

PAT'S RECOVERY or RETURN TO DANCING

Duple minor, 1C improper, double progression

Dance : Rob Dawson, June 2022

Tune : Lael Whitehead's "A Dream of Dancing"

A1	Circle left half-way; fall back a double with neighbour. Come forward a double and circle right half-way.
A2	Partners cross left shoulder; neighbours wheel turn, gents backing. Partners cross right shoulder; neighbours wheel turn, gents backing.
B1	1C cross right shoulder, cast down and face up in the middle of a line of four AS 2C pause, lead up and cast onto the end of the line facing up. Line of four lead up a double and falls back bending the line.
B2	In next fours, 1C half a draw poussette, 1M backing AS 2C half a push-pull poussette, 2M going forward. All set and turn single.

Written to celebrate the return to dancing with friends after the end of the Covid-19 2021-22 lockdown and also the recovery of Pat Hicks, the Chair of the Highnam (UK) Folk Dance Club, from her accident.

First tried out at Mendip Folk Dance Club on 27th June 2022. The general consensus was that a single progression version would be easier – see below.

Recording : The Dancehall Players "Out of the Silence 1" Track 1.

For single progression :

A1	As above.
A2	As above.
B1	As above.
B2	In same fours, 1C half a draw poussette, 1M backing AS 2C half a push-pull poussette, 2M going forward. All set; 1C cast AS 2C lead up.