

Slow Down and Distance

Medley 64 bars (R32+S32) for 4 couples in a longwise set.

Reel Bars:

- 1 - 8 1st couple lead down the middle & back and finish between the 2nd couple in the middle in promenade hold.
- 9 - 16 1st couple in promenade hold dance a six bar reel of three across the dance with the 2nd couple giving right shoulder to the 2nd woman to begin. 1st couple dance up to top place on bars 15 and 16.
- 17 - 20 1st couple turn with the right hand and curve out to the side line in first place.
- 21 - 24 1st and 2nd couples dance set and link.
- 25 - 32 2nd, 1st and 3rd couples dance six hands around and back.

Strathspey Bars:

- 33 - 40 1st man, followed by his partner, dance down the middle for four steps, they turn right about and, with the woman leading, dance back up to finish in the middle of the set between 3rd couples remaining in tandem.
- 40 - 48 1st couple dance a 6 bar, tandem reel of three across the dance with the 3rd couple, right shoulder to the 3rd woman to begin. 1st couple dance up to second place on bars 47 and 48.
- 49 - 52 1st couple dance around one another by the right shoulder and curve to side line in second place.
- 53 - 56 1st and 3rd couples dance flirt and cast. (1st woman and 3rd man advance to start).
- 57 - 64 3rd, 1st and 4th couples chase around clockwise for four bars, cast and chase back to place.

Repeat with new top couple

Flirt and Cast (Devised by Gaye Collin)

Bars:

53 - 54 1st woman and 3rd man advance, pull back right shoulders and dance out to places, finishing facing out.

55 - 56 3rd man casts up while 1st man dances in, pulling right shoulder back finishing having exchanged places.

At the same time 1st woman casts while 3rd woman dances in, and curves to the right, changing places with the 1st woman.

Bars 55 – 56 are as for Set and Link

Notes: The dance depicts the difference between our normal frantically busy lives and the slower pace of life in lockdown, where social distancing is observed. Conceptually it is a 32 bar dance which is then repeated from 2nd place demonstrating social distancing.

Recommended music: The Perth Medley,
 Bobby Crowe and his Scottish Dance Band
 (This recording is 8 x 64 Bars).

Devised by Ann Oliver in July 2020 after Covid Lockdown in NZ