



THE REAL CEILIDH EXPERIENCE

Strip the Willow

STEP-BY-STEP INSTRUCTIONS



The dance

Fast, birling and super simple, this is pretty much everybody's favourite dance, absolutely not to be missed.

The Strip The Willow is a group dance with one long line of gents facing a long line of ladies. All you really need to do is grab yourself a partner and stand opposite them in line.

Type:

For groups of 8

Intensity:

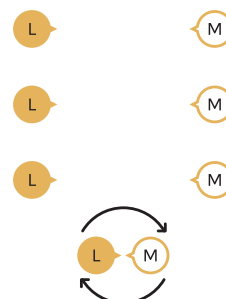
High

L - The Lady

M - The Man

Strip the Willow

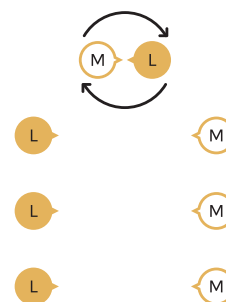
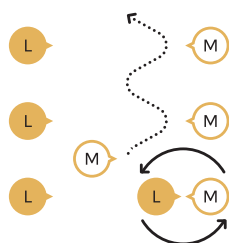
The Steps



Grab a partner and stand opposite so that you and your fellow dancers form two lines. Men on the right and ladies on the left as viewed from the band.

BARS 1-8

1st couple (the ones nearest the band) link arms and spin.



9-20

1st lady 'strips' down the line of 'men' turning 2nd man (with her left hand), her partner (right hand), 3rd man (left hand), partner (right hand), 4th man (left hand).

21-24

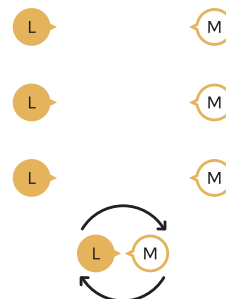
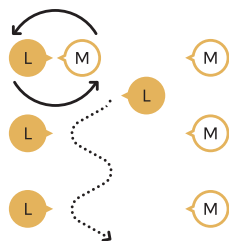
1st couple link arms and spin at the bottom of the line.

L - The Lady

M - The Man

Strip the Willow

The Steps

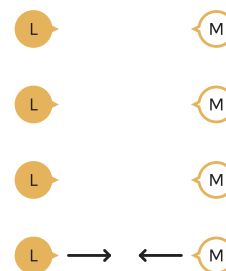
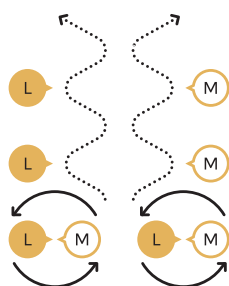


25-36

The man then 'strips' back up the line turning 4th lady (with his left hand), partner (right hand) 3rd lady (left hand), partner (right hand), 2nd lady (left hand).

37-40

1st couple then spin again at the top (by this time you may be getting a little dizzy)!



41-52

Then the 1st lady 'strips' down the men, while 1st man 'strips' down the ladies, turning 2nd couple (left hand), partner (right hand), 3rd couple (left hand), partner (right hand), 4th couple (left hand).

53-56

1st couple spin to the end of the phase.

Start again with the 2nd couple who will now be at the top.