

# Salt and Sauce

- Dance for 4 couples in a 4 couple longwise set 4x32 bar Reel
- 1-8 1s and 2s, and 3s and 4s dance set and rotate to change places:  
1-2 All set  
3-4 All cast one place clockwise round the small square of four  
5-6 All change places RH with partners on the side  
7-8 All chase one further place clockwise around the small square.
- 9-16 All dances reels of four on the sides. 1s and 4s don't finish the reel but instead curve in on the last bar to join LH in the center and RH with corners in a St. Andrews cross formation.
- 17-24 1s and 4s dance a double spoke:  
17-18 set balancing with corner and set advancing (ACW) to join RH with next corner (still LH joined in wheel).  
19-24 Repeat three more times to return to position at start of movement.
- 25-28 Set to corners (i.e. 4M to 2M, 4L to 2L, 1M to 3M, 1L to 2L) and turn them with the hand which takes the dancing couples out through the ends (RH for 4L/2L and 1M/3M, LH for 4M/2M and 1L/3L).
- 29-32 4s and 1s turn or spin RH.
- Finish in the order 2,4,1,3, ready to start again.

In April 2005 I wrote "The Inside Oot Fish Eater" for Lindsay Weir. After trying it at Dunedin (with Lindsay playing) I posted it to the Strathspey mailing list. Alan Paterson replied, saying I had posted a dance of the same name a while earlier, and sent me the instructions I had sent. It looks a nice dance, but I had completely forgotten I had written it.

This spent a little bit of time known as "Found on Strathspey" but having a reel with strathspey in the name confused people, so it is now "Salt and Sauce" - the traditional Edinburgh accompaniment to a fish supper.

**Tune:** The Inside Oot Fish Eater *(Peter Wood)*

(cc) Ian Brockbank, May 2003