

St Ted's Strathspey

Strathspey 5x32

TAC 50th, track 4

OR

Strictly Scottish Vol 2, track 12

Bars 1-8: 1st and 5th couples cross and cast, 1s down, 5s up. 2s & 4s step up or down. 1st & 5th couples dance ½ fig 8, men crossing up and ladies crossing down (pass partner's first corner left shoulder).

Bars 9-16: With 1st and 5th couples as dancing couples, all dance diagonal Rs and Ls. Finish: men's side L3, M1, L2, M5, M2; ladies' side L4, L1, M4, L5, M3

Bars 17-24: 1s & 5s dance Reel progression, but begin by dancing round partner RS into position for the ½ reel (M facing up, L down). Also end by dancing around partner RS ¾ to own side

WHILE

2s, 3s & 4s set, dance anti-clockwise 2 occupied positions (ie not counting 2nd and 4th places which are unoccupied) and dance RS around the opp person ¾ as 1st and 5th couples dance out to sides.

In the centre are: M3 facing (down) M4 (up), M2 facing L4; L2 facing L3

Bars 25-32: The dancers in the centre dance as they would for 2 bars of a reel of 4 ie.all pass RS and then those in the middle pass LS and those on the end pull back RS to face down at the top and up at the foot. All are facing own partner, ladies up, men down. 4th, 3rd and 2nd couples dance around partner RS ¾ to finish:

4th couple in 1st place, facing out;

3rd couple in 3rd place, facing out;

2nd couple at the foot in the side lines, facing in.

4th and 3rd couples cast off 1 place as 5th and 1st couples step up.

All set.

Finish 5, 4, 1, 3, 2

Note: For easier dancing, use right hands to turn instead of dancing around each other right shoulder.