

# Pilgrim

<b>Handkerchief dance</b>	OY, Sphincter, DF,OS,DF, Line, DF, Triangles, DF, Cast ( <i>Triangles optional</i> )	
See below for steps and figures – chorus follows:		
DF	SS throughout ELMR ends turn left middles turn right into Diagonal	
	1&5 2&6 3&4 change paces 3SS 1SS to turn	
	1&3 4&6 change places on diagonal 3SS 1SS to turn	3&5 2&4 1&6
	3&5 2&4 1&6 change paces 3SS 1SS to turn	
	1&4 3&6 change places on diagonal 3SS 1SS to turn	1&4 3&6
	5&6 1&2 3&4 change paces 3SS 1SS to turn	
	1&3 4&6 change places on diagonal 3SS 1SS to turn	6&5 1&2 3&4
	4&5 2&3 1&6 change paces 3SS 1SS to turn	
	1&4 3&6 change places on diagonal 3SS 1SS to turn	4&5 2&3 1&6

Steps		
Step	Feet	Arms
<b>Double step DS</b>	l r l h	two hand stretch; down slowly to waist and back to chest height
<b>Feet together jump FTJ</b>	f t j	counter twist outwards; stretch up, back to solar plexus
<b>Single step SS</b>	l h r h	left stretch 45 deg, right stretch 45 deg
<b>Single step SS</b>	l h r h	left stretch 45 deg, right stretch 45 deg
	<b>Once to yourself (OY)</b>	
	SS	on the spot, turn left.90 deg
	SS	turn left 90 deg, on the spot

Common figures		
Start in circle facing out	<b>Once to yourself (OY)</b>	
	SS	on the spot, turn left.90 deg
	SS	turn left 90 deg, on the spot

Start in circle facing in	<b>Sphincter</b>	
	DS FTJ	DS towards centre (dilate the ring) FTJ on the spot
	SSSS	SS on the spot, turn left.90 deg; SS turn left 90 deg, on the spot to face outwards
	DS FTJ	DS outwards; FTJ on the spot
	SSSS	SS on the spot, turn left.90 deg; SS turn left 90 deg, on the spot to form set
Start in set	<b>OS</b>	<b>1,4,5 (first triangle)</b>
	DS FTJ	DS, FTJ towards centre of set
	SSSS	Turning right 4 SS clockwise to opposite position in set (6,3,2)
	DS FTJ	Continuing clockwise to 8 o'clock 12 o'clock 4 o'clock (mercedes benz formation)
	SSSS	Continue clockwise to original position in set
	<b>OS</b>	<b>2,3,6 (second triangle)</b>
	DS FTJ	Turn left counter clockwise to 10 o'clock 6 o'clock 2 o'clock (mercedes benz formation upside down)
	SSSS	Continue counter clockwise to opposite position in set 5,4,1)
	DS FTJ	DS, FTJ towards centre of set
	SSSS	Turning left 4 SS counter clockwise to original position in set
Start in set	<b>Line</b>	
	DS FTJ	DS into line right shoulders, FTJ
	SSSS	tear drop shape moving right 45 deg turning left to opposite place in set
	DS FTJ	DS into line right shoulders, FTJ
	SSSS	tear drop shape moving right 45 deg turning left to original place in set
Start in set	<b>Triangles</b>	1,4,5 (first triangle) moving clockwise, 2,3,6 (second triangle) moving counter clockwise Moving to mercedes benz position ( 12 o'clock 4 o'clock 8 o'clock)
	DS FTJ	DS,FTJ to right shoulders in first position as above
	SSSS *	3 SS rotating around partner with linked right arms, 1 SS on spot turning to face new direction
	DS FTJ	DS,FTJ to right shoulders in second position
	SSSS	3 SS rotating around partner with linked right arms, 1 SS on spot turning to face new direction
	DS FTJ	DS,FTJ to right shoulders in third position
	SSSS	3 SS rotating around partner with linked right arms, 1 SS on spot turning to face new direction
	DS FTJ	DS,FTJ to right shoulders in home (original) position in set
	SSSS	2 SS rotating around partner with linked right arms, 2 SS to return to set position

Start in set	Cast	
	DS FTJ	3,4 rotate 90 deg on spot facing up
		Meanwhile 5,6 dance to face up between 3 and 4 and 1,2 dance away from each other in two arcs to end outside of 3 and 4 making a line of six facing up
		5,6
		3,4
	SSSS	SS turn 90 deg to face one another
		SS turn 90 deg to face one another
		SS turn 90 deg to face down
		SS towards one another
		SS one step down
		SS turn 90 deg to face down
		SS one step down
		1,2
		SS turn 90 deg to face one another
		SS towards one another
		SS towards one another
		SS turn 90 deg to face down
	DS FTJ	6 DS sideways right and 5 DS sideways left
		4 DS to follow 6 into line facing down, 3 DS to follow 5 into line facing down
		2 DS to follow 4 into line facing down, 1 DS to follow 3 into line facing down
	SSSS	All SS 90 deg left, SS 90 deg left(to face up), 2SS on the spot to finish