

# THE PHOENIX REJUVENATED

## *Four couple progressive Longways Set – Reel*

- A1     1 – 4     Facing up and taking inside hands with partner, all lead forward and back a double.  
       5 – 8     1st Man moves clockwise half way round the line of Women, followed by the other Men.
- A2     1 – 4     Facing down and taking inside hands with new partner (who will be the same person in each round of the dance) all lead forward and back a double.  
       5 – 8     4th Woman moves anticlockwise half way round the line of Men, followed by the other Women.
- B1     1 – 4     Facing up and taking inside hands with partner (not promenade hold), all promenade round to the left (4th couple leading) into original places but improper.  
       5 – 6     All set right and left to partner.  
       7 – 8     1st couple with 2nd couple and 3rd couple with 4th couple circle left half way round.
- B2     1 – 4     1st couple cast up and lead down again to meet the 4th couple who cast down and lead up again, *while* 2nd couple lead down to the middle and cast up again and the 3rd couple lead up to the middle and cast down again.  
       5 – 8     1st and 4th couples circle left half way round and then turn partner with both hands half way round to own sides, *while* 2nd and 3rd couples turn partner with both hands once round.

**Repeat dance three times.** Progression 1-3-4-2-1.

*Composed in October 1975*