

Sunday, Early in the Morning

32-bar strathspey for three couples in a three-couple longwise set

- 1 -4 1st, 2nd and 3rd couples set and link.
- 5 -8 All chase clockwise halfway round the set.
- 9 -16 Repeat bars 1-8 from new positions.
- 17-18 3rd, 2nd and 1st couples set.
- 19-22 3rd, 2nd and 1st couples, giving right hand to partner, turn halfway, release hands and, pulling right shoulder back, dance on a curve to own sides of the set.
- 23-24 3rd, 2nd and 1st couples set.
- 25-32 3rd and 2nd couples dance the «rose progression»:
 - 25-26 3rd man and 2nd woman set as 3rd woman and 2nd man change places right hand.
 - 27-28 3rd man and 2nd woman turn with both hands halfway as 3rd woman and 2nd man dance into their partner's place.
 - 29-30 3rd man and 2nd woman cast into each other's original places as 3rd woman and 2nd man turn with both hands halfway.
 - 31-32 3rd man and 2nd woman dance across the set as 3rd woman and 2nd man, pulling right shoulder back, cast out to the sidelines.

Repeat from new positions.

Devised by .