

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