

Grace & Flow

32bar Strathspey for 3Cs in a 4C set

- 1-8** **1C dance towards each other taking nearer hands then cast off into 2nd place, (2C step up on 3&4), 1C dance down & cast up round 3C to finish in the middle, 1W facing 2C, & 1M facing 3C.**
- 9-16** **1C dance RHs across 1W with 2C, 1M with 3C. On bar 12 1W leaves 2C & joins 1M with 3C to dance LHs across, 1W entering the hands across in front of her partner.**
(1M needs to dance a little further round in the 3Hs across to leave space for his partner).
Meanwhile, 2C turn LH.
ALL 3Cs finish facing for a Circulating Allemande. i.e.
1C are in the centre facing down, 2C are in the centre at the top facing up, 3C are in the centre facing up. All couples in promenade hold.
- 17-24** **2+1+3Cs dance the Circulating Allemande.**
- 25-32** **3+1+2Cs take hands on the side & set, 1C dance back-to-back, then cross over RH: While 3+2Cs dance $\frac{3}{4}$ R&Ls, to finish in the order, 2.1.3**

When the new 1C begin the dance, the original 1C repeat bars 1-4 to finish in 4th place, & 2+4Cs step up on bars 3+4.

Notes:

This dance was inspired by a new dancer at the Wellington Region New Dancers Celebration dance, forgetting to change ends in 3Hs across and back. The 3Hs became 4Hs across. There was a lot of laughing, and it took a while for first couple to find each other and get back to their own sides.

Dance finalised October 2025 when Damon and I were visiting our family in Coffs Harbour. During the night at about 2am I woke with the thought of the original 1st couple repeating the opening 4 bars to get to 4th place instead of stepping down. I think it fits well, as you will see on the YouTube. This is something that often happens when I have a dance on the go, my brain works on it overnight, and I awake. It still makes me smile. The brain never sleeps they say.