

Helping Hands

32-bar strathspey for 3 couples in a 4-couple set
by Loren Wright (2001 or 2002)

Bars 1-8: 1st couple set, turn with both hands opening up, cast off one place on own side, and turn by the left hand 3/4 to end man between the 2's all with hands joined facing down and lady between 3's all with hands joined facing down. 2nd couple step up on bars 5-6.

Bars 9-16: All dance down the middle and up. At the end of bar 12 all turn right about and rejoin hands. At the end of bar 16, the 2's and 1st man drop hands, turn right about, and rejoin hands.

Bars 17-24: With hands still joined in lines across the dance, all set and give right hands to change places with the opposite person up and down the dance. 1st man continues down between the 2's (now in 3rd place) and casts up around 2nd man, while 1st lady continues up between the 3's (now in 1st place) and casts down around 3rd lady to end both in 2nd place on own side. All join hands on the sides and set.

Bars 25-32: All dance a 3-couple knot.