

3. Ard Choille

A 32-bar Strathspey for 3 couples in a 4 couple longwise set

Lovat's Restoration - traditional tune

- 1-8 1st man & 2nd woman set advancing, cross with right hands to change places.
1st woman & 2nd man set advancing, cross with left hands to change places.
- 9-16 2nd couple & 1st couple set and cross right hands to own sides.
1st woman casts round 3rd woman and dances up to face 1st corner while 1st man casts round 2nd man and dances down to face 1st corner, passing partner right shoulder.
- 17-24 1st couple set to and turn 1st corners right hand, pass partner by the left in the middle, set to and turn 2nd corners right hand.
- 25-32 1st couple dance reels of 3 on the wrong sides, giving left shoulders to 1st corners, and cross, giving right hand, to own sides in 2nd place in the last 2 bars.

Repeat, having passed a couple.

Dance by Flora MacGregor, devised 2001.

Tune: "Lovat's Restoration" from "Airs & Melodies of the Highlands of Scotland & The Isles"

Suggested supporting tunes: "Highland Whisky", "Rose Among the Heather".

Dedicated to the Highlander who loves the Music, Dance and Culture of Scotland.