

PATRICIA REESBY

A three couple 32 bar strathspey in a 4 couple set.

1-2 The three ladies set advancing to the men who set back, the men and ladies joining hands on the sidelines to begin.

3-4 The ladies cast right about back to places, whilst the men set advancing.

5-6 The men cast right about back to places. The ladies set.

7-8 All set on the sidelines, taking hands.

9-16 The first and third couples dance a double figure of eight around the second couple, first couple crossing down and third casting up to begin.

17-22 Second couple dances down between third couple casts up around them, meet in the centre in second place, dances up around first couple's position, and casts back into second place. First couple follows second couple down the centre casts up around third couple meet in the centre in second place, and then dances up the centre, casting into original place.

23-24 All take hands on the sides and set.

25-32 First and second couple dance *la spirale*.

La Spirale is a new progression. (described here for 1C and 2C)

1-2 First and second couple dance $\frac{3}{4}$ of a two hand turn to finish in a line of 4 up and down, first man back to back with second lady.

3-4 First man and second lady cast around each other (pulling back RS) to finish first man in second man's place and second lady in first lady's place, while first lady dances clockwise around the outside of the set to second lady's place and similarly second man to first man's place.

5-8 1C and 2C turn partners with 2 hands.

Devised 17/10/2015. Pat Reesby is a keen dancer, writer and Johnsonville club secretary. Recommended music is "Calum's Road" by Donald Shaw, and suitable recorded music is "Moranbank" from "All the best from Banffshire" by Colin Dewar and his band. (Calum's Road appears as track 2).

Teaching Notes When teaching La Spirale, it is important that the casting couples remain with a tight cast and do not cast by going forward first. Else the covering will be lost. When teaching this formation, it is often helpful if the first lady retains right hand with first man's left momentarily at the beginning of bar 3, and similarly second man's right with second lady's left.