Tune: Cock of the North **Set:** long line, in pairs; 21" (short) sticks; skipping (single steps) **Source:** traditional (via Mystic Garland) **Chorus:** stick F-B for 16 bars (32 beats) **Sequence:** hey for 8 bars (32 beats), chorus; repeat getting gradually faster ad defessum.

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Last update: 2017/05/14 08:51

