

## SandBJ

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

- 1-8 1st, 2nd and 3rd couples dance six hands round halfway,  
drawing in on bar 4, pull back right shoulder, spiral out  
and chase clockwise to original places.
- 9-16 1st, 2nd and 3rd couples dance the knot. Instead of a full left-hand turn,  
the men release the women to finish on opposite sides, in order 3, 2, 1.  
(Men do not go far)
- 17-24 3rd, 2nd and 1st couples set and link for three. Repeat. Finish in order 1, 2, 3.
- 25-32 1st couple, giving right hands, cross, cast off one place as 2nd couple step up.  
1st couple, giving left hands, cross, cast off one more place as 3rd couple step up.  
Repeat from new positions.

Devised by Lydia Hedge (2014) – As we bid Farewell to Sheila and Barrie Jackson

Recommended music: "SandBJ" on the CD *Spark O' Water*,  
*Music for Scottish Country Dancing* by Keith Smith and Muriel Johnstone

First published in *Spark O' Water, Dances of Nova Scotia*.

