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 Marie-Laure Barret on July 31st, 2022: "At the Saturday's ball at the end of the first week of Summer School in St Andrews, a fellow candidate told me that it is planned to write dances for our tutor, Rachel Shankland. Thus, on the following morning, at 6.30 AM, I started devising this dance."