

BANKS OF THE DEE

Suggested music: Any Scotch tune you like - McLeods Reel is fine.

Couples 1, 4, 7, etc. active
Cross over before dance starts

Down the outside below two couples
Up the center with partner to place
Down the center with partner
Same way back to place and cast off
Swing lady below and gent above
(Gent swings lady below them following cast off; lady swings man above or the one she cast off)
Swing lady above and gent below
(Gent swing lady they cast off; lady swings next man below who leaves her at his left at the end of the swing.)
Right and left four.

IOCA REEL

Suggested music: Any reel you like

Couples 1, 3, 5, etc. active
Cross over before the dance starts

Active couple circle four with the next below
Swing your left hand lady
Put her on your right and circle again
Active couples swing in the center
Down the center with partner
Same way back and cast off
Ladies chain.