

Hazel's Salute to the Seventies

A 32 bar reel for three couples in a four-couple longwise set

- 1 – 4 1st couple set and cross over, giving right hands
4 – 8 1st and 2nd couples dance four hands once round to the left
- 9 – 12 1st couple set and cast off one place, 2nd couple step up on bars 11-12
13 – 16 1st couple dance a half figure of eight round 3rd couple
- 17 – 24 1st couple lead down the middle and up; 2nd and 3rd couples stepping in on
 last bar
- 25 – 32 2nd, 1st and 3rd couples dance a promenade.

The music for this dance was composed by John Barnes and the dance devised by Helen Beaney in celebration of the 70th birthday of Hazel Convery of the Dublin Scottish Country Dance Club.