Game Directions
Children form a line. One end player stands still, and the player at the other end moves in a wide circle, slowly winding the line up tight around the stationary person. After all are wound up tight, the outer coil wheels sharply in a contrary direction and all follow, retracing their steps.

Alternate game directions:
Children form a circle. One player leads the others in a spiral movement inside the circle until circle is wound up in a spiral, then reverses direction to unwind.

Informant/Performer:
Children in Boston, MA

Source:
Teaching Music at Beginning Levels
Through the Kodaly Concept, Vol II.
Wellesley, Mass.: Kodaly Musical Training Institute, 1973

http://kodaly.hnu.edu