



# The Royal Scottish Country Dance Society

## Stockholm Branch

### Danskväll 9 mars 2020

Ytterligare ett vårprogram och som tidigare fortsätter vi med nedanstående upplägg. Observera de med **rött** markerade danserna som är repetition. Nytt denna gång är att vi tar en lättare avslutningsdans.

Nu känner säkert alla till att vi går från lättare till svårare danser och kommer att ha med repetitioner av danser som vi gjort tidigare under terminen. Vi kommer som tidigare också att satsa på inte bara formationer och steg utan hur man betar sig på dansgolvet. Läs denna gång gärna på figuren **Tourbillon!**

Centrala ledord för vårterminen kommer också att vara: Teamwork, Frasering och Covering, Hållning, Ögonkontakt och Händer. Varje danskväll börjar också med en kortare uppvärmning samt stegträning.

Som vanligt är en god idé att titta på Youtube filmer, samt läsa om figurerna om man inte kan dem på SCD Dictionary <https://www.scottish-country-dancing-dictionary.com/figures.html>.

#### **LINTON PLOUGHMAN (J8x32) 2C (4C set)**

**RSCDS Bk 5**

- 1- 8 1s+2s circle 4H round & back
- 9-16 1s+2s dance RH across & LH across
- 17-24 1s lead down the middle & back to top
- 25-32 1s+2s dance Poussette. 2 1

#### **SLEEPY MAGGIE (R8x32) 3C (4C set)**

**A Bowman RSCDS Bk 11**

- 1- 8 1s+2s circle 4H round to left, 1s set & cast 1 place
- 9-16 1s+3s dance RH across & LH back (1s end facing 1st corners)
- 17-24 1s set & turn 1st corners, set & turn 2nd corners
- 25-32 1s dance reels of 3 on opposite sides giving LSh to 1st corners & cross to places

#### **THE BRAES OF BREADALBANE (S8x32) 3C (4C set)**

**Skillern RSCDS Bk 21**

- 1- 8 1s turn RH cast 1 place, turn LH & 1L casts up as 1M casts down to form lines of 3 across facing each other
- 9-16 1L+2s & 1M+3s set twice then 1s cast back to 2nd places & turn RH ending on own sides
- 17-24 2s+1s+3s set twice & turn partners 2H
- 25-32 2s+1s dance R&L

#### **FOLLOW ME HOME (J8x32) 3C (4C set) REPETITION**

**Ellie Briscoe RSCDS Bk 38**

- 1- 8 1s set & cross RH, cast 1 place & turn LH (ending in a diagonal line LH to partner & RH with 1st corner)
- 9-16 1s Bal-in-Line with 1st corners, 1/2 turn corners & 1s followed by corners chase clockwise to 3rd corner (pstn), 1s dance in, join RH with partner & LH with 2nd corners
- 17-24 1s Bal-in-Line with 2nd corners, 1/2 turn corners & 1s followed by corners chase anticlockwise to 4th corner (pstn), 1s crossing LSh to 2nd pl opposite sides facing out
- 25-32 3s+1s+2s dance 1/2 reels of 3 on the sides 1s giving LSh to 2nd corner (position); 2s+1s+3s set & cross RH



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### SCOTT MEIKLE (R4x32) 4C set

Alice McLean Laurieston Coll 1 & RSCDS Bk 46

- 1- 8 1s cross RH & cast to 2nd place, 1s dance 1/2 Fig of 8 round 2s
- 9-16 1s+3s dance RH across, LH back
- 17-24 1L followed by 3L dance Tandem reel of 3 across with 2s (LSh to 2M) & 1s end 3rd pl **while** 3M followed by 1M dance reel of 3 with 4s (LSh to 4L) & 3s end in 2nd pl 2 3 1 4
- 25-32 1s+4s dance 1/2 R&L, turn partners RH 1.1/2 times 2 3 4 1

### Advanced

### SANDS OF MORAR (S8x32) 3C (4C set)

Barry Priddey RSCDS Bk 45

- 1- 8 1s dance Fig of 8 round 2s giving hands when possible
- 9-16 1s dance reflection reels of 3 on own sides (1s dance down between 2s to begin)
- 17-24 1s turn 2H & dance down middle to 3rd pl **as** 2s+3s continue reel & dance down behind 1s, all set & 1s followed by 2s+3s cast up to original place
- 25-32 1s+2s dance the **Tourbillon** : -
  - `1s & 2s turn partners 2H 1/2 way, 1M & 2L lead partners on 1 place clockwise to end 1s on Ladies side & 2s on Men's side, 1s set to 2s
  - `1s & 2s 1/2 turn partners 2H, 1L & 2M lead partners on 1 place to end 2s in 1st pl & 1s in 2nd pl & 2s+1s cross RH to own sides. 2 1 3

### Avslutningsdans

### POSTIE'S JIG (J4x32) 4C set

Roy Clowes Ormskirk 5

- 1- 8 1s & 4s set & cast in 1 place, 1s & 4s dance 1/2 Figs of 8 round new end couples
- 9-12 1M+4M & 1L+4L cross (men making an arch) & turn corners with free hand to face up/down
- 13-16 1s+4s dance down/up (couple dancing up makes the arch) & turn corners
- 17-24 Repeat bars 9-16 from new positions
- 25-32 1s+4s dance 1/2 R&L, turn partner RH