13–16   Repeat half reels of four as in bars 5–8 from new positions, the women briefly giving left hands across as they dance through the centre. This time the men pass left shoulder to finish one place on, facing their own partners with 1st couple in second place, 2nd couple in first place, 3rd couple in fourth place and 4th couple in third place.

17–20   All set to partners and turn with the right hand three quarters round to finish facing in, women on their partners' right.

21–24   All advance into the centre and retire back to the sides.

25–32   All dance eight hands round for 3 bars (six slip steps), cross right foot over left to pivot pulling left shoulder back, and chase anticlockwise for 4 bars back to progressed places.

Repeat first figure with 2nd and 4th couples leading, then second figure.

For Heike Nagorny, Proitzer Mühle co-owner, dancer, horseback rider, and expert on the tailoring of courtly costumes. When I was teaching at the 1999/2000 Hogmanay workshop, Heike greatly enjoyed John Drewry's dance, Rose of Glamis *(dedicated to HM Queen Elizabeth, the Queen Mother), which was part of my selection of dances for the week. This dance echoes John's format of alternating between strathspey and reel time with different couples leading, and re-uses some formations that occur in many of his dances. Other than that, it is of course quite unlike the* Rose, *but then Heike is quite unlike the Queen Mum, too . . .*

Notes: Careful phrasing is required during the crossing reels of four in bars 5–8 and 13–16 of the second figure. At the end of the reels, the dancers who have started the reel from the centre must take care to give precedence to the dancers who have started the figure from the outside.

An interesting variation is to dance the dance as written with 1st and 3rd couples leading, then immediately repeat the second figure in strathspey time and finish with the first figure in reel time (with 2nd and 4th couples leading). Of course this means that only 1st and 3rd couples are dancing at the end, so if you have live music continue into a "coda" of bars 25–32 of the second figure to end with everybody dancing. If you are doing the second figure part in strathspey time, on bars 25–32 all set, dance eight hands round to the left for three steps, on bar 30 dance into the middle pulling right shoulders back and cast out to places on bars 31–32. (This of course is another famous John Drewry formation, see, e. g., *Autumn in Appin*, RSCDS book 31 no. 5.)

The Flower of the Mill

Heike Nagorny – Strathspey

Anselm Lingnau

The Flower of the Mill

Heike Nagorny – Reel

Anselm Lingnau

Suggested Recordings

The following lists a number of suitable recordings to be used when the original music is not available:

The Swinmark Sixsome	*Alison's Round Reel*, on *The Host of the Air* by James Gray, Laura Risk and Susie Petrov	WAG 001
The Millwater	*Balmoral Strathspey*, on *Dancing Live*, by Muriel Johnstone & band (note: one chord but dance technically requires two)	SSCD 07
The Road to Proitze	*West's Hornpipe*, on *Terpsichore*, by Elke Baker and Liz Donaldson	TERPSCD
The Gnomes' Stone	*Espie McNabb*, on *Dance through the Miscellanies, First Part* or *A Dancer's Miscellany, Vol. III*, by Muriel Johnstone & band	SSCD 02 SS 8
Dancing at the Mill	*Set of Strathspeys*, on *Let's Dance in Strict Tempo*, by Ian Holmes & his Scottish Dance Band	LICS 5097
The Silly Sisters	*Saltire Society Reel*, on *Cairngorms*, by Keith Smith and Muriel Johnstone	SSCD 08
The Mill-Ennium Welcome	*It's Just For Fun*, on *Cairngorms*, by Keith Smith and Muriel Johnstone	SSCD 08
Off the Ground	*Maple Leaf Rant*, on *H. I. S. C. D.*, by Bobby Brown et al.	BRG017
The Flower of the Mill	*South and North, or Both Sides of the Tweed*, on *North of the Tweed* by Muriel Johnstone & band	SSCD 01

This book was typeset by the author using the LaTeX typesetting suite on a PC running the Linux operating system. The main body of the text is set in URW Palladio (a Palatino look-alike), and Bitstream Shelley Volante is used for the decorative headings. The musical scores were typeset using the *abc2ps* software by Michael Methfessel.

An ABC file containing the tunes in this book is available from
http://www.strathspey.de/