

THE PERIODIC TABLE OF CONTRA

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|---------------------------------|--------------------------------|
| H Hands four | |
| Li Lines | Be Becket |
| Na Neighbor allemande | Mg Make a ring |
| K Keep on swinging | Ca Cast around |
| Rb Reach back | Sr Spin to the right |
| Cs Courtesy turn | Ba Balance |
| Fr Forward and back | Ra Roll away |

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| | | | | | He Hey for four |
| B Box the gnat | C Caller | N New neighbor | O Over and back | F Form a wavy line | Ne Next |
| Al Allemande left | Si Step into a wave | P Petronella | S Sashay | Cl Chain the ladies | Ar Allemande right |
| Ga Give and take | Ge Gents | As Actives swing | Se Set | Br Balance the ring | Kr Keep right on going |
| In In at the top | Sn Swing your neighbor | Sb Step back | Te Trade places | I Into the middle | Xe Cross trails |
| Tl Twirl | Pb Pull by | Bi Butterfly whirl | Po Pass the ocean | At Actives turn Cr | Rn Roll your neighbor |

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|-----------------------------|--------------------------------|-----------------------------------|-----------------------------|-------------------------------|-------------------------------------|--------------------------------|-----------------------------|-------------------------------|-------------------------------|
| Sc Scoot | Ti Take inside hands | V Veer | Cr Contra corners | Mn Meanwhile figure | Fe Face in | Co Cross over | Ni Next in line | Cu Come up the hall | Zn Zag to the next |
| Y Yearn | Zr Zig to the right | Nb Neighbor | Mo Move one place | Tc Top couple | Ru Right and left through | Rh Right hand | Pd Partner dosido | Ag Active gent | Cd Change direction |
| La Ladies | Hf Half a hey | Ta Take hands in a ring | W Wavy line | Re Rory O'Moore | Os Ones swing | Ir In this ring | Pt Partner | Au Actives face up | Hg Right hand high |
| Ac Across the set | Rf Right foot | Db Double progression | Sg Swing | Bh Behind | Ha Hands across star | Mt Meet your partner | Ds Dosido | Rg Ring | Cp Couple |

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|---------------------------|-----------------------------------|------------------------------|----------------------------------|-----------------------------------|-----------------------------------|-------------------------------|----------------------------|-------------------------------|-----------------------------------|------------------------------|------------------------|--------------------------|-------------------------|
| Ce Circle | Pr Put her on the right | Nd Neighbor dosido | Pm Promenade | Sm Same side | Eu End up in long lines | Gd Go down the hall | Tb Turn back | Dy Diagonal hey | Ho Home side of the set | Er Everybody swing | Tm This time | Yb You balance | Lu Look up |
| Th Three places | Pa Pass this one | U Up the hall | Np Neighbors pass left | Pu Pick up your partner | Am Allemande | Cm Come back | Bk Back to place | Cf California twirl | Es End effects | Fm Form a ring | Md Mad Robin | No Never out | Lr Look right |