33-40 1st couple, giving right hands, dance down between 3rd couple crossing over to opposite sides; They dance up behind 3rd and 2nd couples to above first place and then, giving LEFT hands, they dance down between 2nd couple crossing over to second place on own sides.

At the end of their first turn, 1st couple stay facing out ready to repeat the dance, but, at the end of their second turn, they dance down to fourth place and 4th couple step up to third place.

Repeat, having passed a couple.

- NOTES 1. The Bras D'Or (pronounced "bra-DOR" i.e. with the accent on the second syllable), although called a lake, is really a large inland sea in the middle of Cape Breton Island:
  - 2. The alternative title, originally my first for the dance, arose because the third man plays an important role in the dance, dancing with each of the three ladies in turn.
  - 3. The original dance was 32 bars long and they were as indicated here. There was always a problem in entering the repeats of the dance. I have added the extra bars to make it possible to repeat the dance without difficulty.