

MRS HELEN MURRAY

A 40 bar strathspey for 3 couples

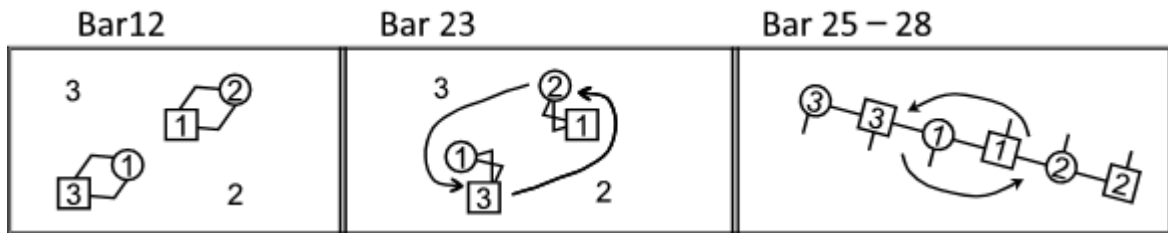
BARS

- 1 – 8 1st and 2nd men giving left hand, 1st and 2nd ladies giving right hand, turn half way to change places [long arm, 2s brushing shoulders in middle].
1st couple dance a half figure of eight between 3rd couple.
1st couple turn with left hand three quarters to face 1st corners.
- 9 – 20 1st, 2nd and 3rd couples dance to each corner and set [See *Gothenburg's Welcome* RSCDS Book 37].
- 21 – 22 1st couple turn 1st corners with both hands three quarters to finish facing in diagonally in promenade hold [see figure].
- 23 – 24 1st couple and 1st corners dance in, passing left shoulders and curve to left, finishing on 2nd corner diagonal [see figure].
- 25 – 28 All six people dance anticlockwise and leave 2nd corners in place.
- 29 – 30 The remaining four dance on, lengthening arms and leave 1st corners in place.
- 31 – 32 1st couple turn three quarters left hand to finish in the middle facing up with nearer hands joined.
- 33 – 38 2nd, 1st and 3rd couples dance reels of three on own sides of the dance [1st couple dancing to the top and casting to begin]. 1st couple finish in 2nd place facing down, 3rd couple facing up.
- 39 – 40 1st and 3rd men.....

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39 – 40 1st and 3rd men giving right hand, 1st and 3rd ladies giving left hand, half turn to change places [long arm, 1s brushing shoulders in middle].

Repeat from new positions.



Tune:- Sheilis

Dance devised by James McMillan, 2001 for Helen Murray who with husband Graham started the Glenburn Club

