B Heys on the side - starting with middle couple man up, lady down - *(i.e middle couple turn right and pass right shoulder with person on their right to start)*

C Side once and circle-6 ½ way *(left again)*

Part 3

A Right hand turn ½ way, loop left individually & circle-6 ½ way *(right)*

B Heys across ends, middle couple does ½ hey with each end couple, man down, lady up *(i.e. middles go right)*

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