

HELEN'S STRATHSPEY

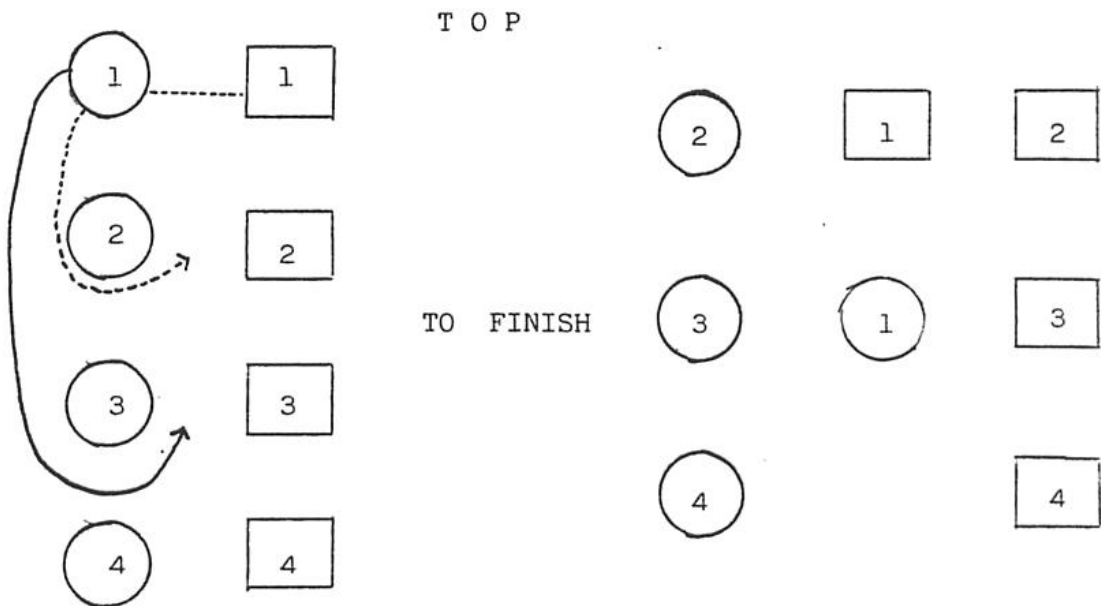
This Dance is in Memory of Mrs Helen Cuthbertson for many years a very active member of our Branch. Helen was a member of the Branch Demonstration Team as well as a Teacher. She taught the St Cuthberts Dance Group and ran great wee Dances throughout the year

A 32 Bar Strathspey for 3 couples

Bars

1 - 4 1st man casts off two places to finish in the centre facing 3rd lady. At the same time 1st lady dances across to the men's side and casts off behind 2nd man to finish in the centre facing 2nd lady

2nd couple step up slightly on Bars 3 - 4



5 - 10 Reels of three across the dance; 1st man with 3rd couple and 1st lady with 2nd couple; 1st lady finishes between 2nd couple all facing down and 1st man between 3rd couple all facing up

11 - 12 Joining hands in 3's across the dance all set

13 - 16 All three couples circle to the left to finish all on the wrong side of the dance. 1st man finishing in top place on the ladies side and 1st lady in third place on the men's side

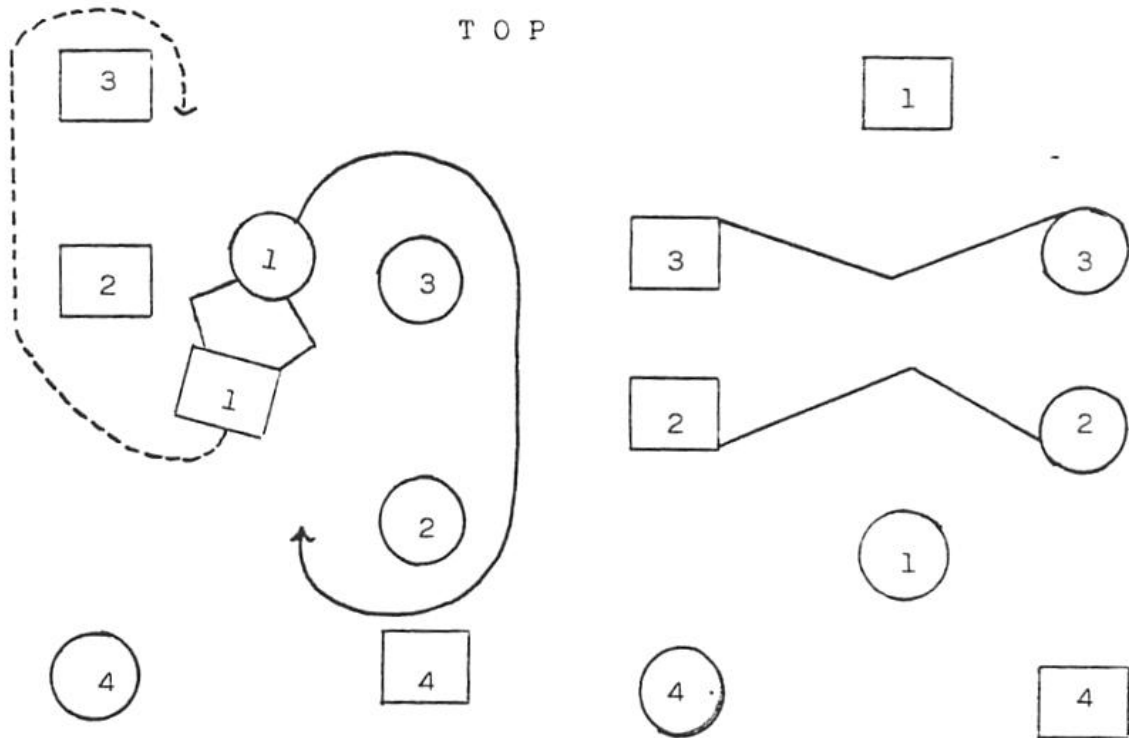
17 - 20 1st couple set advancing to each other and turn once round with two hands

21 - 24 1st lady then casts up behind the men's side of the dance to finish in the centre at the top facing down. At the same time 1st man casts off behind the ladies side to finish in third place in the centre of the dance facing up

Meanwhile:

2nd and 3rd couples set to their partners and turn with two hands, so that 3rd couple face 1st lady and 2nd couple face 1st man

2nd and 3rd couples are still on the wrong sides



25 - 26 3rd and 2nd couples make an arch and dance to 1st and 3rd places respectively while 1st couple dance under the arches to the centre passing left shoulder so all are on the wrong sides

27 - 28 All three couples turn partners with two hands, once round

29 - 32 The ladies following 3rd lady and the men following 2nd man chase home to their own side of the dance

1st couple are now in second place on own side ready to start again

Repeat having passed a couple