

Strathspey "101"

A 40 bar Strathspey for 4 couples

George Whitehorne - 1997

Bars

- 1 - 4 1st couple turn by the right $\frac{3}{4}$, and, with nearer hands joined, woman on man's left, set to 2nd woman.
- 5 - 8 1st couple turn by the left $\frac{3}{4}$, and set to 2nd man.
- 9 - 16 1st couple, in promenade hold, dance a reel of three across the set with 2nd couple. Pass 2nd man by the right to begin. 2nd couple finish in 1st place, 1st couple finish facing down ready for;
- 17 - 22 INVERAN REELS
1st woman crosses down, in front of her partner, through 2nd man's place, around 3rd man's place, crosses up through 2nd woman's place, around 1st woman's place, to finish in 2nd place on her own side. Likewise, 1st man crosses down through 2nd woman's place, around 3rd woman's place, crosses up through 2nd man's place around 1st man's place, to finish in 2nd place on own side.
2nd and 3rd couples dance mirror reels of three on the sides.
- 23 - 24 2nd couple stand in 1st place while 1st and 3rd couples continue to reel. 3rd couple finishing in 2nd place, and 1st couple in 3rd place, own sides, facing down.
- 25 - 32 1st and 4th couples dance the BOURREL.
- (25-28) 1st man and 4th woman set advancing, turn $\frac{3}{4}$ both hands, finish back to back, 1st man facing down, 4th woman facing up. (Release hands, pivot right about on bar 28). Meanwhile, 4th man and 1st woman dance counter-clockwise round 1st man and 4th woman to finish facing partners.
- (29-32) 1st and 4th couples set, then turn partners $\frac{3}{4}$ round with both hands, to finish on own sides, having changed places.

The order is now 2, 3, 4, 1.

33 - 40 All dance eight hands round and back

Repeat with new top couple

Suggested Music: "New Scotland Strathspey" - Andy Renkine - LHC LP7