

Rise up with the Sun

Square; numbered CW

Music: Rise up with the Sun

- A1: Head couples dance forward a double and fall back a double , then change places (first couple stay together and dance between the third couple) ALL couples set
- A2: Side couples fall back a double and dance forward a double, two hand turn half way with opposite and still with opposite face the nearer head couple. ALL set.
- B1: Head couples with the couple they are facing, circle four half round, set once; Centre couples (original head couples) dance between couple they are facing, separate and cast to side place.
- B2: 1-4 Men chain across (R) to meet original partner. turn partner (L) half way. All are improper. Finish left hand turn with partner with women facing out and men facing in.
5-8 From here, turn single R and gypsy half R with partner to finish in new place proper.

Original head couples move one place CW and original side couples move one place CCW each time through the dance.

Repeat from new places. On 2nd and 4th repetitions Women will chain (L) across to meet original partner. The turn single and gypsy half will be left in B2. On 3rd repetition, Men will again chain across (R) to meet original partner

Dance devised and music composed for Mark McLearn as he celebrates his birthday, Sept, 2013.