

## No. 6 "Nina Foulkes' Reel"

A 4 x 32 bar Reel for 4 couples in a square set (See Fig. 1).

### Bars

1 - 8 All four couples take hands and circle round to the left for eight slip steps and back to the right eight slip steps to place and then drop hands.

9 -16 All four couples dance into the centre of the dance for two steps, clap and retire for two steps. Repeat.

17-24 All four couples turn their partners with the right hand for four steps and then the left hand for four.

### "Hearts" (See Fig. 2)

25-32 The first couple dance away from each other for two steps, man through between the second couple and the lady through between the fourth couple. Then they dance round the outside of the set for two steps to finish behind the third couple and take inside or nearer hands. They dance between the third couple back to place for four steps. On the last bar they turn towards each other and take hands with the couples beside them, as in bars 1 to 8, ready to start again

The second time through the second couple dance the last eight bars, third time through the third couple dance the last eight bars and the fourth time through the fourth couple dance the last eight bars.

### Music

**CD Track 6:** A set of three Reels: "Salmon Tails Up the River, Jimmy Allan and Winster Galop".

The tunes for this dance are a set of Northumbrian Reels as recorded by the Wick Scottish Dance Band.

### Notes

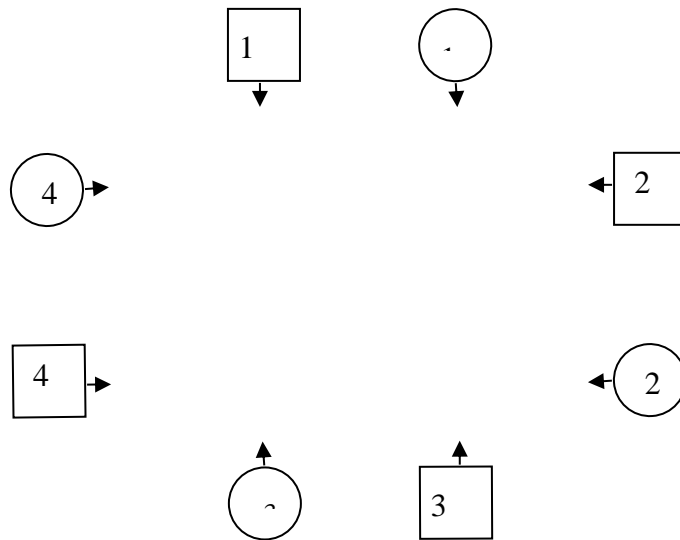
Nina Foulkes started dancing at the Hamilton Scottish SCD Club in 1952 as Nina Lodder and served as their Secretary/Treasurer from 1953 to 1955. In 1956 she moved to Rotorua as Nina Sherson and is the only inaugural member of that club still dancing. In 1968 she moved back to Hamilton and danced at the Caledonian Society Club (now Lochiel SCD Club). When the club moved away from the Caledonian Society, members put their suggestions for the name of the new club into a hat and Nina's suggestion of "Lochiel" was the one pulled out! In 1986 she became Nina Foulkes. All in all Nina has been dancing for 50 years and is still going strong.

**NB: -** ○ means Men/Boys/1s side, and □ means Ladies/Girls/2s side.

**Music (Top of the dance)**

**Fig. 1 (Bars 1 - 8)**

**Circle**



**Fig. 2 (Bars 25 - 32)**

**"Hearts"**

