

# From Russia, With Love

A 32-bar strathspey for three couples in a longwise set

## BARS DESCRIPTION

- 1–4 1st couple set and cast off (2nd couple step up).
- 5–8 1st couple dance half a figure of eight round 2nd couple to finish in second place on opposite sides.
- 9–12 2nd, 1st, and 3rd couples set and link for three, finishing in lines across the dance.
- 13–16 Joining nearer hands, all set in lines of three. 1st couple, giving right hands, turn once round. At the same time, 3rd and 2nd couples, also giving right hands, change places with the person opposite. All finish in lines across again.
- 17–20 2nd, 1st, and 3rd couples set and link for three, finishing in the sidelines (2nd and 3rd couple on opposite sides).
- 21–24 Joining nearer hands, all set in lines of three. 1st couple, giving right hands, turn once round. At the same time, 2nd and 3rd couples, also giving right hands, cross to own sides.
- 25–32 1st and 3rd couples dance a philabeg:
- 25–26 1st and 3rd couples, giving both hands, turn just over once round and stay in the centre.
- 27 1st and 3rd couples, giving both hands, using a strathspey setting step and moving anticlockwise, dance diagonally out towards the sidelines.
- 28 1st and 3rd couples, giving both hands, turn three quarters round.
- 29 1st and 3rd couples, with both hands joined, using a strathspey setting step and moving anticlockwise, dance diagonally in to finish side by side in the centre of the set.
- 30 1st and 3rd couples, giving both hands, turn three quarters round to face own sides.
- 31–32 1st and 3rd couples, dropping hands, dance past partner giving right shoulders to own sidelines in progressed places.

Repeat from new places.

*For Yulia Nedogreeva of Schwalmstadt, Germany, when she had completed her CTI training in June, 2025. The philabeg was invented by Robert Campbell.*

Devised by Anselm Lingnau, Frankfurt SCD Club e.V., June 2025.



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