

Geriatric Strathspey

A 32 bar Strathspey for 4 couples

George Whitehorne – 31 July 2009

Bars

- 1 – 4 1st & 2nd couple, and 3rd & 4th couple, Advance & Retire.
- 5 – 8 1st & 2nd couple, and 3rd & 4th couple, RA (with raised canes if you got 'em)
- 9 – 12 Repeat bars 1 – 4 up and down the set
- 13 – 16 1st & 2nd couple and 3rd & 4th couple, LA (with raised canes if you got 'em)
- 17 – 24 1st couple lead down the bottom of set, cast up to 2nd place on own sides. 2nd couple steps up on bars 23 – 24, while 3rd & 4th couple cross.
- 25 – 32 1st, 3rd and 4th couples chain Grand Chain halfway to end back on own sides.
1st couple cross to start.

Repeat with new top couple

Suggested Music