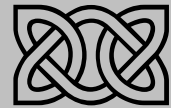


# The Knot



"The Knot", irisch "An Snaidhm" [ʔən snaim], deutsch "Der Knoten", ist ein Progressive Column Dance in Triple Minor Proper Column Formation, mit Free Hold und Face-to-Face Configuration, Lady rechts des Gents, für drei Paare. Er wird zum gleichnamigen Reel oder zu beliebigen Reels im Belfast-Stil getanzt. "The Knot" besteht aus 12 Bewegungen in 48 Takteten.

<i>Reel</i>	<i>12 Movements</i>	<i>48 Takte</i>	<i>Proper Column</i>
<b>Part</b>	<b>Aktiv</b>	<b>Name</b>	<b>Anmerkung</b>
1M [4]	Tops	Gross Over Down & Push	1 Couple
	Middles	Couple Sides Left	FH
	Bottoms	Swing Left	XH, 1 Lap
2M [4]	Tops	Gross Over Down & Push	1 Couple
	Bottoms	Couple Sides Left	FH
	Middles	Swing Left	XH, 1 Lap
3M [4]	Tops	Up Through the Lane & Cast Off	2 Couples Up, 1 Couple Down
	Bottoms	Swing Left	XH, 1 Lap
	Middles	Face	SG rechts-links
4M [4]	Tops	Down Through the Lane & Cast Off	1 Couple
	Middles	Swing Left	XH, 1 Lap
	Bottoms	Face	SG rechts-links
5M [4]	TX+MO	Right-Hand Turn	1 Lap
	TO+BX	↓	
	MX, BO	Advance & Retire	3M-PNF, FH
6M [4]	Tops	Left-Hand Turn	1 Lap
	Lings	Advance & Retire	3M-PNF, FH, ohne Tops
7M [4]	TX+BO	Right-Hand Turn	1 Lap
	TO+MX	↓	
	BX, MO	Advance & Retire	3M-PNF, FH
8M [4]	Tops	Left-Hand Turn	1 Lap
	Lings	Advance & Retire	3M-PNF, FH, ohne Tops
9M [4]	TX+MO	Right Wheel	1 Lap, Tops enden getauscht
	TO+BO	↓	
10M [4]	Tops	Left-Hand Turn	1 Lap
	MO, BO	Face	SG rechts-links
11M [4]	TX+BO	Left Wheel	1 Lap, Tops enden getauscht
	TO+MO	↓	
12M [4]	Tops	Right-Hand Turn	1 Lap
	MO, BO	Inverse Pass Through	um Tops herum
[x*48]		Major-Set Progression	Down