The Waves

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

1-2	1st couple set.
3-8	1st couple dance a figure of eight around 2nd and 3rd couples on the sidelines in six bars, dancing in and down to begin and touching nearer hands when possible.
9-16	1st and 2nd couples dance the knot, retaining left hands.
17-20	2nd and 1st couples, giving left hands, dance four hands across once round.
21-24	1st and 3rd couples dance four hands round to the left. At the very end of this phrase, 1st and 3rd women as well as 1st and 3rd men release hands while retaining hands with their partner.
25-32	1st and 3rd couples dance a poussette right round. On the first bar, 1st and 3rd couples join both hands and turn into a diagonal line with 1st couple above 3rd couple. The rest of the poussette proceeds as normal.

Repeat, having passed a couple.

Devised by Saskia Frisby and inspired by the waves in the sea around St. Andrews. For Rachel Shankland and George Meikle, with heartfelt thanks for their kindness towards and patience with the Units 2/3 class of 2022.

Recommended tune: *Highland Whisky*, by Niel Gow.