

Presented at the Steam and Stomp IFD Weekend
Held at Boulder Hot Springs, 31 Hot Springs Road, Boulder Montana 59632
22, 23 February 2025
Presented by Mitchell Frey

Shanlds de Foula Reel
4 couples in a line, facing partner.

Traditional dance from the Shetland Island
Danced to Foula Reel or any lively 32 bar reel or jig played AABB.

Chimes of Dunkirk: Great Dances for Children, edited by Peter Amidon, Mary Cay Brass, and Andy Davis (c)
1991

A1 Just the top couple, sashay down the set, (8).

A2 Reel UP the set, (16).
[Start partner right once and a half,
then Outside left three quarters,
then partner right once, until you reach the top of the set.]

B1 Top couple make an arch and
(With the man on inside, so he can flirt with the women)
Go down, (over), the women's line, (8),
Then
(With the woman on inside, so she can flirt with the men!)
Go up, (over), the men's line, (8).

B2 All join hands with partner, and
Top couple poussette to the bottom, (16).

Mitchell's Notes: Poussette

Top couple's tract:	Other couples' tract:
TOP COUPLE --+	Weave the opposite
+-----+	direction, as top couple
2ND COUPLE	goes between them! This
+-----+	sounds hard, but it is
3RD COUPLE	easy! Demonstrate it!
+-----+	
4TH COUPLE	
+-----	