# Hel <br> [BEMEI <br> The Royal Scottish Country Dance Society Stockholm Branch 

## Dansprogram 4 mars 2024

Hej
Vi hoppas att alla laddat upp under sportlovet och nu fortsätter vi med en del trevliga danser där vi får möjlighet att slipa på steg och formationer.

## Uppvärmning

THE OLD MAN OF HOY (R8x32) 2C (4C set)
John S Trew Let's All Dance
1-8
$1 \mathrm{~s}+2 \mathrm{~s}$ set twice, $1 \mathrm{~s}+2 \mathrm{~s}$ dance RH across to finish beside partner, 1 s facing down 2 s facing up
9-16 $1 \mathrm{~s}+2 \mathrm{~s}$ set twice, $1 \mathrm{~s}+2 \mathrm{~s}$ dance RH across to finish in centre into promenade hold facing up.
17-24 $1 \mathrm{~s}+2 \mathrm{~s}$ dance the Allemande.
25-32 $2 s+1 s$ dance R\&L
THE PIPER AND THE PENGUIN (R88) Square Set

## Roy Goldring Scotia Suite

1-8 Ladies dance RSh round their corners, dance RH across ending in centre
9-16 Ladies dance LSh round their partners, dance LH across \& back to places
17-24 Men dance RSh round their partners, dance RH across ending in centre.
25-32 Men dance LSh round corners, dance LH across \& back to places.
33-40 $1 \mathrm{~s} \& 3 \mathrm{~s}$ turn partners RH 1.1/4 times, Men followed by partners dance out between side couples \& back to places ( 1 M thru $4 \mathrm{~s} \& 3 \mathrm{M}$ thru 2 s )
41-48 $\quad 1 \mathrm{~s}+3 \mathrm{~s}$ dance $\mathrm{R} \& \mathrm{~L}$
49-56 2s \& 4s turn partners RH 1.1/4 times, Men followed by partners dance out between side couples \& back to places ( 2 M thru $1 \mathrm{~s} \& 4 \mathrm{M}$ thru 3 s )
57-64 $2 s+4 s$ dance $R \& L$
65-72 Ladies dance in turning right about to dance out, cast clockwise to opposite Lady's place.
73-80 Men dance in turning left about to dance out, cast anticlockwise to opposite places.
81-88 All turn partners RH 1.1/4 times into prom hold, Promenade anticlockwise 1/2 way round to original places

THE BONNIE TREE (S8x32) 3C (4C set)
R Butterfield RSCDS Bk 46
1-8 1s dance down below $3 \mathrm{~s} \&$ cast up behind 3 s , dance up between $2 \mathrm{~s} \&$ cast to 2 nd place
9-16 $2 \mathrm{~s}+1 \mathrm{~s}+3 \mathrm{~s} 1 / 2$ turn partner $2 \mathrm{H} \&$ twirl to opposite place, all circle 6 H round to left $3 / 4$ way into lines across (Men facing down at top)
17-20 1s change places RH \& cast right to 2nd place own side while (bar 19) 3M+2L change places diagonally RH.
21-24 1 s cross $\mathrm{RH} \&$ cast right into middle while (bar 23) $2 \mathrm{M}+3 \mathrm{~L}$ change places RH all end in lines across (Ladies facing down, Men up)
25-32 All $1 / 2$ turn partner 2 H \& twirl to opposite place, all circle 6 H round to left to own sides. 213

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THE DURAN RANGER (R8x32) 3C (4C set)
RSCDS Bk 13
1-8
1s lead down the middle, Lady crosses under own arm \& they lead up to 2nd place opposite sides
9-16 $2 \mathrm{~s}+1 \mathrm{~s}$ dance R\&L 1s end facing 1st corners.
17-24 1s turn 1st corners RH, turn partner LH, turn 2nd corners RH \& turn partner LH to places.
25-32 $2 \mathrm{~s}+1 \mathrm{~s}$ circle 4 H round \& back

