

SEASON OF MISTS

This music appeared one Autumn morning.....the dance the next!

FORMATION: circle in a V hold.

RHYTHM: 4/4 - 2 bar intro. Start with the guitar. **STYLE:** gentle and fluid steps with the feeling that you are 'being danced' i.e. don't think about it too much - if you do - you are likely to lose your way!

A.

↑	↑	↑	↑	↑	↓	↑	↑	↓
⏟ R	⏟ L	⏟ R	⏟ L	⏟ R	⏟ L	⏟ R	⏟ L	⏟ R
f	f	f	f	f	b	f	f	b

↓	↓	↓	↓	↓	↑	↓	↓	↑
⏟ L	⏟ R	⏟ L	⏟ R	⏟ L	⏟ R	⏟ L	⏟ R	⏟ L
b	b	b	b	b	f	b	b	f

Repeat A

B.

⏟ R	⏟ L	⏟ R	⏟ L	⏟ R	⏟ L	⏟ R	⏟ L	⏟ R
f	f	f	f	f	xf	s	xb	s
					(dynamic movement)			
					⏟ L	⏟ R		
					xf	sw		
					(contain it)			

Repeat B to Left with opposite footwork.