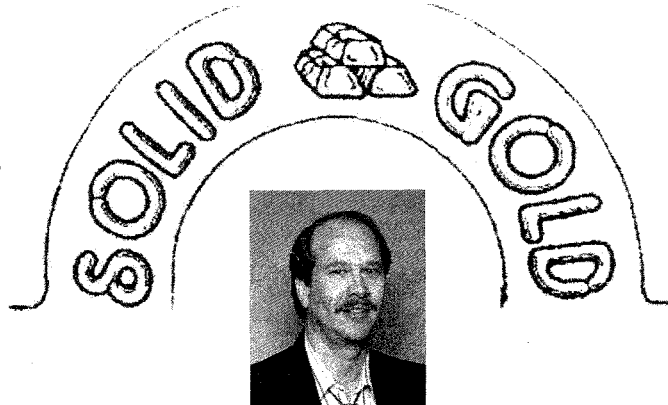


SOLID GOLD RECORDS  
SG 217



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## How Long

### Opener/Break/Closer:

Sides Face Grand Square  
Like a blue bird with his heart removed lonely as a train  
I run just as far as I can run  
Left allemande weave the ring  
How long – How long  
You Swing and promenade (Woman will you weep)  
How Long – How Long  
Rock yourself to sleep

### Figure:

The Heads (Sides) promenade travel halfway go round  
Walk in and pass the ocean then extend  
You Swing thru - boys run right  
You Bend the line a right & left thru  
You flutterwheel – slide thru  
Swing and Promenade  
How Long – How Long  
Rock yourself to sleep

SEQUENCE: OPENER, FIG HEADS TWICE, BREAK, FIG SIDES TWICE, CLOSER, TAG  
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