## Foula Reel Sugland

Formation: Longways Set of 4 Couples.

## Bars Description

- 4 Lead down (Top couple down to Bottom of Set)
- 12 Strip-the-Willow back (The top couple strip back to their original places).
- 8 Arch over men then women -- (The Top Couple form an arch. Lady on man's right. Then arch down over the line of men and back to place over the line of women. The man stays between the lines while lady goes around the outside).
- 8 Swing to Bottom -- (Top couple using a Longarm Hold swing to the Bottom of the Set.)
- 32 Bars Jig

Tunes: The Shaalds of Foula from Shetland Islands (abc) (aif).

Source: "Community Dance Manual No. 7".

**Notes:** I danced this a very few times in Canberra around 1984. The version given here differs from the Community Dance Manual version where the top couple progress using a poussette.

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