

## You Are Not Alone

32 bar strathspey for three couples in a three-couple longwise set

### Bars

- 1 - 8 1st couple set advancing, passing partner by the left and pulling back right shoulder to face each other in middle of the set. Giving both hands, 1st couple turn once round to finish facing down with nearer hands joined, dance down for two bars, while 2nd couple step up, and, giving both hands, turn once round to finish with their backs to first corners.
- 9 - 24 2nd, 1st and 3rd couples dance "Corners Chase and Turn":
- 9 - 12 1st couple, followed by first corners, pass partner by the right shoulder and dance to 3rd corner positions. While 1st couple set, first corners pull back right shoulders and, giving both hands, turn once round, finishing with their backs to 1st couple.
- 13 - 16 First corners, followed by 1st couple, pass each other by the right shoulder and dance back to their corner positions. 1st couple pull back right shoulders and, giving both hands, turn three quarters, finishing with their backs to second corners, while first corners set.
- 17 - 20 Repeat bars 9 - 12 with second corners.
- 21 - 24 Second corners, followed by 1st couple, pass each other by the right shoulder and dance back to their corner positions. 1st couple pull back right shoulders and, giving both hands, turn three quarters to finish in second place on own sides facing out, while second corners set.
- 25 - 32 2nd, 1st and 3rd couples dance a chain progression for three couples (also known as "Chaperoned Chain Progression").
- 25 - 26 2nd and 3rd couples, giving right hands to partners, turn three quarters round. At the same time, 1st couple dance clockwise one quarter round.
- 27 - 30 2nd man and 3rd woman, giving left hands, turn one and a half times. At the same time, 1st man and 2nd woman, and 3rd man, with 1st woman on his left, taking promenade hold, dance clockwise halfway round.
- 31 - 32 3rd and 2nd couples, giving right hands to partners, turn three quarters round to finish on own sides. At the same time, 1st couple dance clockwise one quarter round the set to finish in second place on own sides.

Repeat from new positions.

Devised in March 2019 by Judith Kowalczyk and dedicated to Keith Rose and the Scottish Country Dancers from Bedford to say thank you for their support, openness to new ideas and their bravery to take up the challenge of dancing „The Paranoid Jig“ with „Corners Chase and Turn“ in quick time as one of the first groups!

