

# **Back to Square One**

A 32 bar hands-free strathspey for four couples in a square set.

The Covid pandemic encouraged hands-free dances. During the first lockdown my number one favourite local walk included Tavistock Square in London. Unusually it has more statues of women than men and also several monuments for peace. So I kept going back to it - also in the series of subsequent lockdowns.

## *Bars Description*

- 1-4 1st and 3rd couples dance half a Men's Change. This is half a Men's Chain but without taking hands: the men pass each other left shoulder then the opposite woman right shoulder. They end facing their new partner (1st and 3rd men facing 3rd and 1st women) as 2nd and 4th couples face their partner.
- 5-8 All dance back to back with the person they are facing, passing right shoulder.
- 9-10 All dance two bars of Highland Schottische setting to the right. The women end shoulder to shoulder in the centre, the men well outside the set.
- 11-12 All now travel for two bars starting with the left foot. The women chase clockwise half way round the centre to the opposite sides while the men curve round to the next man's place anticlockwise to face a new partner on the sides of the square.
- 13-16 All repeat bars 9-12 with two bars of Highland Schottische to the left. Then, starting as usual with the right foot, the men chase anticlockwise half way round the centre as the women curve round to the next woman's place clockwise. 1st and 3rd couples are now facing their partner, 2nd and 4th couples are facing their opposite (2nd and 4th men facing 4th and 2nd women).
- 17-20 All dance back to back with the person they are now facing, passing left shoulder.
- 21-24 2nd and 4th couples dance half a Men's Change. All end facing partner in the order 2,3,4,1.
- 25-32 All dance half a Grand Change (Grand Chain without taking hands) with two bars per person ending in the order 4,1,2,3.

## **Music**

- Tune: The Lonach Highlanders: Alexander Walker.
- Recording: Miss McLean of Inverness (Kafoozalum: London Branch 75th Anniversary).