

THE LANNION LINK (S4x40) (4C Longways set)**Caroline Morgan-Smith BSD 2002**

- 1-8 1s cast to foot, followed by 2s, 3s and 4s At foot all promenade up the centre, 1s cast below 2s and 3s cast below 4s, to 2,1,4,3.
- 9-16 2s & 1s, 4s & 3s RHA and LHA - finish 1s & 4s back to back facing same-sex corners diagonally in 'Saltire'.
- 17-24 Full double diagonal reels of four, begin centre dancers pass same-sex corners right shldr and turn towards the centre - the corners touch left hands in the centre.
- 25-32 1s & 4s (in centre) turn their same-sex corners BH for 4 bars, then all 4 couples turn their partner BH for 4 bars to finish in sidelines.
- 33-40 Leaving 2s in top place 1s, 3s & 4s dance the Knot to finish 2,3,4,1.