

The Lannion Link

Four couple 40 bar Strathspey - Longways set

Suggested music: "The Ship of Grace"

(Highlander Music, Scottish Dances Volume 4)

BSD CD # 13/6

- 1 - 6 1s cast to foot, followed by 2s, 3s and 4s... As each couple reaches the foot of the set they take promenade hold and dance up the centre.
- 7 - 8 1s and 3s cast down one place while 2s and 4s dance up, finish: 2, 1, 4, 3
- 9 - 16 2s & 1s, 4s & 3s RHA and LHA. Finish with 1s & 4s back to back facing their (same sex) corners diagonally in cross formation (as in a Saltire).
- 17 - 24 Full double diagonal reels of four, beginning with centre couples passing their corners right shoulder and turning towards the middle (the corners briefly join left hands in the centre to cross) and then pass right shoulders again while other couples cross the centre with a brief half wheel.
- 25 - 32 1s & 4s (from centre) turn their corners BH for 4 bars finishing in line on own side, then all 4 couples turn their partner BH for 4 bars to finish in sidelines.
- 33 - 40 Leaving the 2s in top place 1s, 3s & 4s dance the Knot. Finish in order 2, 3, 4, 1.

Repeat three times.