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Ruut on 2x2 meetrit. Paneks märgid: iga 2 m tagant knopka ja 4 m tagant numbri. Hallid on knopkad, kui vaja, paneme mingid tähed nendele. Iga uus rida uuest kümnest II rida 11,12,13… III rida 21,22,23…jne

1. Heide tõmme 8 paari
2. Tamme tõrukesed 6 paari ja Kirivöö 4 paari Kokku 10 paari
3. Läki tantsule 10 paari
4. Tõrvik 4 paari ja Lindi lappajad 4 paari Kokku 8 paari
5. Haeska 7 paari
6. Vormsi 6 paari
7. Oru Jommid 7 paari (koos Noarootsi rühmaga)

Väljakule liigutakse vaheosaga (tekst) rahulikul kõnnisammul. I tuur – iga rühm tantsib oma ringil.

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Ruut on 2x2 meetrit. Paneks märgid: iga 2 m tagant knopka ja 4 m tagant numbri. Hallid on knopkad, kui vaja, paneme mingid tähed nendele. Iga uus rida uuest kümnest II rida 11,12,13… III rida 21,22,23…jne

II tuuri A ja B-osa. Alustatakse liikumist diagonaalselt, edasi liigutakse taha. II tuur lõpetatakse sirgel.

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Ruut on 2x2 meetrit. Paneks märgid: iga 2 m tagant knopka ja 4 m tagant numbri. Hallid on knopkad, kui vaja, paneme mingid tähed nendele. Iga uus rida uuest kümnest II rida 11,12,13… III rida 21,22,23…jne

III tuur – A-osaga tantsitakse diagonaalselt ette ja B-osaga ette sirgele.

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Ruut on 2x2 meetrit. Paneks märgid: iga 2 m tagant knopka ja 4 m tagant numbri. Hallid on knopkad, kui vaja, paneme mingid tähed nendele. Iga uus rida uuest kümnest II rida 11,12,13… III rida 21,22,23…jne

IV tuuri A-osaga liigutakse taha ja B-osaga liigutakse kahele sirgele st. 1 paar liigub tagumisele sirgele, 2 paar esimesele sirgele, 3 tagumisele, 4 esimesele jne. Rühmas kahe viiru vahe 2 meetrit (esimene viir on numbrimärkide ja teine viirg knopkade rivil). Rühma viimased paarid liiguvad nii, et rühmadele ei jääks vahesid vahele.

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Ruut on 2x2 meetrit. Paneks märgid: iga 2 m tagant knopka ja 4 m tagant numbri. Hallid on knopkad, kui vaja, paneme mingid tähed nendele. Iga uus rida uuest kümnest II rida 11,12,13… III rida 21,22,23…jne

* Etteliikumine: reilendrisammudega alusta vasakule küljele liikumist (liigu sik-sakis ette), jooksupolka ette ja taha pöörle kohapeal. Lõpetad kolonnis parem külg publikusse.

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1 2 3 4 5 6 7 8 9 10

Ruut on 2x2 meetrit. Paneks märgid: iga 2 m tagant knopka ja 4 m tagant numbri. Hallid on knopkad, kui vaja, paneme mingid tähed nendele. Iga uus rida uuest kümnest II rida 11,12,13… III rida 21,22,23…jne

* Väljaliikumine: Liikuma hakates koonduvad 2 viirgu üheks st. esimesena hakkab diagonaalile liikuma tagumise viiru esimene paar, järgneb esimese viiru esimene paar, siis teise viiru teine paar ja esimese viiru teine paar jne. (reilendrid vasakule-paremale edasiliikumisega, jooksupolka ette-taha, pöörded edasi liikumisega)