

Dives and Lazarus (Fartown jig)

Sidesteps: sidestep right, one bar plain stepping forwards, sidestep left, one bar plain stepping forwards, half foot-up to finish, finishing feet together

Slows: each a pair (right foot then left foot), with a hook right to face up as per foot up, then repeated starting with the left foot and finishing with a left hook up; hooks at normal speed, not slows speed

Sequence:

Foot up

Sidestep

Heel-forward

Sidestep

Uprights

Sidestep to finish with four half-capers