

4 x 40 Bar Strathspey

- 1 - 4 1st Couple set advancing and turn right round with right hand.
- 5 - 8 2nd Couple join in to dance right hands across once round to place.
- 9 - 16 1st and 3rd Couples dance full figure of eight round 2nd couple starting with 1st Couple crossing down and 3rd Couple casting up.
- 17 - 24 1st Couple dance down the set (nearer hands joined) followed by 2nd, 3rd & 4th Couples who all divide to allow preceding couples to dance back up the set.

On bar 24 1st Couple turn to face down the set whilst 2nd, 3rd & 4th Couple remain facing up the dance, all couples still with nearer hands joined.

- 25 - 30 2nd, 3rd & 4th Couples set whilst 1st Couple pass each couple in turn with setting step (as in Ship of Grace)

At the end of bar 30 all couples should be facing partners with both hands joined ready for:-

- 30 - 32 All couples turn once round to place.

- 33 - 40 2nd Couple with 3rd Couple and 4th Couple with 1st Couple dance rights and lefts.

Representation

- 1 - 8 Spinning the wool.
- 9 - 16 Mixing in the dye
- 17 - 24 Threading the loom
- 25 - 32 The action of the shuttle
- 33 - 40 The squares of the completed tartan.