

14 St Andrews - Heezing the Bana

A 32-bar Strathspey for 3 couples in a 3-couple longwise set
2nd couple are the leading couple.



- 1-2 2nd couple set to second corners whilst advancing and passing by the right and face them as first corners also set facing in on the diagonal.
- 3-4 2nd couple turn second corners with right hands finishing facing across the set between their corners on the side-lines.
- 5-6 2nd couple set to partner's first corner whilst advancing and passing by the left and face them as second corners also set facing in on the diagonal.
- 7-8 2nd couple turn partner's first corner with right hands passing by the right finish facing own first corners on the diagonal.

- 9-16 2nd couple dance a right shoulder reel of four with first corners finish passing round by the left to face second corners.

- 17-24 2nd couple dance a right shoulder reel of four with second corners and finish in lines across the set by both extending the travelling step on bars 23-24 and pulling back by the right shoulder with 2nd man between 3rd couple to face up and 2nd woman between 1st couple to face down.

- 25-26 2nd woman with 1st couple and 2nd man with 3rd couple taking hands, all set.
- 27-28 2nd couple giving left hands turn three quarters and finish facing across in the side-lines in second place.
- 29-30 1st, 2nd and 3rd couples taking hands, all set.
- 31-32 1st couple cast off to third place while 2nd and 3rd couples retaining nearer hands step up one place.

Repeat with a new 2nd couple.

Tune: Scotland's Flag by David I. Hall

Until recorded use tune Mr Murray (Trad.)

Recorded by Muriel Johnstone Haste Ye Back on SSCD 06 Track 7

Devised by Stephen Webb in November 2011 (revised November 2025)

Devised for 30th November 2011 to celebrate St. Andrew's Day with patterns that trace the outline of the national flag of Scotland. (To heeze is to hoist).

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Scotland's Flag

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The musical score is written in D major (two sharps) and 4/4 time. It consists of four staves, each containing 8 bars of music. The notes are primarily eighth and sixteenth notes, with some quarter notes. Chord symbols are placed below the notes to indicate the harmonic structure.

Staff 1: D, G, D, G, D, Em, A

Staff 2: D, G, D, G, D, A⁷, D, A⁷

Staff 3: G, D, Em, D⁷, G, D, Em, A

Staff 4: D, G, D, G, D, A⁷, D