

40 Years Together

A 4 x 40 bar Strathspey

- 1-2 All set with hands joined on sidelines
- 3-4 1C & 4C set
- 5-8 1C curve in and cast off to 4th place
WHILST
4C lead up and curve out to top, facing out ready for:
- 9-16 4C with 2C, 3C with 1C dance double figure 8 (4C and 3C cast to begin)
- 17-24 4C with 2C, 3C with 1C dance right hands across and left hands back
- 25-28 4C with 2C, 3C with 1C set on sides and mirror link (ie ends cast as middles dance through centre of set to ends)
- 29-32 4C and 1C (now in centre of set) circle to L
- 33-40 All 4 couples circle 8 hands round to L and back

Finish in order 2, 4, 1, 3 and repeat from new positions.

Dance devised by Helen Beaney to celebrate the Ruby Wedding Anniversary on 7th August 2005 of her parents, Jill Down and Frank Bonar, who first met through Scottish Country Dancing.

Music composed by John Barnes of the Dublin Scottish Country Dance Club.