

REST AND BE THANKFUL

Longways Sets in Reel time for 4 (or 5) couples--
3-couple dance--32-Bar sequence.

STEPS: "Skip change" step throughout.

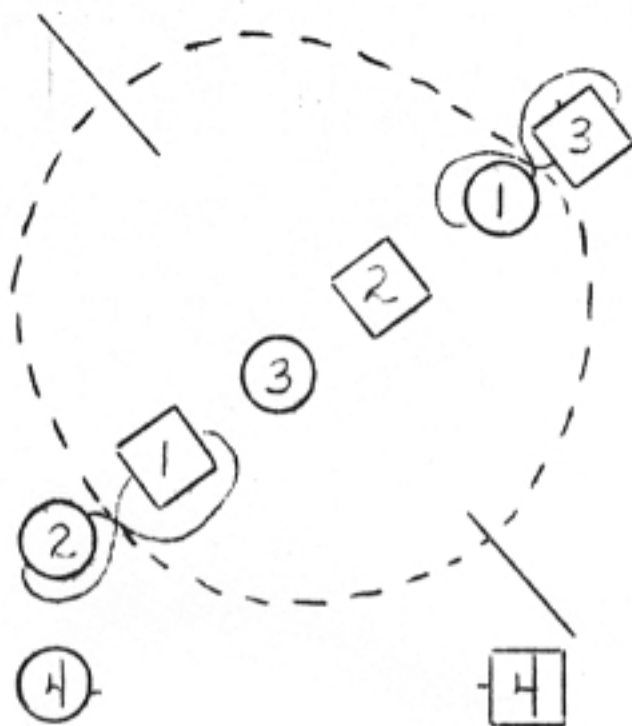
Bars

- 1-4 First couple, giving right hands, cross over and cast off one place on the opposite side. Second couple move up on Bars 3-4.
- 5-8 First couple, giving left hands, cross over and first lady casts up round second lady, while first man casts off round third man, to finish beside their 1st Corner.
- 9-12 First couple, holding their 1st Corner in Promenade position on their right, leads them round behind their 2nd Corner and places them in the opposite 1st Corner position. At the same time the 2nd Corners Advance towards each other and Retire (Diagram I).
- 13-16 First couple turn each other with left hands to finish beside their 2nd Corner. (Turn strongly for one and 3 quarters times.)
- 17-20 First couple, holding their 2nd Corner in Promenade position on their right, leads them round behind their 1st Corners (who are on the wrong side) and places them in the opposite 2nd Corner position. At the same time the 1st Corners Advance towards each other and Retire.
- 21-24 First couple turn each other with left hands to finish facing their usual 1st Corner position (first lady faces third lady while first man faces second man).
- 25-28 First couple dance a half Reel of Four diagonally across the Set with their 1st Corners--first couple, passing by the right to begin, curve by their right round the 1st Corner position, while the Corners pass each other by the left in the middle to their own sides.
- 29-32 First couple, passing each other by the right in the middle dance a half Reel of Four diagonally across the Set with their 2nd Corners--again passing by the right to begin, then crossing over by the right to finish in 2nd place on their own sides (Diagram 2).

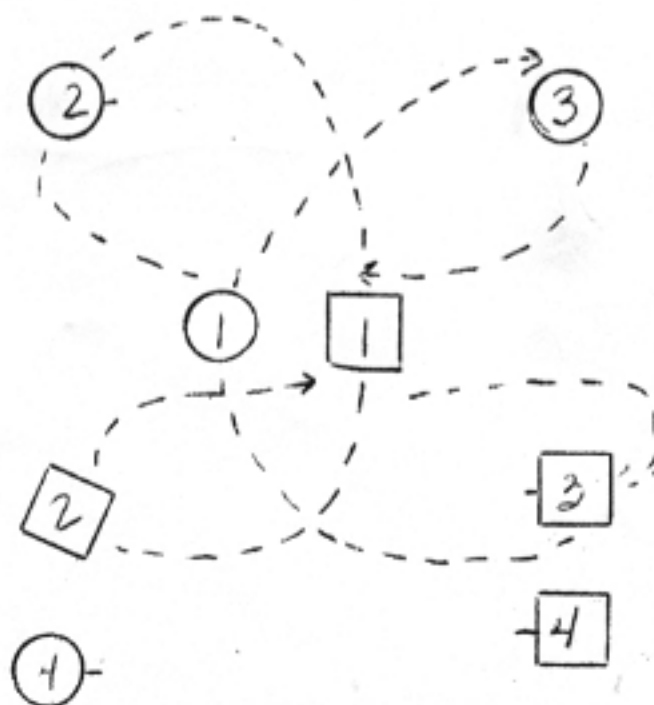
First couple repeat from 2nd place and cross by the left, down between the fourth couple, to the bottom. Each couple repeat in turn as first couple.

Continued...

REST AND BE THANKFUL (Diagrams)



1. Bars 9 - 12.



2. Bars 29-32