Shinrin-yoku

(forest bathing: taking in forest air)

Tokyo RSCDS 30th Anniversary

Devisor: Ron Wallace

Music: Gary Thomas

Strathspey - Square set

1-8 all set to partner and turn RH once round to face corner, turn corner LH once round and set to corner

9-16 grand chain starting with corner, one hand per bar, on bar 8 turn partner LH W face in M face out

17- 20 W RIGHT hands across half way while M dance ccw one place and all turn LH once round

21-24 repeat Bars 17-20

25-28 head couples half ladies’ chain

29-32 side couples repeat Bars 25-28 (end in opposite places)

33-40 1W with 4M and 3W with 2M advance and retire twice, one step each way, and half rights and lefts to original places with 1W and 3W facing out

41-48 reel of 4, head couples, 1M and 3M pass LS to begin

49-56 4W with 3M and 2W with 1M advance and retire twice, one step each way, and half rights and lefts to original places with 4W and 2W facing out

57-64 reel of 4, side couples, 4M and 2M pass LS to begin

65-72 head couples back to back with vis-à-vis then chase clockwise half way round the set

 While: side couples chase clockwise half way round the set then back to back,

 everyone is in opposite places

73-80 repeat Bars 65-72 above to original places

81-88 grand chain giving RH to partner to begin and end facing corner

89-96 all set to corner and turn corner RH once round to face partner, turn partner LH once round and set