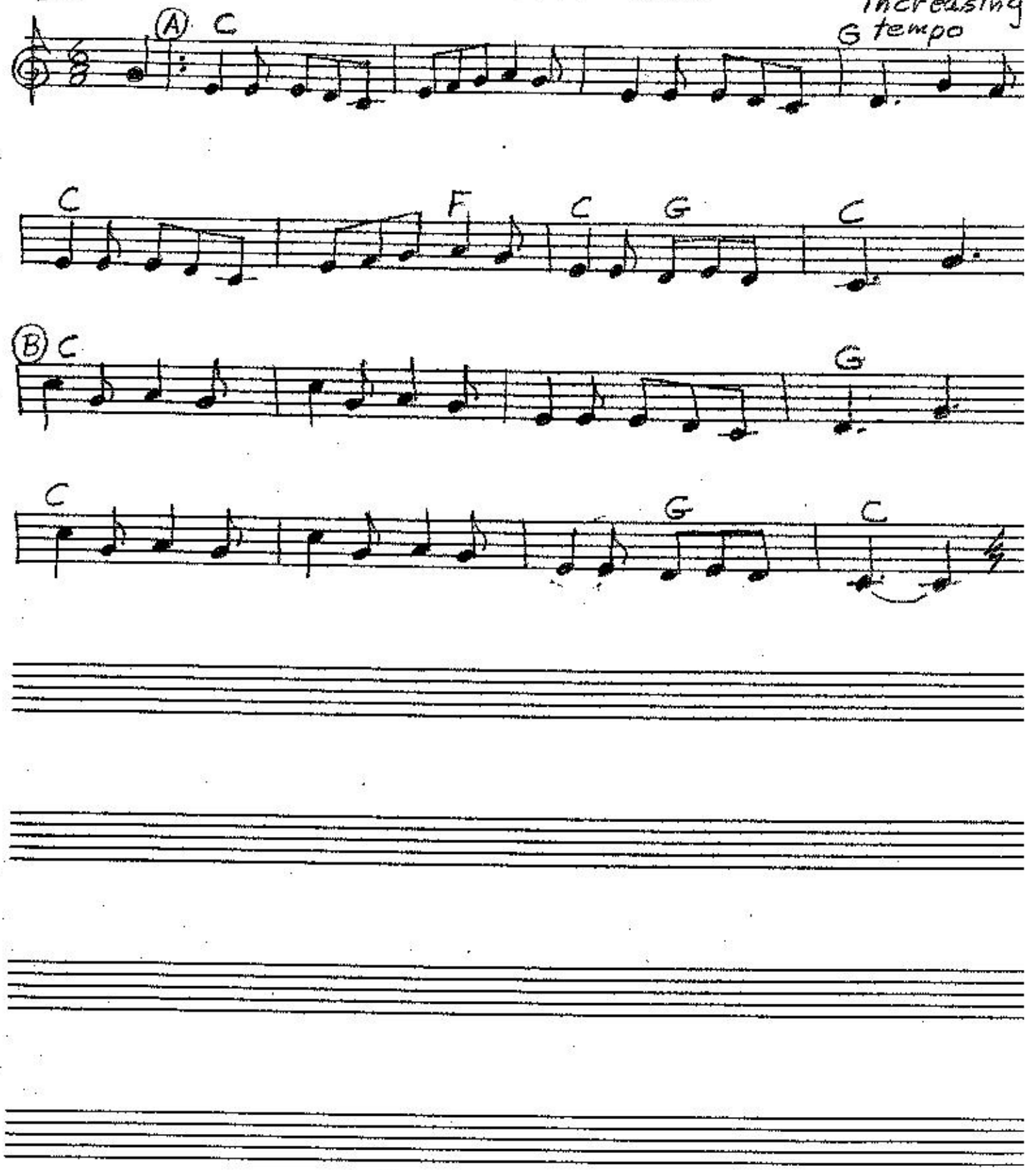
Cock o' the North

for Morris Three-Hand Reel

AAB four times, increasing tempo