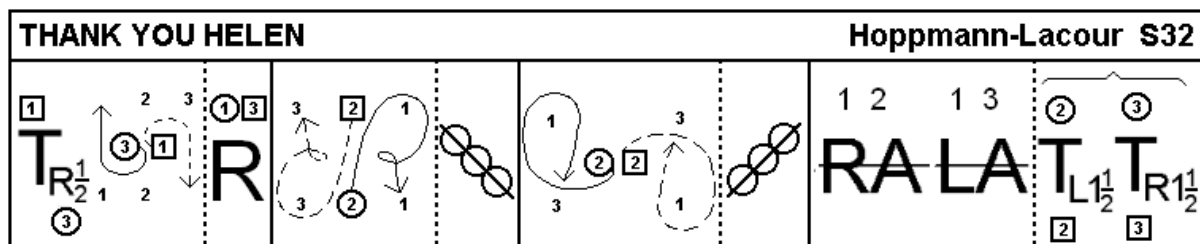


# Thank You Helen

A 32 bar Strathspey for 3 couples in a longwise set (3x32)

- 1 - 4                    1<sup>st</sup> lady and 3<sup>rd</sup> man turn right hand half way, pull their right shoulder back and cast to opposite places (half turn and twirl).
- 5 - 8                    1<sup>st</sup> man and 3<sup>rd</sup> lady repeat.
- 9 – 12                  2<sup>nd</sup> couple (dancing couple) pass partner left shoulder they dance round 1<sup>st</sup> corner position right shoulder and up or down the set towards each other, then they pull back their right shoulder to finish back to back facing 4<sup>th</sup> corner position (2<sup>nd</sup> corner person).
- 13 – 16                2<sup>nd</sup> couple dance a half reel of four with 4<sup>th</sup> corners (2<sup>nd</sup> corner diagonal), dance towards each other and (as they pass right shoulder) pull their right shoulder back, they finish back to back man facing up and lady facing down the set.
- 17 – 20                2<sup>nd</sup> couple dance round 2<sup>nd</sup> corner position right shoulder, and pass each other left shoulder ending back to back facing 3<sup>rd</sup> corner positions (1<sup>st</sup> corner person).
- 21 – 24                Half reel of four with corners (1<sup>st</sup> corner diagonal). 2<sup>nd</sup> couple pass partner left shoulder and curve to 2<sup>nd</sup> place on own sides.
- 25 – 26                1<sup>st</sup> and 2<sup>nd</sup> couples (top two couples) dance half right hands across.
- 27 – 28                1<sup>st</sup> and 3<sup>rd</sup> couples (bottom two couples) dance half left hands across.
- 29 – 32                2<sup>nd</sup> couple turn left hand 1½ times **while** 3<sup>rd</sup> couple turn right hand 1½ times.



Dedicated to Helen Russel as a small thank you for her wonderful teaching!

Devised by Ute Hoppmann-Lacour, 12<sup>th</sup> May 2007

Tune: "Thank you Helen" from Stefan Schatz.