FOLLOW THAT GIRL
Promenade and don't slow down
One and three wheel around
Pass thru the couple you meet
On to the next and pass thru
All 4 gents turn back
Follow that girl in the same old track
Go twice around that ring now Jack
Turn your partner, left elbow swing
Four gents star in the middle of the ring
Twice around to your corner girl
Allemande left, etc.

BREAKING TRAIL FOR THE OTHER THREE
One and two do a half sashay
Circle eight around that way
Two little ladies hand in hand
Split those gents across the land
Around just one and crowd back in
Circle eight, you're gone again
Gents, swing the girl that's by your side
Allemande left with a great big smile
Promenade, go single file
First little lady, turn right back
Second little lady, same old track
Third little lady, follow those two
Fourth little lady, same for you
Original partner, box the gnat
All eight swing right where you're at

EIGHT CHAIN STAR
Four gents star across the town
Turn the opposite gal with the left hand round
Face your corner all eight chain
Right and left and turn 'em around
Gents star right 3/4 round
Turn that gal with a left hand round
All the way around
Face your corner, all eight chain
Right and left and turn 'em around
Gents star right across the set
Turn that gal you're not thru yet
Face your corner once again
Go right and left for a left allemande, etc.

CAST AWAY
All four ladies chain across
Then head ladies chain 3/4 round
The side gents will turn you around
And make two lines of three
Forward six and six fall back
Then circle 8 go around the track
All four gents pass thru
Around just one and behind the sides you stand
Forward 8 and 8 fall back
Two ladies chain on a double track
Turn them boys and line up four
Forward 8 and back once more
Whirl away with a half sashay
Then pass thru across the way
Now cast off and circle wide
Circle left on the old cow hide Etc.