

Triple Time (PGCE)

3 gallop

LW 7 to 10 couples

Tops to bottom Progression

32 Bar Jig

A1	Top 3 couples gallop down and back
A2	Bottom 3 couples gallop up and back
B1	Tops cast to bottom, all follow
B2	Tops Arch at the bottom, everyone else meet your partner, go through the arch and back up the room

7 to 10 couples