

Helvellyn

A 32 bar strathspey for four couples in a square set.

Bars Description

- 1-4 1st and 3rd couples dance half a men's chain. All then face their (new) partner.
- 5-8 All dance back to back on the sides and end facing in.
- 9-10 All now change places with their corner as follows:
- the men advance for one then set to the left;
 - the women set to the right and then advance for one.
- They have each danced along two sides of a small square at the corner. All end pulling left shoulder back to face the corner person they just passed.
- 11-12 All, giving left hands, turn their corner person three quarters into promenade hold facing anticlockwise.
- 13-14 All promenade one place anticlockwise to the next corner. The men end in the women's places leading their promenade partner ahead with their left hand so the women end in the men's places on the next side of the square. All face in.
The men are now beside, and the women are now opposite, the places they were at the start of bar 9. 1st and 3rd couples are beside their partner, 2nd and 4th couples are opposite their partner.
- 15-16 All change places with their corner again as in bars 9-10 but from new places:
- the men now set to the right then advance for one;
 - the women now advance for one then set to the left.
- All end facing on the sides having progressed one place anticlockwise. 2nd and 4th couples are facing their partner in 1st and 3rd places. 1st man is facing 3rd woman in 2nd place and 3rd man is facing 1st woman in 4th place.
- 17-20 All dance back to back on the sides.
- 21-24 1st and 3rd couples dance half a men's chain, now across the set, and all face their original partner in the order 2,3,4,1.
- 25-32 All dance interlocking reels of four around the set, starting by passing their partner right shoulder.

Music

- Tune: Jim Dougal of Eyemouth by Muriel Johnstone.
- Recording: 12 Coates Crescent as recorded by Luke Brady's Scottish Dance Band on the CD Take Your Partners For... Vol 3.