

Tune: *The Keel Row* (MP3 played by Jeff Bigler) **Set:** 8 dancers; 28 ¼" (medium) sticks; skipping (single steps) **Source:** Nick Beck of the *Ironmen* **Chorus:** H-L-H-L-H-L-FBF (all but last FBF while stepping) **Figures:** forearm swings, star, casting (mirror) hey, motorcycle hey, casting hey, star, forearm swings, final chorus speeding up and ending with one dancer chasing the other off

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