

The Extra Mile

Duple minor Improper

- A1:** Back to back with partner; star right once round; (2nd diagonal long turn); finish in the centre of the dance, both hands joined with partner ready for
- A2:** Poussette (first diagonal pushing).
- B1:** 1-8 First couple slow cast to 2nd place while 2nd couple set and dance up one place;
First couple with the couple below turn once round so that the 1s split the 2s;
First couple finish facing up and second couple facing down.
- 9- 16 First couple with the couple above turn once round so that the 1s split the 2s;
set to this dancer(keeping hands joined), face partner and set.

Manitobans are known for going the extra mile to help friends, neighbours and those in need. We are known as “Friendly Manitoba”. Many have experienced this overwhelming generosity and friendship. Even though the distance between communities is great we are willing to travel the extra mile to stay connected. The journey always opens vistas of vast skies and distant horizons and the possibility of new friendships thus making it worthwhile to go that extra mile.

The giving of hands in the dance illustrates the helping hand given so freely to friends, family and strangers and the 4 bar turns represent the openness of the land; the vast skies and distant horizons.

Music and dance by Elizabeth Goossen; February 2017 for the Sea to Sea project celebrating Canada’s 150 years as a nation.

Reocrded music which works well is the recording of “Kit Cat Club” on A Purcell Ball with The Assembly Players

THE EXTRA MILE

E. GOOSSEN
FEBRUARY 2017

FLUTE

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6

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15

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