

## **CRIB SHEETS FOR 2024 WORKSHOP DANCE**

### **COME WHAT MAY**

#### **32 BAR JIG FOR 2 CPLES IN A 4 CPL SET**

- 1 – 8 1<sup>st</sup> man and 2<sup>nd</sup> woman advance and retire and then dance back to back.
- 9 – 16 1<sup>st</sup> woman and 2<sup>nd</sup> man repeat bars 1-8
- 17 – 20 1<sup>st</sup> couple, giving right hands, cross over and cast off one place. 2<sup>nd</sup> couple step up on bars 19-20.
- 21 – 24 2<sup>nd</sup> couple repeat bars 17-20. 1<sup>st</sup> couple step up on bars 23-24.
- 25 – 28 1<sup>st</sup> and 2<sup>nd</sup> couples, joining hands on the sides, advance and retire.
- 29 – 32 1<sup>st</sup> and 2<sup>nd</sup> couples dance half rights and lefts.  
Repeat, having passed a couple.

### **HEDWIG'S REEL**

#### **32 BAR REEL FOR 3 CPLES. IN A 4 CPL. SET**

- 1 – 8 1<sup>st</sup> couples dance figures of eight on own sides. To begin, 1<sup>st</sup> couple pass 2<sup>nd</sup> couple with right shoulders.
- 9 – 16 1<sup>st</sup> couple, giving right hands, turn once round, cast off one place and, giving left hands, turn to finish in second place on own sides, facing down. 2<sup>nd</sup> couple step up on bars 11-12.
- 17 – 24 2<sup>nd</sup>, 1<sup>st</sup> and 3<sup>rd</sup> couples dance a grand chain.
- 25 – 32 2<sup>nd</sup>, 1<sup>st</sup> and 3<sup>rd</sup> couples advance and retire and, giving right hands, turn partners once round.  
Repeat, having passed a couple.

### **BEDRULE**

#### **32 BAR STRATHSPEY FOR 3 CPLES IN A 4 CPL SET**

- 1 – 8 1<sup>st</sup> and 2<sup>nd</sup> women and, at the same time, 1<sup>st</sup> and 2<sup>nd</sup> men, turn once round with both hands, opening out on the side lines and continuing into four hands round to the left and then 1<sup>st</sup> and 2<sup>nd</sup> couples turn partners once round to finish in the middle of the set, ready for promenade. On bar 8, 3<sup>rd</sup> couple dance in and take promenade hold.
- 9 – 16 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples promenade.  
On bars 15-16, 1<sup>st</sup> couple cast off to second place, while 2<sup>nd</sup> couple dance up to first place and 3<sup>rd</sup> couple return to original place.
- 17 – 20 1<sup>st</sup> and 3<sup>rd</sup> couples dance right hands across, finishing on the side lines.

- 21 – 24 1<sup>st</sup> and 2<sup>nd</sup> couples dance left hands across, 1<sup>st</sup> couple finishing in 2<sup>nd</sup> place facing down.
- 25 – 32 2<sup>nd</sup>, 1<sup>st</sup> and 3<sup>rd</sup> couples dance reels of three on the sides. 1<sup>st</sup> couple begin the reels by giving right shoulder to 3<sup>rd</sup> couple, and, at the end face down ready to repeat the dance.  
Repeat, having passed a couple.

### **THE GALLOPING CAROUSEL**

#### **32 BAR JIG FOR 4 CPLES IN A 4 CPL SET**

- 1 – 8 1<sup>st</sup> and 2<sup>nd</sup> couples and 3<sup>rd</sup> and 4<sup>th</sup> couples dance right hands across. 1<sup>st</sup> woman and also 4<sup>th</sup> man, followed by partner chase round clockwise to the other end of the dance.
- 9 – 16 4<sup>th</sup> and 2<sup>nd</sup> couples and also 3<sup>rd</sup> and 1<sup>st</sup> couples dance right hands across. 1<sup>st</sup> woman and also 4<sup>th</sup> man, followed by partner chase round clockwise back to places.
- 17 – 20 1<sup>st</sup> and 2<sup>nd</sup> couples and also 3<sup>rd</sup> and 4<sup>th</sup> couples set facing on the sides and change places by the right hand.
- 21 – 24 The middle couples (1<sup>st</sup> and 4<sup>th</sup>) set facing on the sides and change places by the left hand.
- 25 – 28 Middle couples (4<sup>th</sup> and 1<sup>st</sup>) dance up/down between the end couples and cast back to place.
- 29 – 32 All four couples turn with right hands.  
Order is 2,4,1,3.  
Repeat from new positions.

### **ORPINGTON CALEDONIANS**

#### **32 BAR REEL FOR 3 CPLES IN A 4 CPL SET**

- 1 – 2 1<sup>st</sup> couple set.
- 3 – 6 1<sup>st</sup> woman casts off to second place and dances across the set to face out on the men's side. At the same time, 1<sup>st</sup> man dances across the set and casts off to second place on the women's side. 2<sup>nd</sup> couple step up on bars 5-6.
- 7 – 8 1<sup>st</sup> woman with 3<sup>rd</sup> man and 1<sup>st</sup> man with 3<sup>rd</sup> woman, giving left hands, turn halfway. 1<sup>st</sup> and 3<sup>rd</sup> men finish facing out.
- 9 – 16 3<sup>rd</sup> and 1<sup>st</sup> couples dance a ladies' chain. 1<sup>st</sup> man finishes facing out.

- 17 – 20 1<sup>st</sup> man casts up to second place and dances across the set to face out. At the same time, 1<sup>st</sup> woman dances across the set and casts up to second place on the women's side. 3<sup>rd</sup> couple step down on bars 19-20.
- 21 – 24 2<sup>nd</sup> and 1<sup>st</sup> couples dance right hands across once round. 1<sup>st</sup> man and 2<sup>nd</sup> woman finish facing out.
- 25 – 32 2<sup>nd</sup>, 1<sup>st</sup> and 3<sup>rd</sup> couples dance reels of three on own sides, 1<sup>st</sup> and 3<sup>rd</sup> couples passing by the left to begin.  
Repeat, having passed a couple.

### **THE WATER OF LEITH**

#### **32 BAR STRATHSPEY FOR 4 COUPLES IN A 4 COUPL SET**

- 1 – 6 1<sup>st</sup> and 3<sup>rd</sup> couples set. 1<sup>st</sup> woman dances down, casts up round second man into the middle of the set, facing down, while the 1<sup>st</sup> man dances across the set, casts around the second lady, into the middle of the set facing up, while the 3<sup>rd</sup> couple does the same around the fourth couple.
- 7 – 8 1<sup>st</sup> and 3<sup>rd</sup> couples change places with their partner to finish in a line up the middle of the set (men facing down and the women facing up).
- 9 – 16 1<sup>st</sup> and 3<sup>rd</sup> couples dance a reel of four in the middle.
- 17 – 20 1<sup>st</sup> and 2<sup>nd</sup> couples and 3<sup>rd</sup> and 4<sup>th</sup> couples dance right hands across.
- 21 – 24 1<sup>st</sup> man followed by the 1<sup>st</sup> woman casts round second woman to second place on own sides while 3<sup>rd</sup> man, followed by the 3<sup>rd</sup> woman casts round fourth woman to 4<sup>th</sup> place. (2<sup>nd</sup> and 4<sup>th</sup> couples step up on bars 23-24)
- 25 – 32 1<sup>st</sup> and 4<sup>th</sup> couples dance the Espagnole:  
25-26 1<sup>st</sup> and 4<sup>th</sup> couples cross (Ladies lead across with right hand passing between the men) with the ladies changing places  
27-28 1<sup>st</sup> and 4<sup>th</sup> couples cross back (Men lead across with right hand between the ladies) with the men changing places  
29-32 4<sup>th</sup> couple turn with right hands as 1<sup>st</sup> couple turn with left hands.  
Repeat from new places.

### **CHASED LOVERS**

#### **32 BAR JIG FOR 3 CPLES IN A 4 CPL SET**

- 1 – 8 1<sup>st</sup> couple set then, without giving hands, cross down one place and face out in second place. 2<sup>nd</sup> couple step up on bars 3-4. 1<sup>st</sup> couple cast off behind 3<sup>rd</sup> couple and, 1<sup>st</sup> woman in front of her partner,, dance up between them to finish in the middle of the dance.
- 9 – 16 1<sup>st</sup> woman, followed by the 1<sup>st</sup> man throughout, dances a reel of three on the diagonal with first corners. To begin, 1<sup>st</sup> couple pass 2<sup>nd</sup> man by the left. On bar 16, 1<sup>st</sup> couple pull back by the right individually to finish in the middle of the dance, facing down 1<sup>st</sup> man in front of his partner.
- 17 – 24 1<sup>st</sup> man, followed by 1<sup>st</sup> woman throughout, dances a reel of three on the diagonal with second corners. To begin, 1<sup>st</sup> couple pass 3<sup>rd</sup> man by the right. 1<sup>st</sup> couple finish facing second corners.
- 25 – 28 1<sup>st</sup> couple and first corners dance corners pass and turn. 1<sup>st</sup> couple finish facing second corners.
- 29 – 32 1<sup>st</sup> couple and second corners repeat bars 25-28. 1<sup>st</sup> couple pass partner by the right to finish in second place on own side.  
Repeat, having passed a couple.

### **THE OLD MAN OF STORR**

#### **32 BAR REEL FOR 3 CPLES IN A 4 CPL SET**

- 1 – 4 1<sup>st</sup> and 2<sup>nd</sup> couples dance right hands across. 1<sup>st</sup> woman finishes facing out.
- 5 – 8 1<sup>st</sup> woman casts off one place and crosses over to the men's side of the dance, while the 1<sup>st</sup> man follows his partner, finishing in second place on the women's side. 2<sup>nd</sup> couple step up on bars 7-8.
- 9 – 12 1<sup>st</sup> and 3<sup>rd</sup> couples dance left hands across. 1<sup>st</sup> woman finishes facing out.
- 13 – 16 1<sup>st</sup> woman casts off behind the 3<sup>rd</sup> man and crosses to her own side while the 1<sup>st</sup> man again follows his partner, finishing in 3<sup>rd</sup> place o his own side. 3<sup>rd</sup> couple step up on bars 15-16.
- 17 – 24 1<sup>st</sup> couple set, then, with nearer hands joined, dance up to the top and cast off one place on own sides. 3<sup>rd</sup> couple step down on bars 21-22.
- 25 – 32 2<sup>nd</sup> and 1<sup>st</sup> couples dance rights and lefts.  
Repeat, having passed a couple.

**MacDONALD OF KEPPOCH**  
**MEDLEY OF 2X32 BAR STRATHSPEY AND 2X32**  
**BAR REEL FOR 4 COUPLES IN A 4**  
**COUPLE SQUARE SET**

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| <p>1 – 6      1<sup>st</sup> and 3<sup>rd</sup> couples dance the first six bars of rights and lefts, men dancing a polite turn on bar 6, to finish in the middle of the set, back to back with partner, facing the side couples.</p> <p>7 – 8      All set.</p> <p>9 – 16     1<sup>st</sup> couple with the 2<sup>nd</sup> woman and 4<sup>th</sup> man, 3<sup>rd</sup> couple with the 2<sup>nd</sup> man and 4<sup>th</sup> woman dance reels of four across the set. 1<sup>st</sup> and 3<sup>rd</sup> couples finish in a line up and down the middle of the set, women facing each other in the middle.</p> <p>17 – 24   1<sup>st</sup> and 3<sup>rd</sup> couples dance a reel of four. 1<sup>st</sup> and 3<sup>rd</sup> women pass by the right to begin; all pass by the left at the ends, by the right in the middle and finish in original places facing partner.</p> <p>25 – 26   All set.</p> <p>27 – 30   All, giving right hands, turn partner one and a quarter times.</p> <p>31 – 32   All four couples, in promenade hold, dance on one place anti-clockwise. Repeat in strathspey time from new positions, finishing opposite original places. Repeat twice more in reel time and finish in original places.</p> | <p>5 – 8</p> <p>9 – 12</p> <p>13 – 16</p> <p>17 – 24</p> <p>25 – 32</p> |
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- KENDALL'S HORNPIPE**  
**32 BAR JIG FOR 2 CPLES IN A 3 CPLE SET**
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| <p>1 – 8      1<sup>st</sup> and 2<sup>nd</sup> couples dance rights and lefts.</p> <p>9 – 16     1<sup>st</sup> couple lead down the middle for three bars, up for three bars, cross over and cast down to second place on opposite sides. 2<sup>nd</sup> couple step up on bars 15-16.</p> <p>17 – 24   2<sup>nd</sup> and 1<sup>st</sup> couples dance a ladies chain.</p> <p>25 – 32   2<sup>nd</sup> woman with 1<sup>st</sup> man, and 2<sup>nd</sup> man with 1<sup>st</sup> woman advance and retire and then 1<sup>st</sup> couple turn with right hand one and a half times to finish on own side in second place. Repeat, having passed a couple.</p> | <p>9 – 16</p> |
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- FALKIRK LASS**  
**32 BAR STRATHSPEY FOR 3 COUPLS IN A 4**  
**COUPLE SET**
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| <p>1 – 4      1<sup>st</sup> couple, giving right hands, turn and cast off to second place. 2<sup>nd</sup> couple step up on bars 3-4.</p> |  |
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| <p>5 – 8</p> <p>9 – 12</p> <p>13 – 16</p> <p>17 – 24</p> <p>25 – 32</p> | <p>1<sup>st</sup> couple, giving left hands, cross over, 1<sup>st</sup> woman casts off around 3<sup>rd</sup> man to finish between 3<sup>rd</sup> couple, all facing up, while 1<sup>st</sup> man casts up around 2<sup>nd</sup> woman to finish between 2<sup>nd</sup> couple, all facing down.</p> <p>Joining hands in lines of three, all advance for one step and retire for one step, then 1<sup>st</sup> couple, also 2<sup>nd</sup> woman with 3<sup>rd</sup> woman, and 2<sup>nd</sup> man with 3<sup>rd</sup> man., change places giving right hands.</p> <p>Joining hands in lines of three, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples advance for one step and retire for one step, then, giving right hands, 3<sup>rd</sup> woman and 2<sup>nd</sup> woman, also 3<sup>rd</sup> man and 2<sup>nd</sup> man, change places while 1<sup>st</sup> couple giving right hands turn to face first corners.</p> <p>1<sup>st</sup> couple dance corner pass and turn with first corners, the corners turn giving both hands, 1<sup>st</sup> couple pass partner by the right to face second corners. 1<sup>st</sup> couple dance corner pass and urn with second corners, the corners turn giving both hands, 1<sup>st</sup> couple pass partner by the right to finish in second place on own sides.</p> <p>2<sup>nd</sup>, 1<sup>st</sup> and 3<sup>rd</sup> couples dance six hands round and back.</p> <p>Repeat, having passed a couple.</p> |
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- TOAST TO THE MOUSIES**  
**32 BAR REEL FOR 3 CPLES IN A 4 CPLE SET**
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| <p>1 – 8</p> <p>9 – 16</p> | <p>1<sup>st</sup> couple dance towards each other and taking hands briefly, cast off one place (2<sup>nd</sup> couple step up on bars 3-4). 1<sup>st</sup> couple, taking nearer hands, dance down between 3<sup>rd</sup> couple and cast up to second place on own sides.</p> <p>1<sup>st</sup> couple dance right hands across, 1<sup>st</sup> woman with 2<sup>nd</sup> couple and 1<sup>st</sup> man with 3<sup>rd</sup> couple, all finishing on own side lines. 1<sup>st</sup> couple pass by the right to dance left hands across, 1<sup>st</sup> man with 2<sup>nd</sup> couple and 1<sup>st</sup> woman with 3<sup>rd</sup> couple, finishing with 1<sup>st</sup> couple back-to-back in the middle, 1<sup>st</sup> woman facing down and 1<sup>st</sup> man facing up. 2<sup>nd</sup> couple finish in first place in the middle, nearer hands joined, facing down, while 3<sup>rd</sup> couple finish in third place in the middle, nearer hands joined, facing up.</p> |
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| 17 – 20 | All set, all advance, 1 <sup>st</sup> man under arch made by 2 <sup>nd</sup> couple and 1 <sup>st</sup> woman under an arch made by 3 <sup>rd</sup> couple. 1 <sup>st</sup> man and 1 <sup>st</sup> woman pull back by the right to end in the middle in first and third positions, 1 <sup>st</sup> man facing down and 1 <sup>st</sup> woman facing up. After making the arch, 2 <sup>nd</sup> and 3 <sup>rd</sup> couples curve toward each other to finish in the middle, nearer hands joined, 2 <sup>nd</sup> couple facing up and 3 <sup>rd</sup> couple facing down.  | 17 – 20 | 1 <sup>st</sup> and 3 <sup>rd</sup> couples dance half a reel of four, 1 <sup>st</sup> man and 3 <sup>rd</sup> woman pass by the left to face own partners.   |
| 21 – 24 | all set, all advance, 1 <sup>st</sup> man under an arch made by the 2 <sup>nd</sup> couple and 1 <sup>st</sup> woman under an arch made by the 3 <sup>rd</sup> couple. 1 <sup>st</sup> couple continue to dance forward, passing each other by the left to finish with 1 <sup>st</sup> woman in the middle between 2 <sup>nd</sup> couple, facing 2 <sup>nd</sup> man, and 1 <sup>st</sup> man in the middle between 3 <sup>rd</sup> couple, facing 3 <sup>rd</sup> woman. After making the arch, 2 <sup>nd</sup> couple cast away from each other into first place, facing in, while 3 <sup>rd</sup> couple cast away from each other into third place, facing in. | 21 – 24 | 3 <sup>rd</sup> and 1 <sup>st</sup> couples set and petronella turn to finish on own sides in the order 3,2,1.  |
| 25 – 30 | 1 <sup>st</sup> woman and 2 <sup>nd</sup> couple also 1 <sup>st</sup> man and 3 <sup>rd</sup> couple, dance six bar reels of three across the set, 1 <sup>st</sup> couple passing their first corners by the left to begin. Finish in order 2,1,3.  | 25 – 28 | 2 <sup>nd</sup> couple followed by 1 <sup>st</sup> couple dance to the top of the set and cast off round 3 <sup>rd</sup> couple, 2 <sup>nd</sup> couple to third place, 1 <sup>st</sup> couple to second place, to finish in the order 3,1,2. |
| 31 – 32 | All three couples set on the side.<br>Repeat, having passed a couple.   | 29 – 32 | All three couples, giving both hands, turn partners once round.<br>Repeat from new positions.   |

### **GOOD HEARTED GLASGOW**

#### **32 BAR JIG FOR 3 CPLES IN A 4 CPLE SET**

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| 1 – 4   | 1 <sup>st</sup> couple turn by the right hand and cast off one place. 2 <sup>nd</sup> couple step up on bars 3-4.   |
| 5 – 8   | 1 <sup>st</sup> couple turn by the left hand one and a quarter turns, ready for   |
| 9 – 12  | 1 <sup>st</sup> lady dances right hands across with the 2 <sup>nd</sup> couple and the 1 <sup>st</sup> man dances right hands across with the 3 <sup>rd</sup> couple. |
| 13 – 16 | 1 <sup>st</sup> lady dances left hands across with the 3 <sup>rd</sup> couple and the 1 <sup>st</sup> man dances left hands across with the 2 <sup>nd</sup> couple.   |
| 17 – 24 | 1 <sup>st</sup> couple lead down the middle and back to second place.   |
| 25 – 32 | 2 <sup>nd</sup> , 1 <sup>st</sup> and 3 <sup>rd</sup> couples dance six hands round and back.<br>Repeat, having passed a couple.                                      |

### **THE ORCHARDS OF COUNTY ARMAGH** **32 BAR STRATHSPEY FOR 3 COUPLS IN A 3** **COUPLE SET**

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|---------|---|
| 1 – 4   | All chase clockwise halfway round the set, finishing 3,2,1 on opposite sides.   |
| 5 – 6   | All three couples take hands on the side and set.   |
| 7 – 8   | 3 <sup>rd</sup> and 1 <sup>st</sup> couples turn $\frac{3}{4}$ turn by the right, finishing on the centre line, with the men facing down.   |
| 9 – 12  | 3 <sup>rd</sup> and 1 <sup>st</sup> couples dance a half reel of four, 1 <sup>st</sup> man and 3 <sup>rd</sup> woman pass by the left to face 2 <sup>nd</sup> couple across the dance, 1 <sup>st</sup> man facing 2 <sup>nd</sup> man, and 3 <sup>rd</sup> woman facing 2 <sup>nd</sup> woman. 1 <sup>st</sup> woman and 3 <sup>rd</sup> man remain in the middle at the top and bottom of the set. |
| 13 – 16 | 1 <sup>st</sup> man, 3 <sup>rd</sup> woman and 2 <sup>nd</sup> couple dance a half reel of four across the dance, 1 <sup>st</sup> man and 3 <sup>rd</sup> woman pass by the left to face partners up and down the set.  |