- A1 1-8 Circle-4 left & back
- A2 1-4 Keeping hold of neighbour's hand set and then turn as a couple to face out man going backwards
 - 5-8 Big 8 step individual loop right to face back in
- B1 1-4 Left and right 2-changes (leaves ladies facing out with partner facing her back)
 - 5-8 'Dolphin pousette' (go forward then individually turn right and come back into the set passing this couple)
- B2 1-4 'Dolphin pousette' with next couple (go forward then individually turn left and come back in, passing that couple)
 - 5-8 With this couple left hand star ½ way and loop right out of it

Note:- End effect - when out at the top wait proper, at the bottom wait improper - joining in the 2^{nd} pousette and $\frac{1}{2}$ star gets you to the correct side for the next turn of the dance



Dance by Trevor Monson (31/12/2022)

Tune "Farewell Jig" by Lael Whitehead

CD - "The Dancehall Players" - "Out of the Silence Vol. 2"

This dance was written on New Year's Eve for our New Year Day dance. Originally called "One in 2023" as it was the first dance we danced this year, but now re-named "Moving On" to contrast with the name of the tune.