First the Heel

First the Heel

First the heel,
And then the toe,
That's the way
The polka goes.

First the toe,
And then the heel,
That's the way
To dance a reel.

Quick about,
And then away,
Lightly dance
The glad Strathspey.

Jump a jump,
And jump it big,
That's the way
To dance a jig,

Slowly, smiling,
As in France,
Follow through
The country dance.

And we'll meet Johnnie Cope in the morning.

SC (1948), 108 (no. 174); "Lachlan Gorach's Rhyme", from Mull.

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oct96