

CRAMOND ISLAND

(R4x32) 4C, 2011

devised by Andrew Cook

- 1 – 8 All join hands in a circle and dance eight steps to the left then eight steps back to the right. ***Shape of the island.***
- 9 – 16 1st couple face down their own sides. They dance down weaving in and out between the other dancers, passing by right with 2nd couple to start. Other dancers stay in their places.
At the bottom of the set the 1st couple cross on to the opposite side and weave up between the dancers to the top then cross back onto their own sides into their original position.
Represents the water weaving round the concrete pillars of the causeway.
- 17 – 24 1st couple cast off on their own side and every one follows. When the 1st couple reach the bottom they join both hands to form an arch for every one else to dance under as they head up the set. 1st couple finish in 4th position at bottom of the set.
This is the Forth Bridge that you can see clearly from Cramond Island.
- 25 – 32 Couples in 1st and 3rd positions face down whilst those in 2nd and 4th position face up. Join near hands with your partner.
All dance in the direction you are facing. Those facing up (2+4) raise your arms for the others (1+3) to dance under then alternate so you are going up and down like waves. When dancers reach the top and bottom of the set turn round and rejoin the waves in the other direction. All finish back where you started this phrase.
Waves in the Firth of Forth.