

Rest And Be Thankful

(Scotland)

Rest and be Thankful, a 32 bar reel for 3 couples, was one of the first Scottish dances introduced by C. Stewart Smith to the California Folk Dance Federation. Stewart taught it at the 1965 Camellia Festival in Sacramento. More recently Joseph Wallin presented the dance at the 1982 University of the Pacific Folk Dance Camp.

RECORDS: Parlophone 45R4614 "North of the Grampeans"; Tacsound TAC002;
or any appropriately phrased 32 bar reel. 2/4 meter.

FORMATION: Longways set for 4 cpls.

STEPS and Skip change of step* is used throughout.

PATTERNS: Bow and curtsey*, cast down*, cast up*, move up*, corners*, reel of four*.

*Described in the Scottish section of the Glossary of Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

MUSIC 2/4

PATTERN

Measures

Chord INTRODUCTION M bow, W curtsey.

I. CROSS AND CAST

1-4 Cpl 1 cross over to ptrs place, giving R hands in passing, and cast down behind cpl 2 to finish in 2nd place. Cpl 2 move up on meas 3-4.

5-8 Cpl 1 cross back to own sides, giving L hands in passing. W cast up behind W2 while M1 cast down behind M3. Continuing, Cpl 1 then dance across the set to finish beside their 1st corners, (M1 with W3, W1 with M2). (See diagram 1).

II. PROMENADE CORNERS

9-12 Cpl 1 assume promenade pos* with 1st corners on their R side and lead them 1/2 CCW around the set. In doing so, they dance behind their 2nd corners and, releasing hands, place 1st corners in the opp 1st corner pos. Simultaneously, 2nd corners (W2, M3) dance 2 skip change of steps fwd twd each other and 2 more skip change of steps bkwd to place (advance and retire). (See diagram 2).

13-16 Cpl 1 turn ptr with L hands 1 3/4 CCW in ctr of the set to finish beside 2nd corners, (M1 with W2, W1 with M3).

17-20 Cpl 1 repeat meas 9-12 with 2nd corners while 1st corner (W3, M2) advance and retire. Cpls 2 and 3 are both now on wrong side of the set.

21-24 Cpl 1 turn with L hands 1 1/4 CCW in ctr of the set to finish with backs to the ctr facing orig 1st corner pos. (M1 face M2, W1 face W3). (See diagram 3)

III. TWO HALF REELS OF FOUR

25-28 Beg passing R shldr with 1st corner, cpl 1 dance a half reel of four diag across the set. 1st corners are now on their own side of the set. (See diagram 4)

29-32 Cpl 1 pass ptr by R shldr in the ctr of the set to face 2nd corners (M1 face M3, W1 face W2). Dance a half reel of four diag across the set with 2nd corners, who now finish on their own side of the set. On last meas cpl 1 pass ptr by the R shldr to finish also on own side in 2nd place.

Cpl 1 repeat dance from beg in 2nd place.

On meas 31-32, cpl 1 give L hands in passing either to cast down below cpl 4, or to cross down the ctr of the set between cpl 4, W in front of the M, as cpl 4 move up.

Cpls 2,3,4 each in turn, then repeat the dance twice through.

Description written July 1984.

