

SPEED THE PLOUGH MOLLY DANCE

Source: Jill Sinclair, Kesteven Morris

Tune: Speed the Plough 2A 2B

Set: 8 Longways

Steps: Slow skip step with knee well raised, arms swinging alternately and opposite to feet. Double skip step for swings.

STARS: Right hand star, turn out then left hand star.

(A)

CAST: Top two pairs and bottom two pairs cast out (up and down (A) respectively) then top four pass between end of set. Turn out (tops) or in (bottoms) and weave through each other to place.

REEL: Reel of four along each side.

(B)

SWING: Top pair clasp arms and swing down middle of set using the (B) double swing step.

The dance continues until all pairs have swung down then all swing on spot to one extra B music.