

## SCOTTISH COUNTRY DANCE

### Arrangement of Sets

Longwise Sets: Men stand with left shoulders towards the music which is regarded as the top of the room. Numbering is from the top.

Square Sets: First couple have their backs to the music. Numbering is generally clockwise round the set.

### Steps

Reel & Jig Time:      Setting Step                      - Pas de Basque  
                                 Travelling Step                      - Skip Change of Step  
                                 Slip Step                                - Mostly for circles

Strathspey Time:      Setting Step                      - Common Schottische  
                                 Travelling Step                      - Strathspey Travelling Step

Set once:                      Means TWO setting steps – once with the right foot leading and once with the left foot leading.

Set twice:                      FOUR setting steps.

### Movements and Formations

#### Lead down the middle and up

Using travelling step the 1<sup>st</sup> man leads his partner with his right hand in right hand down the set, ie. away from the music, usually for four steps and then back up again.

#### Cast Off One Place

Using travelling step, the 1<sup>st</sup> woman turns outwards to her right while the 1<sup>st</sup> man turns outwards to his left and each goes down behind the 2<sup>nd</sup> dancer into 2<sup>nd</sup> place. Meanwhile the 2<sup>nd</sup> couple move up into 1<sup>st</sup> place. BOTH start with the RIGHT foot.

#### Cast off Two Places

Done similarly.

#### Cross and Cast

Cross over giving the appropriate hand and then cast off one (or more) place(s), as instructed, on the opposite side of the dance.

#### Turn and Cast

Turn your partner with the right or left hand as instructed in the appropriate number of steps (usually two or four) and cast off on your own side.

### Move Up (or Down)

This is done rhythmically on the toes to 2 bars of music.

Take a small step in front and to the side in the direction in which you are to move. Cross the other foot over in front. Take another small step back in line on the same side and then close the feet together in first position.

### Advance and Retire

This is usually done in twos or threes.

Always use travelling step, usually for two steps forwards and two backwards, hands joined at shoulder level, elbows bent and down.

### Passing Back to Back

Four travelling steps used to pass your partner right shoulder going forward and left shoulder coming back. You always face the same direction during this movement.

One step forward, one step to pass B to B, two steps to retire to place.

### Four Hands Round (and Back) – or Circle Round (and Back)

In Reel and Jig time use slip steps (8 each way) starting with the LEFT foot, and dancing to the left.

In Strathspey time use travelling step (4 each way) starting with the RIGHT foot, but still dancing to the left.

Similarly for 3 or 6 hands round.

### Four Hands Across (and Back) – or “Wheel”

Always use travelling step. Hands are joined with the person diagonally opposite in the middle to form a hub (at shoulder level). Dance four steps round with RIGHT hands joined and four back with LEFT hands joined.

In a few cases the wheel is in one direction only. This movement can also be danced with 3, 4 or 6 hands across.

### Set and Half Wheel

Holding hands on the side, Set once and then with two travelling steps wheel half way round to finish on the opposite side of the dance.

### Setting in Line

Dancers with nearer hands joined dance the setting steps whilst facing in the same direction.

### Balance in Line

Only done in Reel and Jig time.

As above but dancers face alternately in opposite directions from each other. This movement can be on a diagonal line with corners.

### Set and Cross Over

Set to partner once (or twice if instructed) and then cross over to change places with two travelling steps giving right or left hands a instructed.

### Grand Chain

Usually danced in eight bars.

Four couples In a square set (eg. the Eightsome Reel) start by giving right hand to partner and then left to the next person you meet and so on. DO NOT change direction.

In a longwise set for four couples:

1<sup>st</sup> and 4<sup>th</sup> couples give right hands to one another to start.

2<sup>nd</sup> couple face DOWN and give right hand to 3<sup>rd</sup> couple.

Again, DO NOT change direction.

In a longwise set for three couples:

1<sup>st</sup> couple give right hands to one another to start.

2<sup>nd</sup> couple face DOWN and give right hand to 3<sup>rd</sup> couple.

Again, DO NOT change direction.

The phrasing, is one step R/H, one step L/H, two steps R/H, and repeat 1,1,2.

### Rights and Lefts

This is for two couples and is really a small grand chain. Usually danced with eight travelling steps two steps to each hand, but may be only four steps in strathspey time. Start by giving RIGHT hand to the person you are facing ACROSS the set, LEFT hand to the dancer you meet on the SIDE, RIGHT ACROSS the set again and LEFT on the SIDE. You MUST stick to the group of four the start with and not wander into the neighbouring four. Think of dancing round the four corners of a square.

Finnish the formation with a Polite Turn, ( continue to face the person who's left hand you are holding )

### Ladies Chain

Danced with 2 couples facing one another, the lady on her partner's right.

Danced with eight travelling steps – two steps for each hand.

Ladies change places on the diagonal giving right hand, turn the opposite man left hand on the side, cross back to place giving right hand then turn own partner left hand

Men begin this formation, by facing out of the set, and as the ladies change places the men dance on a curve into the ladies place..

### Corners

Ladies find their corners on the men's line while men find their corners on the ladies' line.

The dancing couple will be between 2<sup>nd</sup> and 3<sup>rd</sup> couples.

The lady's first corner is 2<sup>nd</sup> man (ie. on her right hand). Her second corner is 3<sup>rd</sup> man. The man's first corner is 3<sup>rd</sup> lady (ie. on his right hand). His second corner is 2<sup>nd</sup> lady.

It is most important that you can automatically face your corners.

### Turn Corners and Partners

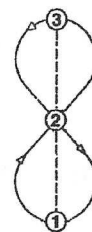
The dancing couple turn 1st corner right hand, partner left hand, turn 2nd corner right hand and partner left hand. Danced in travelling step throughout and use two steps for each turning.

### Reels of Three

The basic 8 bar reel.

1<sup>st</sup> couple face down, 2<sup>nd</sup> and 3<sup>rd</sup> couples face up. 1's give right shoulder to the 2's to start the reel, 3's start by going out diagonally towards the RIGHT and all trace out a figure of 8 on the floor.

This can also be danced across the dance – and where instructed, may be danced giving left shoulders, in which case the 3<sup>rd</sup> person dances out to the LEFT to begin.



### Reels of 3 after Set To and Turn Corners

The dancing couple start the reel by giving left shoulder to their 1<sup>st</sup> corners (the corners pass one another on the side giving right shoulder). All should be back in place in 6 steps and on the next two steps the dancing couple cross over giving right hands.

### Reels of 3 after Turn Corners and Partners

Exactly the same as above.

### Set to Corners and Partner (Cauld Kail or Hello Goodbye setting)

In Reel and Strathspey time.

Set to 1<sup>st</sup> corner with right foot, on the left swing in between corners. On the right foot set to partner across the dance and on the left setting swing in to face 2<sup>nd</sup> corner. Set to 2<sup>nd</sup> corner on the right foot and on the left swing round so that the lady is between the 3's and the man between the 2's and set to partner with right foot. On the last step either turn into place (Cauld Kail, Donal Bane) or wing in back to back facing 2<sup>nd</sup> corners (There's Nae Luck, General Stuart, etc.)

NOTE All the time turn by the right, ie. Pull the RIGHT shoulder back throughout.

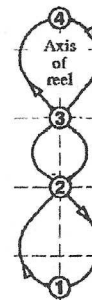
### Reel of 3 after Set to Corners

Dancing couple start the reel by giving right shoulder to 2<sup>nd</sup> corners. The corners give left shoulder to one another on the sides. Finish in 6 bars and on 7 and 8 the dancing couple cross over to place.

### Reel of 4 on the Side

1<sup>st</sup> couple face DOWN towards 2<sup>nd</sup> couple, 3<sup>rd</sup> couple face DOWN towards the 4<sup>th</sup> couple. Give right shoulder to start.

In a reel of 4 across the dance start by giving right shoulder to the person you are facing. Danced in travelling step throughout.



### Poussette in Jig and Reel Time

A form of progression for changing places. Danced by two couples holding both hands with partners. Pas de Basque step is used throughout the 8 bars.

The formation starts in the middle of the set. 1<sup>st</sup> couple go out and down on the men's side. 2<sup>nd</sup> couple go out and up on the ladies' side. Turn by the RIGHT throughout. The figure follows a square pattern. The 8 steps may be counted as:

Away from the Centre, ¼ Turn, Up or Down, ¼ Turn, Into the Centre, Turn Half Round, Fall back, Fall back, to own side of dance.

### Poussette in Strathspey time. ( all round poussette )

Eight travelling steps, Danced by two couples. After first step dancing couples hold both hands with partners.

Beginning from the side lines, both couples come into the middle of the set, meeting partners on the first corner diagonal, 1<sup>st</sup> W and 2<sup>nd</sup> M back to back \ . ( dance into this position with your free foot ). Men always face down, women face up.

1<sup>st</sup> Couple dance out to the men's side as 2<sup>nd</sup> couple dance out to the women's side and ¼ turn. Dance into the middle again this time on the second corner diagonal, 1<sup>st</sup> M and 2<sup>nd</sup> W back to back / . Turn completely round to finish on the first diagonal, 1<sup>st</sup> M and 2<sup>nd</sup> W back to back \ . Dance out to the side, 1<sup>st</sup> couple to the women's side 2<sup>nd</sup> couple to the men's side and ¼ turn. Dance in on the second corner diagonal, 1<sup>st</sup> W and 2<sup>nd</sup> M back to back / . Turn to own side of dance and retire to place. ( this last step to retire, can be a travelling retiring step ).

### Allemande

A form of progression danced in Jig and reel or strathspey time in 8 bars. Danced in travelling step throughout.

The formation starts from the middle of the set, and arms are raised into Allemande hold on the first step. 1<sup>st</sup> couple followed by the 2<sup>nd</sup> couple start out to the right diagonally towards the ladies side of the dance, turn sharply across the dance and then down the men's line, on bar 5 all should be in line facing the ladies' side of the dance, the 2<sup>nd</sup> couple is now above the 1<sup>st</sup> couple, on bar 6 all come into the middle of the set men turning their partners under their right arm to face them and on bars 7 and 8 retire back to place.

Allemande can be danced by three or four couples but the praising is different until bar 5.

### Double Triangles

Pas de Basque step is used throughout.

1<sup>st</sup> couple stand in 2<sup>nd</sup> place back to back in the middle of the dance facing their own sides. Join both hands with the dancers facing them with arms nearly straight (represents a St. Andrews Cross). In this position set once, and then with two pas de basque steps turn by the right by the right (still with back to partner) to face the other side. Set once again with hands joined and on the last two steps turn by right on to own side in second place.