

In Sickness & in Health

32Bar Reel for 4Cs in a 4C set

Bars

- 1-4** 1+2Cs, taking hands on the sides, Advance & Retire.
- 5-8** 1+2Cs drop hands advance towards partner passing RS and curve round them to finish 1C on own sides at the top facing down, 2C on own sides facing up.
- 9-12** 1+2Cs, taking nearer hands with partner, Advance and Retire.
- 13-16** (With 1C dancing out & round, & 2C in to start), 1&2Cs turn 1½ times, both couples finish the turn facing down, 1C in and down 2C out and down.
- 17-24** 2+1+3Cs dance mirror reels of three on the side, 1C in and down to start, finishing in the sidelines 2, 1, 3. (2+3Cs curving the long way round to finish).
- 25-32** 2+1+3Cs, taking hands on the side, advance 2 steps (2Bars). While 2C cast out to top place (2bars skip change), 1C cast off to third place as 3C with nearer hands joined (briefly) dance up and curve into 2nd place. 1C turn 4C 1½ times finishing in 4th place (dancing through the centre to begin).

Repeat again with a new top couple.

Recommended tune: “Burns Hornpipe”

CD: Delaware Valley, by Keith Smith & Muriel Johnstone.

Notes:

The last eight bars of this dance need to be danced with anticipation, good covering and pace to arrive in the right place at the right time.

This dance was devised in July 2014 when, suffering from a virus, I spent a whole week (mainly) sleeping. One night, after sleeping most of the day away and with no one to chat with, this dance started forming in my mind. The energy level needs to be rather high in this dance which was the opposite of my energy levels during that week. I started typing the dance up at 3 a.m. one morning and finished devising it the following day. In sickness & In Health seemed like an appropriate name at the time.

“Burns Hornpipe”, played by Muriel and Keith, has the right sound and energy for this dance. It really feels lively and suited to the formations.