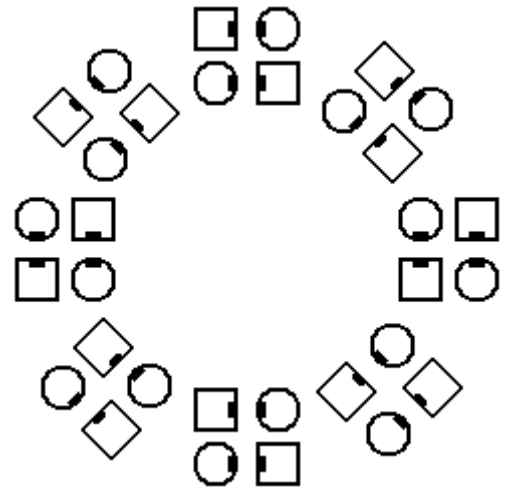# Contra Formations

Sicilian Circle: From a Promenade, designate one couple to hold on to each other and turn as a unit to face the couple behind. Then ask alternate couples around the hall to do the same. Usually four dancers will dance together for 64 beats and then move forward to the next couple coming towards them.

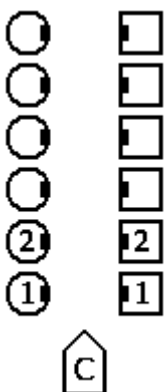**Contra Lines or Longways Sets:**

Proper Contra Lines have partners facing each other with all the Gents in one line and all the Ladies in the other. They can be set up from a big Promenade by designating one couple to march forward to line up couples one behind the other facing the front. All turn to face partner and back away one step. These are Proper Contra Lines with Ladies all on the prompter's left and Gents on the prompter's right.

Proper Duples are proper contra lines in which groups of two couples dance together. Proper Duples begin by grouping "Hands four from the top". The Active or #1 couple in each group of four is the one nearest the prompter. An active couple continues to be active for each repetition of the 64-beat sequence until they reach the foot of the line. When couples reach the end they will be neutral for 64 beats (32 beats if the dance is a double progression). When another couple joins them they change from #1 to #2 or vice versa and begin moving along the line in the other direction. To help the caller may say "Active on at the top".
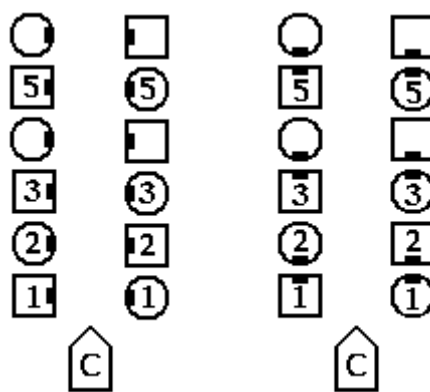
Alternate Duple Contras begin with the first, third, fifth, etc. couples from the top active and crossed over ("take hands four from the top, the couple nearest me cross over"). Sometimes Alternate Duples begin with the couples facing up or down. The couples progress the same as they do for Proper Duples except that when a couple reaches the end of the line they must cross over while they are neutral (each dancer moves to the opposite line).

Couples Facing Couples Contras have partners together on one side facing another couple in the other line. This is also known as a Becket formation. Couples progress along the line.

Proper Lines or Proper Duple	Alternate Duple (Improper Duple, Duple Minor)	Couples Facing Couples (Becket)