

Shake Yourself

32 bar Jig

1-4 1st and 2nd couples dance right hands across once round, back to places.

5-8 They dance half rights and lefts.

9-12 They dance left hands across once round, back to "wrong" sides, and

13-16 Turn partners by the left hand one and a half times to own sides (1st couple are now in 2nd place)

17-18 The two men – and women – set to each other.

19-20 Then set to partners and

21-24 Dance half rights and lefts.

25-32 They repeat bars 17-24.

Repeat, having passed a couple.

Dance devised by Hugh Foss.

Tune: Go to the Devil and Shake Yourself (Gow's 2nd Repository p.21) - (music with original copy in library)

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Glendarroch Scottish Country Dance Sheet No.4.