

# FOUR WINDS

## *Three couple progressive Longways Set – 3/2 and Jig*

- A1     1 – 4     1st couple turn with right hands once around and cast a place (walking step)  
                               (2nd couple move up)  
           5 – 8     1st and 3rd couples circle left half way round and change places with partner (or  
                               turn partner with both hands half way).
- A2     1 – 4     1st couple turn with left hands once around and cast up a place (walking step)  
                               (3rd couple move down)  
           5 – 8     1st and 2nd couples circle left half way round and change places with partner  
                               (or turn partner with both hands half way).
- B1     1 – 2     1st couple, taking inside hands, lead down into 2nd place and 1st Man wheels  
                               his partner round clockwise, so that they are facing up improper, *while* 2nd  
                               couple move up and turn in to face down.  
           3 – 4     1st Man with 2nd Woman, 1st Woman with 2nd Man and 3rd couple with each  
                               other, back to back right shoulder.  
           5 – 6     Turn the same person with both hands once round increasing speed slightly into  
                               ...  
           7 – 8     Circle six to the left half way round.
- B2     1 – 4     1st couple lead up to top of set through 3rd couple and cast to the bottom. On  
                               bar 2, 2nd couple move up one place and (on bars 3 and 4) circle with 3rd  
                               couple half way round.  
           5 – 8     1st couple, now at bottom of set, cross over right shoulder with each other and  
                               move up outside 3rd couple, who move down, cross again right shoulder in the  
                               middle place and move up outside 2nd couple, who move down, to top place.

## *Straight into change of rhythm (double step)*

- C1     1 – 8     1st couple right hand turn once round, cast, lead through the 3rd couple and cast  
                               back to top place, followed by 3rd and 2nd couples.
- C2     1 – 8     1st couple lead down between 3rd couple (now in 2nd place), go outside 2nd  
                               couple (now in 3rd place), meet and lead up the middle to top place, followed by  
                               2nd and 3rd couples. 1st couple cast into 2nd place, 2nd couple continuing up to  
                               top place.
- D1     1 – 8     1st couple stand still in centre. “Four Winds” – double figure 8 round 1st  
                               couple; 2nd couple start by casting, 3rd couple start by crossing up centre  
                               between 1st couple.
- D2     1 – 4     2nd couple continue straight into a cast into the middle place (or cast to the  
                               bottom of the set below 3rd couple and move up into middle place), *while* 1st  
                               couple lead up into top place and cast to bottom of set, *while* 3rd couple lead up  
                               to the top place and turn out (walking step).  
           5 – 8     2nd and 3rd couples circle left half way round and turn partner with both hands  
                               half way round (or cross over with partner), *while* 1st couple turn partner with  
                               both hands once round (walking step).

**Repeat whole dance twice.**

*Composed c. 1959*