

PUSH ME, PULL ME

A medley for 4 couples S 32 + R 32 + S 32 + R 32

Strathspey

BARS

- 1 – 8 1st couple lead down the middle for 4 steps, then back up.
- 9 – 16 1st, 2nd 3rd and 4th couples dance reels of 4 on the sides, men pass right shoulder, ladies left shoulder to begin, on bar 4, 1st couple cross down to 4th place opposite sides and continue the reel, to finish in top place opposite sides.
On bar 5, 4th couple cross down to 2nd place opposite sides and continue the reel to finish in 4th place opposite sides.
2nd and 3rd couples dance the reel of 4 on own sides.
- 17 – 20 1st man and 2nd lady, 3rd lady and 4th man, turn once round with left hand **while**
1st lady and 2nd man, 3rd man and 4th lady turn once round with right hand. 2nd couple remain facing out.
- 21 – 24 2nd couple cast up, then cross down to 2nd place opposite sides and remain facing out **while**
3rd couple cross down between 4th couple and cast up to 3rd place opposite side.
The order is now 1, 2, 3, 4; all on opposite sides.
- 25 – 28 2nd, 3rd & 4th couple dance a half reel of 3 on the sides, to begin:-
2nd couple dance out and down, 3rd couple up and in, 4th couple up and out.
- 29 – 32 The 4 men making arches, all dance back to back with partners.

The bottom of the set is now the top.

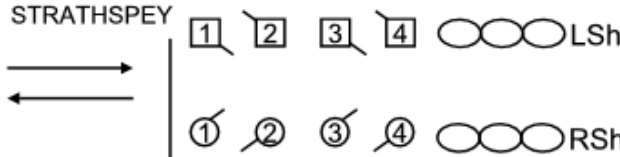
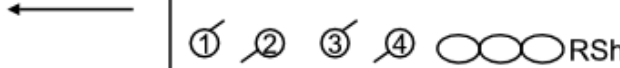
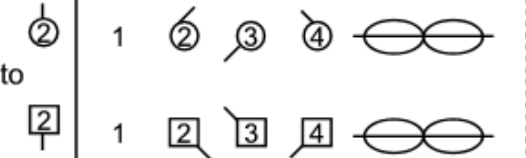
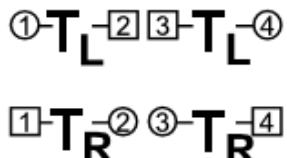
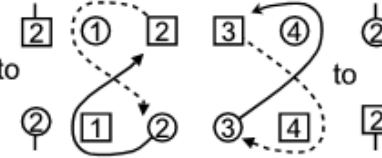
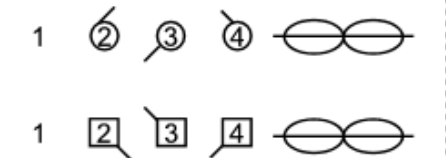
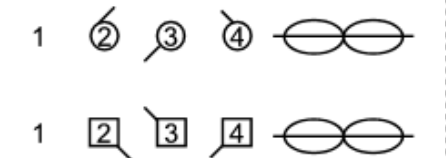
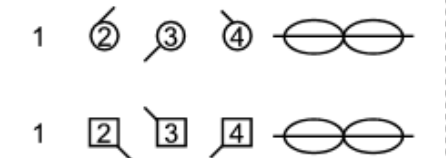
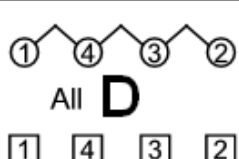
Repeat the dance in **reel** time with new 'top' couple leading 'down' and back 'up'.

Repeat the dance in **strathspey** time.

Repeat the dance in **reel** time.

Dance devised by James McMillan.

PUSH ME, PULL ME

Push Me - Pull Me	J McMillan	Medley
<p>STRATHSPEY</p>  <p style="text-align: right;">LSH</p>  <p style="text-align: right;">RSh</p>	<p>Bar 4 1s cross down to 4th place opp side Bar 5 4s cross down to 2nd place opp side and continue reel on opposite sides</p> <p>Normal reels for 2s & 3s</p>	<p>to</p> 
 <p style="text-align: center;">to</p>  <p style="text-align: center;">to</p> 	<p>1</p> 	<p>1</p> 
 <p style="text-align: center;">All D</p> <p style="text-align: center;">1 4 3 2</p> <p>women dancing under arches made by men</p>	<p>REEL</p> <p>The bottom of the set now becomes the top and the dance is repeated in reel time with the original 2s dancing 'down' the middle and 'up'.</p>	