

# Spirit Island

dance by Don Bell  
tune : Chestnut, Barnes Vol 1  
2/2 time 3 or 6 times through dance

*The modern Odawa name for Manitoulin Island is "Mnidoo Mnis" (Spirit Island). It was named for an underwater cave where a powerful spirit was said to live. Manitoulin Island is located in Lake Huron in the province of Ontario. It is the largest island in a freshwater lake in the world.*

Two couple

*Level of difficulty: Beginner*

## Part One

(partners holding inside hands facing up the hall towards the band;  
man above will be on his partner's right)

- A      1 – 4 Partners lead up a double and fall back a double.  
         5 – 8 That again ; partners now face each other.
- B1     1 – 8 Circular hey four changes beginning right hand  
         to partner; visualize moving around a little island  
         in the middle of the set)
- B2     1 – 4 Star right once  
         5 – 8 Star left once

## Part Two

- A      1 – 8 Partners right-shoulder siding,  
         then left-shoulder siding.
- B1, B2      as in Part One

## Part Three

- A      1 – 8 Partners arm right, then arm left
- B1, B2      as in Part One

Dance Notes: Dance designed to teach beginners circular hey (4 changes of rights and lefts).