



The Royal Scottish Country Dance Society

Stockholm Branch

Dansprogram 4 oktober 2021

Nu när restriktionerna är hävda återgår vi till att dansa de steg och formationer som utgör grunden för Scottish Country Dancing. Självklart gäller dock eget ansvar för att man inte kommer om man är sjuk och har en god handhygien. Vi startar med nybörjarnivå för att gradvis höja nivån.

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

Steps:

Slip steps (circle)

Skip change R + L

Pas de basque

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

Bk of Graded SCDs

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**

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

Steps:

Strathspey travelling

Strathspey setting

UP IN THE AIR (S8x32) 3C (4C set)

Boag RSCDS Bk 20

1- 8 1s **cast down** behind own lines, turning out cast back to top. Bar 8 all 3 couples dance in ready for ...

9-16 1s+2s+3s **Promenade**, 1s cast & **face 1st corners**, 2s dance up to 1st place

17-24 1s **set to 1st corners, set to 2nd corners**, pull back RSh turning into 2nd place opposite sides, 2s+1s+3s **circle 6H round** to left (4 bars – quick)

25-32 2s+1s+3s **Adv+Ret** & **turn 2H** 1s ending in 2nd place own sides. 2 1 3



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INTERMEDIATE

STARLIGHT (R8x32) 3C (4C Set)

Ed Abdill RSCDS Bk 44

- 1- 8 1s cross RH, cast 1 place, PdB in turn right about to face opposite sides & set **as double triangles**
9-16 1s dance out, cast round 1st corners into centre **while** 2s+3s Adv+Ret diagonally, 1s PdB towards each other & turn right about to face up/down & set **as double triangles**
17-24 1s dance up/down, cast to right to 2nd place own sides **while** 2s+3s Adv+Ret, 1s dance RH across (1L with 2s & 1M +3s) end facing 1st crnrs
25-32 1s dance '**Hello-Goodbye**' **setting** ending with petronella turn to 2nd places

SCOTTISH REFORM (J8x32) 2C (4C set)

RSCDS Bk 3

- 1- 8 1s **1/2 turn RH into centre to Bal-in-Line** across with 2s, 1/2 turn 2s into centre LH & Bal-in-Line
9-16 1s **1/2 turn 2s LH & again Bal-in-Line across**, 1s turn RH & to places
17-24 1s **lead down** the middle & back
25-32 1s+2s dance **Poussette**. 2 1

ADVANCED

THE BON VIVEUR (M-(S2x32+R2x32)) Sq.Set1 & C Brockbank ianbrockbank.com/dances & RSCDS Bk 52

- 1- 8 All circle 8H round & back
9-16 1s+3s dance Men's Chain finish with Ladies facing out
17-28 All dance Schiehallion reels (12 bars) to finish 1 place clockwise from starting place 4 1 2 3
29-32 All birl (or turn) partners RH End 4 1 2 3

Note: Dance twice as Strathspey, twice as Reel