

The Flower of the Mill

A medley (strathspey and reel) for four couples in a square set

First figure (Strathspey)

BARS	DESCRIPTION
1–8	1st and 3rd couples set advancing slightly and dance "La Baratte" with the person opposite:
3–4	1st man turns 3rd woman half way round with the right hand. They keep hands but dance past each other far enough to stretch arms almost to full extent.
5–6	Both return the way they came. On bar 5, 3rd woman pulls her right shoulder back and dances under 1st man's right arm so that she has her back towards him. 1st man extends his left arm symmetrically to his right arm so that both hands are palm upward just above shoulder height. 3rd woman "hooks" her left hand, palm downward, from the outside around 1st man's left hand, and, continuing to pull right shoulder back, dances under 1st man's left arm. Both keep left hands.
7–8	1st man and 3rd woman change places giving left hands and stay just outside the middle facing each other. At the same time, 3rd man and 1st woman dance similarly. During bars 5–6, the two pairs of dancers should briefly be facing each other.
9–16	1st and 3rd couples set and turn the person opposite half way round with both hands, then open up and join in a circle to dance four hands round out to original places.
17–32	2nd and 4th couples repeat bars 1–16.

Second figure (Reel)

BARS	DESCRIPTION
1–4	All set to partners and turn them with the right hand three quarters to finish with the women back to back in the centre of the set facing out and the men facing them on the outside.
5–8	1st and 3rd couple, and 2nd and 4th couple, respectively, dance half reels of four, the men briefly giving left hands across as they dance through the centre. As the women come into the centre from the outside, they pass left shoulder (no hands) to finish in the centre again, one place anticlockwise from where they began the reels (1st woman in 4th woman's place etc.).
9–12	All set to the person opposite and turn with the right hand half way round. (This brings the men into the centre and the women to the outside.)