



# The Royal Scottish Country Dance Society

## Stockholm Branch

### Dansprogram 8 november 2021

Nu vet alla vad som ingår i Warm up och Stegträning annars titta på tidigare program.

#### Warm up:

#### Repetition av grundläggande begrepp och steg samt danserna

##### **BIT OF BOTH (J8x32) 3C (4C set)**

**G Sibley Katannuta Bk**

- 1- 8 1s+2s+3s set & cross RH, set & 1/2 turn RH into promenade hold
- 9-16 1s+2s+3s Promenade
- 17-24 1s+2s lead down & back
- 25-32 1s+2s dance allemande

##### **THE HONEYMOON (R8x32) 3C (4C set)**

**Bk of Graded SCDs**

- 1- 8 1s cast to bottom, turning outwards dance back to places
- 9-16 1s+2s dance RH across & LH back
- 17-24 1s cross RH, cast 1 place, cross LH & cast down round 3s & lead up to 2nd place own sides
- 25-32 2s+1s+3s circle 6H round & back

#### Fortsättningsdanser (övning Pousette)

##### **THE LASS O' LIVINGSTON (R8x32) 2C (4C set)**

**J Lowe RSCDS Bk 8**

- 1- 8 1M+2L turn RH, 1L+2M turn RH
- 9-16 1s lead down the middle & back to top
- 17-24 1s+2s dance Pousette
- 25-32 2s+1s dance R&L

#### 19:45 -20:15 Té-paus

#### REPETITION

##### **FROG IN THE MIDDLE (J8x32) 3C (4C set)**

**MMM 2**

- 1- 8 1s cast & dance down behind own lines & turning outwards dance back to top
- 9-16 1s turn RH, cast & turn LH 1.1/4 times to end 1L between 2s in line across facing 1M between 3s
- 17-24 1L+2s & 1M+3s set twice (1s turn left to own sides in 2nd set), 2s+1s+3s set twice on sides (1s turning to double triangle position in 2nd set)
- 25-32 1s dance Double Triangles with 2s+3s & cross to 2nd place own sides



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### NYA DANSER

#### THE TRI-MARINER (R8x32) 3C (4C set)

Ann Dix Reel Friends 2

- 1- 8 1s set, cast 2 places & lead up to top **while** 2s (bar 3) set, cast 1 place & lead up to 2nd place **while** 3s (bar 5) set, cast into middle
- 9-16 1s+2s+3s Promenade & end with 1s casting to 2nd place
- 17-24 1s cross down, cast up behind 3s, cross up & cast to 2nd place
- 25-32 All petronella turn into middle, set & turn partner RH 1.1/4 times

#### THE MARQUIS OF LORNE (S8x32) 3C (4C set)

MMM 2

- 1- 8 1s followed by 2s lead down the middle, 2s followed by 1s lead up to end 2s in 1st place
- 9-16 2s+1s+3s circle 6H round & back
- 17-24 2s+1s+3s dance Grand Chain (2s crossing to commence)
- 25-32 1s set twice, lead down between 3s divide & cast back to 2nd place own sides

### ADVANCED

#### TRIP TO TIMBER RIDGE (R8x32) 3C (4C set)

Linda Henderson Heart of San Francisco  
& RSCDS Bk 52

- 1- 8 1s turn RH, cast (2s step up) then 1L+2s & 1M+3s dance RH across. 1s end facing 1st corners
- 9-16 1s dance Corner Pass+Turn with 1st corners, pass RSh & repeat with 2nd corners. 1s pull back RSh to end BtoB in centre facing opposite sides
- 17-24 2s+1s+3s dance Double Triangles. Bars 23-24 1s petronella turn to 2nd place own sides
- 25-32 2s+1s+3s circle 6H round and back

**Vid tid över repeterar vi danser vi dansat tidigare i höst!**