



The Royal Scottish Country Dance Society

Stockholm Branch

Dansprogram 11 oktober 2021

Vi fortsätter med höstens satsning på teknik och formationer enligt nedan

Warm up:

Circle – Walk

Circle – Toe – heel, R + L

Circle in circles

1st position to 4th, 3rd, 2nd behind

Stretch up – bend knees

Stretch up – on toes

R + L arms (picking apples) pull back

Good posture – strait up

Repetition av grundläggande begrepp från förra veckan

Repetition av grundläggande **steg** från förra veckan

Skip Change of Step (Obs! "Hoppet" i början av takten)

Slip Step (Obs! Hållningen resp. "inbromsningen")

Pas de Basque (Obs! Rytmen resp. viktförskjutningen)

Repetition av grundläggande **formationer** från förra veckan

Lead down (Obs! Fraseringen!)n and up

Cast off/Cast up

Move up (Obs! Detta för att ge plats)

Promenade (Obs! Fraseringen!)

Right and Left (Obs! Ögonkontakten!)

... och lite till

Repetition av **dans** från förra veckan

WATSON'S REEL (J8x32) 2C (4C set) Special 32 bar version

1- 8 1s+2s circle **4H round** & back

9-16 1s **lead down** for 3 steps, back to top & **cast** to 2nd places

17-24 2s+1s dance **R&L**

25-32 **Promenade**

Bk of Graded SCDs

(Mycket kort "paus" troligen kring 19:00)

Repetition av grundläggande **formationer** från förra veckan

Allemande (Obs! Fraseringen!)

Circle

Figure of eight

... och lite till



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Repetition av **dans** från förra veckan

LADY CATHERINE BRUCE'S REEL (J8x32) 2C (4C set)

Bk of Graded SCDs

- 1- 8 1s **lead down** the middle & back to top
- 9-16 1s+2s dance **Allemande**
- 17-24 1s dance full **Fig of 8** round 2s
- 25-32 2s+1s **circle** 4H round & back

Nya danser

VIRGINIA REEL (R4x40) 4C set

Guide To SCD (ex-Collins)

- 1- 8 All Adv+Ret 2 steps twice
- 9-16 All turn partner RH & turn partner LH
- 17-24 All turn partner 2H & dance DoSiDo
- 25-32 1s slip step down the centre & back
- 33-40 1s followed by 2s+3s+4s cast to bottom & 1s form arch **as** 2s+3s+4s dance under arch & up to top

MONYMUSK (S8x32) 3C (4C set)

Preston RSCDS Bk 11

- 1- 8 1s turn RH & cast to 2nd place; turn 1.1/4 times LH (4 bars) to end 1L between 2s facing down, 1M between 3s facing up
- 9-16 2s+1s+3s set twice, 1s Petronella turn on second setting onto opposite sides(bars 11-12) & all set twice again on sides. 2 (1) 3
- 17-24 2s+1s+3s circle 6H round & back
- 25-32 1s dance reels of 3 on sides giving RSh to person on their Right (2nd corner) & 1s cross RH to places. 2 1 3

19:45 Te-paus

20:00 Fortsättningsdanser

JOIE DE VIVRE (J8x32) 3C (4C set)

Irene van Maarseveen RSCDS Bk 39

- 1- 8 1s set, cast 1 place, 1s dance down between 3s & cast back to 2nd place on own sides
- 9-16 2s+1s+3s turn RH & chase 1/2 way round clockwise
- 17-24 3s+1s+2s dance DoSiDo, set & 1/2 turn partners RH for Allemande
- 25-32 3s+1s+2s dance Allemande

THE REEL OF THE ROYAL SCOTS (R8x32) 3C (4C set) **Roy Goldring RSCDS Leaflet Dances 27**

- 1- 8 1s 1/2 turn 2s on sides (1M RH - 1L LH) to face out, 2s+1s+3s set, 1s 1/2 turn 3s on sides (1M LH - 1L RH) end 3s facing out & 2s+3s+1s set
- 9-16 1s followed by 3s dance up between 2s, cast down 1 place, dance in & 1s cast up to 2nd place 3s end in 3rd place
- 17-24 1s turn 1st corners RH, pass partner RSh turn 2nd corners RH & cross passing partner RSh to 2nd place own sides
- 25-32 2s+1s+3s circle 6H round & back



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ADVANCED

INDIAN RIVER STRATHSPEY (S3x32) 3C Triangular set George Senyk

- 1- 8 1s+2s+3s in prom hold dance a reel of 3 across the set, 1s passing 3s RSh to start
- 9-16 1s (with Lady leading) dance RH across with 3s & dance LH across with 2s
- 17-24 2s+3s dance Ladies Chain across the set **while** 1s set (2 bars) & then dance between 2s+3s & cast individually back to places
- 25-32 1s+3s dance 1/2 R&L, 1s+2s dance 1/2 R&L to end 3 1 2