The Borrowdale Exchange
Also known as the Sextet Mixer

by Derek Haynes
Revised by Richard Powers

Formation: 3-Couple Sets, taking hands. 2 or 4 couples are also possible.

1-4 All 6 Hands Round to the left, walking or sliding step.
5-8 All 6 Hands Round to the right, walking or sliding step.
9-12 Retaining hands, all Advance And Retire twice (pull, push, pull, push).
13-16 All Dos-à-Dos with partner.
17-20 All take hands with opposite for Right Hands Across (star), finishing by retaining hold and raising hands into an arch.
21-24 Those with the lowest right-handhold: M pulls W under the arch. The next lowest does the same. Take crossed-hand promenade (or waltz hold if polka) with partner.
25-32 These new couples promenade (or polka) anywhere in the room to find 2 other couples.

Repeat.