

# THE “DUCHESS” SARABAND

*'Becket' set with another 'Becket' set outside - single progression - Reel*

*1st couples facing each other in the centre, 2nd couples also facing inward, each man having his partner on his right.*

Top			
M2	M1	W1	W2
a	a	b	b
W2	W1	M1	M2
M2	M1	W1	W2
a	a	b	b
W2	W1	M1	M2
...	...	...	...

- A1    1 - 4    1st couples "a" and "b" right hand star;  
       5 - 8    1st Women "a" and "b" right hand turn with each other in the centre, *while* 1st Men "a" and "b" 3 hand left hand star with 2nd couples "a" and "b".
- A2    1 - 8    1st couples "a" and "b" whole straight hey for 4, passing partner left shoulder to begin, and finishing in partner's original place facing 2nd couples. (Men still have partner on their right)
- B1    1 - 4    1st couples and 2nd couples circle left half way and change places with partner, turning right to face the centre;  
       5 - 8    2nd Men lead the opposite 2nd Women up or down a little, separate from them and cast back to their original places, *at the same time* 1st couples move forward to the centre and back to back right shoulder with opposite in the centre.
- B2    1 - 4    1st couples circle left with the other 1st couples, *while* the 2nd couples turn partners with both hands;  
       5 - 8    1st couples fall back (Men away from opposite Men, Women from opposite Women on a line diagonal to the set) and move forward again, *while* the 2nd couples half figure 8 through 1st couples.
- C     1 - 4    Partners side right shoulder;  
       5 - 6    All turn partner with both hands half way and face centre;  
       7 - 8    1st couples take two chassé steps down the room, *while* 2nd couples do the same up the room. Progression.

Note:- While neutral, couples should form a line of 4 with the opposite couple and face up or down the set.