

## The Cabot Trail

32-bar strathspey for four couples in a four-couple longwise set

1st and 3rd couples are on the men's side and 2nd and 4th couples are on the women's side, as at the start of *Glasgow Highlanders*.

- 1-4 All set to partners and, giving both hands, turn once round.  
 5-8 1<sup>st</sup> and 2<sup>nd</sup> couples also 3<sup>rd</sup> and 4<sup>th</sup> couples, dance four hands once round to the left.  
 9-16 All set on the sides, then dance eight hands round to the left to finish in original places.  
 17-20 1st and 2nd couples also 3rd and 4th couples, dance right hands across once round.  
 21-24 All, facing across the dance, dance set and link with partner.  
 The men finish facing out. All join right hands with partners and left hands with the couple on their other side.  
 25-28 All couples balance in line with Highland Schottische steps:  
 With right foot, dance first bar in place, on second bar, partners change hands as they pass. Repeat with left foot, finish facing partner in a line of four. (as in Monadh Liath – *Bankhead 6*)  
 29-32 All couples dance a half reel of four on the sides. Finish facing partners on side.  
 3rd and 4th couples are now at the top of the set.  
 Repeat the dance once only to return to original places.  
 Stay facing partners for the final bow and curtsey.

Devised by John Drewry (1997) for the Summer School in Halifax, Nova Scotia. Previously published in *The Greenburn Book*. Reprinted with permission from TAC, who hold the copyright for all Drewry dances.

*Note: The Cabot Trail is a famous tourist route along the north shore of Cape Breton Island in Nova Scotia.*  
*John Cabot (Giovanni Caboto) (1450-1498) was born in Genoa but settled as a merchant in Bristol. He set out from Bristol in the "Matthew" in 1497 (500 years ago) and, after sailing 52 days, landed on Cape Breton Island.*

Tune: "King George the IVth", "The King's Reel" – *The Skye Collection*.

