

Seven Hand Reel

Music:

Set:

1 (2 3) (4 5) (6 7)

Figures:

Lead Through	1 moves between 4 & 5. 4 follows, then 5. They dance around using power step (single, single, double). Meanwhile 2&3, 6&7 knap in place, single steps. Near the end of the figure, 1 leads 4 & 5 back to the center, leave them, and returns to the top. 32 beats total
Caterpillar	1 moves to bottom of set (past 7). 2 & 3, 4 & 5, 6 & 7 hit: Forehand Backhand Fore Back Fore. Turn over your left shoulder, repeat striking with next person. Turn over your left shoulder again. The entire set will move slowly to the top of the set. When you get there (turned over L, no one left to hit) - use power step to get to the bottom of the set, ready to strike.
Zipper Hay	For 7. Starts on the left foot. Alternate feet, sideways single. Mind the spacing. Keep sticks close to body. At end, use the step to pivot, ready to come back in on next step. You will progress through set one time.

Ending: #1 leads off during zipper hey. Instead of turning back into the zipper hey #1 keeps going and everyone follows as they reach the same point in the hey.

Video: GNB <http://www.youtube.com/watch?v=nm05unploDA>

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