

LOVE'S KNOT FORGOTTEN

by

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40 Bar Strathspey for 3 Couples

BARS: 1 - 16: Cross-over reels

1st couple crosses over on bars 1 & 9

2nd couple crosses over on bars 3 & 11

3rd couple crosses over on bars 5 & 13

17 - 1st couple lead down the middle and up.

24:

25 - 1st & 3rd couples dance a double figure of eight.

32: 1st couple casts off behind 2nd couple to begin while 3rd couple crosses up between 2nd couple to begin.

33 - 1st & 2nd couples dance the Knot.

40:

Repeat from new positions.

This dance can easily be done once and to the bottom, just by having the dancing couple Knot themselves to the bottom of the set.

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