

JUST WARMING UP (J8x32) 3C (4C set)

Rayson – Teacher's Choice

- 1-8 1s set, cast to 2nd place and taking nearer hands, dance down between the 3s, cast up into 2nd place (2s step up on bars 3-4)
 9-16 1s dance Right Hands across with the 3s, 1s dance Left Hands across with the 2s
 17-24 1s lead down the middle (4 bars) and lead back into 2nd place
 25-32 2s & 1s dance Rights and Lefts.

EH3 7AF (J8x32) 3C (4C set)

R Goldring RSCDS Bk 40

- 1-8 1s lead down the middle & back to top
 9-16 1s+2s+3s Promenade ending with 1s casting to 2nd place
 17-24 1s pass by the right & turn 1st corners RH to end L between 2s & M between 3s, 1s pass by the right & turn 2nd corners RH to end between corners
 25-32 1M dances RH across with 2s & 1L with 3s, 1L dances up between 2s & casts to 2nd place own side as 1M dances between 3s & casts up

UP IN THE AIR (S8x32) 3C (4C set)

Boag RSCDS Bk 20

- 1-8 1s cast down to bottom, turning out cast back to top
 9-16 1s+2s+3s Promenade, 1s cast & face 1st corners
 17-24 1s set to 1st corners, set to 2nd corners turning into 2nd place opposite sides, 2s+1s+3s circle 6H round to left
 25-32 2s+1s+3s Advance and Retire & turn 2H, 1s ending in 2nd place own sides

THE MEOLS REEL (R8x32) 3C (4C set)

D A Haynes

- 1-8 1L, followed closely by 1M dances a reel of 3 with 2M & 3M, 1L crossing down and out through 2nd place to begin, 2M dancing up and out, 3M dancing in and up
 9-16 1M, followed closely by 1L dances a reel of 3 with 2L & 3L, 1M crossing down and out through 2nd place to begin, 2L dancing up and out, 3L dancing in and up. 1s finish in the middle of the set in top place on own sides
 17-24 1s dance reflection (mirror) reels on own sides (1s in and down, 2s out and up, 3s in and up to start). 1s finish in 1st place on own sides
 25-28 1s dance down, cast up round 3s into 2nd place (2s step up on bars 27-28)
 29-32 2s, 1s & 3s turn partner by the Right Hand (4 bars)

EILEEN WATT'S STRATHSPEY (S3x32) 3C set

L Derrick

- 1-8 All set, 1s cast **while** 2s dance up, 2s+1s+3s dance ½ reel of 3 on sides
 9-16 1s petronella turn into lines across (1L between 3s at top & 1M between 2s) & all set, 1s dance ½ Diag R&L (up/down)
 17-24 1s petronella turn onto sides (1L between 2s on Ladies side & 1M between 3s Men's side) & all set, 1s dance ½ Diag R&L (across) (2)(1)(3)
 25-32 All set, turn partners RH & chase clockwise ½ way. 3 1 2

AKU'S JIG (J8x32) 3C (4C set)

D Queen

- 1-8 1s turn RH, cast 1 place, 2s+1s+3s set & cross RH
 9-16 1s cast round 1st corners (position), change places RH to form lines of 3 across (1M between 2s & 1L between 3s), 2s+1s+3s set & all change pl RH
 17-24 1s cast round 4th corners (position), cross RH & dance ½ reels of 3 on opposite sides giving RSh to person on right
 25-32 1s dance ½ reels of 3 across (1M LSh to 3L & 1L LSh to 2M) & turn LH in centre to end in 2nd places

WEST'S HORNPIPE (R4x32) 4C set

5 Traditional SCDs 1965

- 1-8 1s cross & dance reflection reels of 3 on opposite sides
 9-16 1s dance reflection reels of 3 on own sides
 17-24 1s lead down the middle & back to top (1s end facing 2s with nearer hands joined)
 25-32 1s set to 2s & dance down to 4th place, 4s+1s circle 4H round to left