



# Start Dancing!

## 24 Fun and Easy Scottish Country Dances

for use in schools, at Days of Dance, Festivals and for beginners

and

## 8 Popular Ceilidh Dances

**TAS**

*The RSCDS Country Dance Teachers Association of Scotland*



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**Compiled and edited by members of TAS  
Teachers' Association Scotland**

**Teachers' Association Scotland**  
*The RSCDS Country Dance Teachers Association of Scotland*

## Foreword

I am delighted to welcome you to this book of Scottish country and ceilidh dances for children and beginners. I have taught dancing in schools, danced at, and trained teams for dance festivals. I know how valuable this book will be for teachers and organisers alike. Scottish dancing has been a key part of Scotland's culture for centuries and many of us experience it for the first time at school. I was very lucky to be taught Scottish country dancing at school and we in the RSCDS are working hard to encourage young people in school to learn about our heritage, get fit, and enjoy themselves. I know this book will be a fabulous resource for teachers to give them the tools and confidence to teach Scottish country and ceilidh dancing.



A huge amount of time and effort has gone in to producing this book and the recorded music. My sincere thanks go to TAS, Scotland's country dance teachers' association, for their hard work and dedication. Music is key to the enjoyment of dancing and we are very lucky to have five of the very best traditional musicians playing for the accompanying recording: Neil Copland, Mo Rutherford, Frank Thomson, Ewan Galloway and Ian Muir. Good luck in your teaching and I look forward to seeing these dances in schools, at Festivals and Days of Dance up and down the country.

So start dancing!

*Gary Coull*

Chairman Elect of the Royal Scottish Country Dance Society

## Acknowledgements

This book was compiled and edited by three teachers, all with experience of teaching children and beginners:

**Jimmie Hill**, RSCDS teacher and Festival Adjudicator, former secondary teacher with Edinburgh City Council, teacher trainer and CPD provider.

**Sue Porter**, RSCDS teacher, former primary and secondary school teacher from Oban. Sue was RSCDS Youth Director and Convenor of Education and Training. She is a Medal Tests Assessor and CPD Trainer. Sue has run Days of Dance for local schools and the country dance section of the Highlands and Islands Music and Dance Festival.

**Jayne Riddet**, RSCDS teacher and organiser of the Dumfries Festival and Day of Dance, experienced in running CPD courses for primary school teachers. Jayne was Youth Director for the RSCDS and is currently a Medal Test Assessor, DDA Assessor, and Adjudicator.

We are grateful to the many teachers of TAS, who compiled 13 of the dances at a TAS Workshop in Helensburgh. We would like to thank the following for giving us permission to use their dances: the children of Noblehill Primary School in Dumfries, the family of Alan Smith, Linda Cullen, Bill Little, Wendy West, Alice and Hannah Reedie, Joan Thompson, Peter Knapman, and John Wilkinson. We are especially grateful to Margaret Ross for permission to use the dance, *Miss Ross's Delight*, devised for her by Jean Milligan, one of the founders of the RSCDS. We have made every effort to contact Sheila Gradon for her dance *The Jindalee Jig*.

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# To Teachers

## The Country Dance

The country dance has a long history in Scotland. Our tradition has its roots not only here but in England and France. The earliest Scottish country dances date from the middle of the 17th century. They were danced all over Scotland during the 18th and 19th centuries. In 1923 the Scottish Country Dance Society was founded in Glasgow to re-discover Scotland's country dances and to promote the teaching of country dancing to adults and to young people. In 1951 King George VI conferred the title 'Royal' on the Society and it became known as the Royal Scottish Country Dance Society, referred to most often today as the RSCDS.

### 1. Videos and other resources

Most country dances are recorded and can be watched on YouTube. If you go to the website: *Scottish Country Dancing Dictionary* and go to the *A-Z Dance Instructions* section, look up a dance, you will find a link to a video. If you are unsure about anything, just watch the video. There are thousands of country dance videos on Youtube, not just dances, but also the basic steps, and all the formations in this book. The RSCDS has published a book specially for primary schools – *Jigs and Reels*. It contains dances, lesson plans, and a guide to steps and formations. It is an invaluable resource.

### 2. Five types of country dance

All the dances in this book are country dances. They are suitable for school classes, children's classes, and any beginners' class. Each dance is 32 bars long and designed for sets of 4 couples. They are either jigs or reels. They are of five kinds:

#### Dances for four couples in a long-wise set

In a long-wise set, the convention is that the boys are on one side and the girls on the other. From the top of the room, the boys will be on the teacher's right and the girls on the teacher's left.

In these dances the first couple begins at the top and, after dancing the dance once through, ends at the bottom. A new couple then begins. The music plays 4 times 32 bars. Example: *The Way to the Festival*

#### Dances for all four couples in a square set

In these dances the dancers are arranged as in the Eightsome Reel – in a square formation:

Couple 1 has their back to the top of the room and the set is numbered 1 - 4 clockwise. Couples 1 and 3 are facing up or down. Couples 2 and 4 are on the sides. Very often these dances begin with couples 1 and 3 dancing together. The music plays 4 times 32 bars. Example: *Fife Capers*

#### Dances for three couples in a four-couple set

This is the commonest type of country dance. First time through the dance: couples 1, 2 and 3 dance the dance, and couple 4 stand. Couple 1 finish in second place.

Second time through the dance: the original couple 2, now at the top, stand, while the original couples



1, 3 and 4 dance the dance. The original 3rd and 4th couples become the new 2nd and 3rd couples respectively. Couple 1 finish in third place, then step to the bottom. Couple 4 step up into third place. Third time through the dance: the three couples at the top dance the dance while the couple at the bottom stands.

Fourth time through the dance: the couple now at the top stand, while the other three couples dance. and so on until everyone is back in their original place after the music has played 8 times 32 bars. Example: *Good Hearted Glasgow*

### **Dances for two couples in a three or four-couple set**

Two-couple dances are normally danced in a four-couple set. For children and beginners we recommend a three-couple set as the progression is simpler. Each couple dances the dance twice to end up at the bottom of the set. In this case, use a music track which plays 6 x 32 bars. Example: *The Buckshaw Reel*  
In a four-couple set, couples dance the dance continuously until they reach the bottom, thus:

**First time through the dance:** 1st and 2nd couples dance while couples 3 and 4 stand. Couple 1 finish in second place.

**Second time through the dance:** the two middle couples dance while the couples at the ends stand.

**Third time through the dance:** the couples in 1st and 2nd place dance the dance at the same time as the couples in 3rd and 4th place. At the end of this time through the original couple 1 end at the bottom.

**Fourth time through the dance:** the two couples in the middle dance the dance – and so on until everyone is back in original position after the music has played 8 times 32 bars.

### **Couple dances round the room**

Dancers, in couples, face anti-clockwise round the room. The boy has his partner on his right. In some dances couples have the same partner throughout eg *The Gay Gordons*; in some, they progress eg the progressive *Canadian Barn Dance*.

## **3. The formations**

A country dance is made up of 'formations' – movements usually involving 2 or more couples for 8 bars of music. At the end of this book there is a glossary of the terms used in the dances. Many formations can be found on Youtube. As all the dances in this book are 32 bars long, most are made up of 4 different formations. Examples of formations are: circle round and back, right hands across in a wheel followed by left hands across in a wheel. It is important that all 8 bars are used for a formation. Very often children finish early and have to stand for the next formation to begin. An 8-bar formation in a country dance can involve two movements, each of 4 bars, or 4 movements, each of 2 bars. Teach children to listen to the music and count so that they use all 8 bars.

All the formations in this book are fully explained in the lesson plans in 'Jigs and Reels'.

## **4. Before you teach the dances**

Your class may never have listened to Scottish country dance music before. It is essential that you get them to listen to the music and become familiar with the rhythms and beat of the music. If you ask your class to clap in time to the music, you will find that they naturally clap twice per bar.

1. Clap twice per bar for 16 bars.
2. Clap once per bar for 16 bars.
3. Clap once per bar for 8 bars then twice per bar for the next 8 bars.
4. Walk in time to the music:
  - walk for 8 bars (16 steps), stand still for 8 bars, then repeat
  - walk for 4 bars (8 steps), stand still for 4 bars, then repeat
5. Walk alone for 4 bars, then turn someone using right hand for 4 bars; walk alone for 4 bars, then turn someone using left hand for 4 bars, then repeat.
6. Instead of walking, get the class to use a running step in time to the music.

## **5. Basic steps**

### **1. A walking step**

Country dance music has a simple rhythm. You can use either a simple walking step or country dance steps. If you play any of the music for the dances and walk in time, you will find you take two steps to each bar. If you are not sure about what a bar is, don't worry! The important thing is to be able to count the bars. If you are not sure about this, ask a friend who plays an instrument to help you and you will find that counting bars is easy. All you need to do is count 1 - 8. Encourage your class to count to 8 with you. All the steps are described in the lesson plans and videos accompanying 'Jigs and Reels', but here is a quick summary.

### **2. Slip step**

This is the step used in the formation 'circle to the left then to the right'. If the class start with their heels together and their feet at 90 degrees to each other, they take one step to the left, then bring the right heel to touch the left heel and so on round to the left for 8 steps - that is 4 bars; then repeat this to the right for 8 steps. Remember if you count 1 - 8 during slip step, that takes only 4 bars. Try this count for circles:

1, 2, 3, 4, 5, 6, 7, together - back 2, 3, 4, 5, 6, 7 together.

That helps the class bring their heels together at the end of bar 4 before going back to the right and also at the end of the formation.

### **3. Skip change of step**

Skip change is the main country dance travelling step. There are a number of video tutorials on Youtube. With skip change, one step takes one bar, so you take 8 steps in 8 bars. This step can be used for 'leading down the middle and back'; right hands across in a wheel; rights and lefts.

Each skip change has 3 parts:

1. hop on the left foot while stepping forward on the right
2. bring left foot behind right
3. step forward on the right    Then repeat this with the left foot leading:
  1. hop on the right foot while stepping forward on the left
  2. bring right foot behind left
  3. step forward on the left
 and so on.

Arrange the class in one big circle round the room, all facing anti-clockwise. As the class dance, say rhythmically:

hop ONE, two, three – hop TWO, two, three – hop THREE, two, three – hop FOUR, two, three etc  
Coaching like this as the class dance helps get the rhythm into their heads.

#### **4. Setting step**

This is sometimes called 'pas de basque'. To 'set' in country dancing takes 2 bars and uses 2 pas de basque steps, one starting on the right foot, then one starting on the left foot.

The step is on the spot:

##### **Step 1**

1. take a small step to the right with the right foot
2. bring your left foot in front so that the left heel and right instep are almost together
3. step again on the right foot on the spot

##### **Step 2**

1. take a small step to the left with the left foot
2. bring the right foot in front so that the right heel and left instep are almost together
3. step again on the left foot

You can use these words to help the class:

|    |   |
|----|---|
|    | ONE, two, three and – ONE, two, three and – ONE, two, three and |
| or | JUMP 2, 3, and Jump 2, 3 and                                    |
| or | RIGHT, left, right, and – LEFT, right, left, and                |

### **6. Using music**

All the music for the 24 dances is recorded and each track is available as a download from Bandcamp. The link to the music for each dance is [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

Every dance begins and ends with a chord. During the chord the boys bow to their partners and the girls curtsey:

To bow, keep the arms at the side of the body, then bend the body from the waist, but not too much, then up again.

To curtsey, place the toe of one foot behind the other, then bend both knees equally. The teacher can decide which foot is placed behind.

### **7. Couples**

We use the word 'couple' in Scottish country dancing to denote two people dancing together. Sometimes in school boys are more comfortable dancing with other boys and girls with girls. This is fine. You may want to call them 'pairs' rather than 'couples'. Some children may not be happy with the terms 'boys' and 'girls'. If you want to use 'jets' and 'sharks', or 'robins' and 'eagles', feel free! Use the words which your class is most comfortable with. However, if your class attends a Day of Dance or Festival, the terms 'boy' and 'girl' will probably be used.



## 8. Teaching a dance

Read the instructions carefully and make sure you are clear what the formations mean. If necessary, watch a video of the formation you are going to teach.

If it is a 4-couple dance or a square dance, you can arrange couples in sets immediately. If you have any extra couples, attach one to each set so that they can swap in.

If it is a 2-couple or a 3-couple dance, practise it first in sets of 2 or 3 couples. As soon as all the couples have practised it in their set, arrange them in sets of 4 couples and practise the progression.

## 9. Making up your own dance

You can use the same music, but make up a dance with formations which your class like. Decide whether it will be in a long-wise or square set. If it is in a long-wise set, decide whether it is for 2, 3 or all 4 couples. Formations are of two kinds: progressive and non-progressive. At the end of a progressive formation, two couples will have changed places. In a long-wise set of 4 couples, the progression could be from 1st to 4th place as in *The Way to the Festival*. Or it could be from first to second place as in a three-couple dance in a four-couple set as in *The Brodick Reel*. Any formation where the 1st couple begin in first place and end in 2nd place after 8 bars is a progressive movement. Examples of progressive formations in a 3-couple dance are:

Lead down the middle and back to second place. (the 2nd couple step up)

Lead down the middle and back and cast off to second place. (the 2nd couple step up)

Cross over, cast off, then half a figure of eight up round the 2nd couple. (who step up)

Cross over, cast off, then the boy dances half a figure of eight round the 3s while the girl dances half a figure of eight round the 2nd couple.

1st couple turn right hand for 2 bars, cast off one place, then turn left hand for 4 bars (2nd couple step up)

1st couple set then dance rights and lefts for 6 bars. (2 bars to set then 2 bars to cross right hand, 2 bars to change left hand on side, then 2 bars to cross over right hand)

## 10. Organising a School Ceilidh or a Day of Dance

### A School Ceilidh

A School or Class Ceilidh is an ideal way for pupils to see that there is a point to learning to dance. This could be a small event in school time for one or more classes with recorded music. Or it could be a fund-raising event with parents and friends invited, with an accordionist or small band. Use some of the dances in this book along with the social dances: *The Gay Gordons*, *The Canadian Barn Dance*, *The Dashing White Sergeant*, *Strip the Willow* etc. Different groups can each have a role: advertising, making posters, decorating the hall, making biscuits.

### A Day of Dance

This is best done in collaboration with the other primary schools in your area. It could be held in the Assembly Hall of your local secondary school with the timing planned to avoid clashes with the secondary

classes. eg 9.30 to 11.45, avoiding assembly, and lunch and having a break at a different time from the host school. A small committee of one teacher from each primary school decides which dances to teach, and plans the programme. A local musician can provide the music. The children could be piped in by a young piper. It is an amazing opportunity for a fun and inclusive event. All the pictures on the front cover of this book were taken at Scottish Primary School Days of Dance.

Contact the RSCDS for advice on starting your own Day of Dance. We can put you in touch with teachers who have started a local Day of Dance and who would be very happy to share their experience.

## **11. Other resources**

### **The Royal Scottish Country Dance Society**

The RSCDS is devoted to promoting Scottish country dancing both in Scotland and worldwide. It has branches, teachers, and members throughout Scotland, the UK and the world. If you would like help locally, get in touch with the national organisation for local contact details. The RSCDS runs courses for teachers to qualify as country dance teachers. E-mail the RSCDS at [info@rscds.org](mailto:info@rscds.org) or ring 0131 225 3854. Call in to RSCDS, 12 Coates Crescent, Edinburgh, EH3 7AF.

### **More dances**

|                        |                              |                          |
|------------------------|------------------------------|--------------------------|
| Jigs and Reels (RSCDS) | Dance Trad (RSCDS)           | Scottish Dance (Collins) |
| Graded Book (RSCDS)    | Graded Books 2 and 3 (RSCDS) | Children's Book (RSCDS)  |

### **Music**

Most country dance music is available on iTunes.

In most areas of Scotland there are musicians who specialise in playing for Scottish country dancing. If you would like to know of someone in your area, contact the RSCDS.

### **CPD courses**

The local branch of the RSCDS in your area can run CPD courses. Contact [www.rscds.org](http://www.rscds.org) or email [info@rscds.org](mailto:info@rscds.org) for the nearest one to you. Local RSCDS teachers may be able to run a CPD course in your school. For more help contact the Scottish Schools Working Group at [SSWG@rscds.org](mailto:SSWG@rscds.org)



# **24 Fun and Easy Scottish Country Dances**

# 1. The Way to the Festival

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar jig played 4 times**

- 1 - 8      1st girl, followed by 2nd, 3rd and 4th girls, dance across the top of the set, down behind the boys, across the bottom of the set, and back up to original places.
- 9 - 16      1st boy, followed by 2nd, 3rd and 4th boys, repeat, dancing down behind the girls.
- 17 - 24      1st couple cross over giving right hand, cast off to the bottom of the set, then, giving right hand, cross over to own sides.  
2nd, 3rd and 4th couples, joining hands on the sides, step up on bars 19 and 20.
- 25 - 32      All four couples, joining hands, circle to the left for 8 slip steps, then back to the right for 8 slip steps.

Repeat the dance three more times, each time with a new couple at the top.

## **Note**

In bars 17 - 24, 1st couple cross over in 2 bars, then take 4 bars to cast off, then 2 bars to cross to their own sides. Make sure they use the full 4 bars to cast off.

*Devised by Wendy West for the children who had to walk to the Banffshire Festival in 2018.*

*Wendy West has been teaching country dancing to classes of children for many years. The annual Banffshire Festival took place in Elgin in Moray in the north-east of Scotland. Elgin sits on the River Lossie.*

Tune: *The Festival Jig* by Frank Thomson.

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 2. Fife Capers

**Type of dance: Square**

**Number of couples: 4 couples**

**Music: 32 bar reel played 4 times**

- 1 - 4      1st and 3rd couples (the top and bottom couples), nearer hands joined, advance for 2 bars and retire for 2 bars.
- 5 - 8      They turn the person opposite, using right hand, for 4 bars.  
(This means 1st boy and 3rd girl turn at the same time as 1st girl and 3rd boy.)
- 9 - 16      2nd and 4th couples (the side couples) repeat bars 1 - 8.
- 17 - 20      1st and 3rd couples face their partners and dance back to back.  
21 - 24      2nd and 4th couples face their partners and dance back to back.
- 25 - 28      All join hands and circle once round to the left for 8 slip steps, back to original places.
- 29 - 30      All four couples dance one place clockwise, the boys leading, the girls following.
- 31 - 32      All clap 4 times.

The original side couples are now the top and bottom couples in first and third positions. Everyone finishes one place round the set to their left. Repeat three more times from new positions to bring everyone back to where they started.

*Devised by teachers of the Teachers Association of Scotland.*

*Fife is sometimes called 'The Kingdom of Fife.' The main towns in Fife are Dunfermline, Cowdenbeath, St Andrews, Cupar, Kirkcaldy and Glenrothes.*

Tune: *The East Neuk of Fife*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)



### 3. The Piano Player

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar jig played 4 times**

- 1 - 8      1st couple, nearer hands joined, dance down the middle for 4 bars to just below 4th couple. They cast up on their own sides behind 4th couple, then dance in front of 3rd couple, then behind 2nd couple back to their original places.
- 9 - 16     1st couple dance a figure of eight across the set round 2nd couple, starting by crossing down between the 2nd couple. 1st couple finish in original places.
- 17 - 20     All four couples, giving right hand, turn for four bars. 1st couple finish facing out.
- 21 - 24     1st couple dance down behind their own lines to 4th place.  
2nd, 3rd, and 4th couples, joining hands on the side, step up on bars 23 and 24.
- 25 - 32     All four couples, joining hands on the side, advance for 2 bars, clap 4 times.  
They retire for 2 bars, then clap 4 times.

Repeat the dance three more times, each time with a new couple at the top.

#### **Notes**

Bars 9 - 16: 1st girl passes in front of 1st boy to begin the figure of eight.

Bars 26 and 27, and 31 and 32: Clap 4 times in 2 bars – twice per bar.

*Devised by the children of Noblehill Primary School, Dumfries, to thank Mrs Pat Clark for playing for their weekly Scottish country dance classes.*

*Dumfries is in the south west of Scotland. Another name for Dumfries is 'Queen of the South', which is the name of the local football club. Robert Burns lived in Dumfries for 8 years and is buried there. People from Dumfries are known as 'doonhamers'.*

Tune: *The Noblehill Jig* by Pat Clark.

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 4. The Loon Mountain Reel

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar reel played 4 times**

- 1 - 8      Joining hands in a circle, all four couples dance eight slip steps to the left, then 8 slip steps back to the right and finish back in two straight lines.
- 9 - 16      All four couples, joining hands on the side, advance for 2 bars, then retire for 2 bars, twice.
- 17 - 24      1st and 2nd couples dance right hands across in a wheel while 3rd and 4th couples do the same.  
1st and 2nd couples dance left hands across in a wheel while 3rd and 4th couples do the same.
- 25 - 28      1st couple, giving right hand, turn once round for 4 bars and remain in the middle facing down. On bars 27 and 28 the 2nd, 3rd and 4th couples make arches by joining both hands with partner.
- 29 - 32      1st couple dance down to 4th place under the arches. 2nd, 3rd, and 4th couples step up on bars 31 and 32.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by Alan Smith, Concord, Massachusetts for Governor Sherman Adams, host to the New Hampshire Gathering for the Scottish Clans at Loon Mountain*

*Loon Mountain is in New Hampshire in the United States. A 'loon' is the name of a large duck common in the area. In the north east of Scotland 'loon' is the word for a boy and 'quine' is the word for a girl.*

*Bars 1 - 8 represent the duck pond; bars 9 - 16 are waves on the pond; bars 17 - 24 are the ducks flying in formation; bars 25 - 32 a pair of ducks fly round then dive under the water.*

*Tune: John Turner's Compliments to Governor Sherman Adams by John Turner*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 5. The Alloway Reel

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar reel played 4 times**

- 1 - 8      1st and 2nd couples dance right hands across in a wheel while 3rd and 4th couples do the same.  
1st and 2nd couples dance left hands across in a wheel while 3rd and 4th couples do the same.
- 9 - 16      1st couple dance a figure of eight on their own side. They begin by dancing in front of 2nd couple, behind 3rd couple, in front of 3rd couple, behind 2nd couple and back to original places.
- 17 - 24      Joining hands in a circle, all four couples dance 8 slip steps to the left, then 8 slip steps back to the right to finish in their original places.
- 25 - 28      1st couple, both hands joined, dance 8 slip steps down the middle to 4th place.  
2nd, 3rd and 4th couples, joining hands on the sides, step up on bars 27 and 28.
- 29 - 32      All four couples clap 8 times.

Repeat the dance three more times, each time with a new couple at the top.

### **Note**

Bars 25 - 28: Take care that the 1st couple do not go too far down in four bars. They must take smaller steps so that they don't go below 4th place. They should drop hands and dance into place on bar 28.

*Devised by Linda Cullen.*

*Alloway is a village near Ayr. It is the birthplace of the famous Scottish poet, Robert Burns. It is now a suburb of the Royal Burgh of Ayr. If you go there you can visit Burns' Cottage. The Auld Kirk and the Brig o' Doon are famous places to see.*

*All the tunes used in the recording of this dance are songs associated with Robert Burns: Corn Rigs, Duncan Gray, My Love she's but a Lassie Yet, Willie Brewed a Peck of Malt.*

Tune: *Corn Rigs*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 6. The Cloutie Dumpling

**Type of dance: Square**

**Number of couples: 4 couples**

**Music: 32 bar jig played 4 times**

- 1- 8        All four couples, joining hands in a circle, dance 8 slip steps to the left then 8 slip steps back to the right.
- 9 - 16      1st and 3rd couples (the top and bottom couples) dance right hands across in a wheel, then left hands across in a wheel, back to places.
- 17 - 24     2nd and 4th couples (the side couples) dance rights and lefts.
- 25 - 26     All face their partner and set.
- 27 - 30     All, giving right hand, turn their partner for 4 bars.
- 31 - 32     All chase on one place clockwise. The boys lead, the girls follow.

Repeat three times from new positions.

*Devised by teachers of the Teachers Association of Scotland.*

*A cloutie dumpling is a kind of traditional Scottish sweet pudding. It is a kind of cake with lots of dried fruit in it, wrapped in a cloth and steamed. A 'clout' is a Scottish word for a piece of cloth.*

Tune: *Bonnie Dundee*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 7. My Friend Jim

**Type of dance:** Longwise

**Number of couples:** 4 couples

**Music:** 32 bar jig played 4 times

- 1 - 8        Joining hands in a circle, all four couples dance 8 slip steps to the left, then 8 slip steps back to the right.
- 9 - 12       All four couples, joining hands on the side, advance and retire.
- 13 - 16      All four couples, giving right hand, turn their partner once round.
- 17 - 24      1st couple, joining right hand, lead down the middle for 4 bars, then back to the top and face out.
- 25 - 28      1st couple dance behind the 2nd couple, in front of the 3rd couple, then behind 4th couple.
- 29 - 32      1st couple, giving right hand, turn once round and finish in fourth place.  
2nd, 3rd and 4th couples, joining hands on the side, step up on bars 31 and 32.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by William Little, Castle Douglas, to celebrate the 60th birthday of his very good friend and neighbour, Dr Jim Duck. First published in The Carlingwark Collection.*

*Castle Douglas is a town in Dumfries and Galloway. Threave Castle is nearby. It was owned by the powerful 'Black' Earls of Douglas.*

*The tune for this dance was composed by Niel Gow. He lived in Perthshire from 1727 until 1807. He was considered one of the best fiddlers of his day and he composed some of our best dance tunes. His two sons, Nathaniel in Edinburgh and John in London, were also very famous musicians and each had his own dance band.*

Tune: *Niel Gow's Recovery* by Niel Gow

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 8. Miltonduff Meeting

**Type of dance:** Longwise

**Number of couples:** 4 couples

**Music:** 32 bar reel played 4 times

- 1 - 4      All four couples, joining hands on the side, advance and retire.
- 5 - 8      All four couples, giving right hand, turn their partner half-way and face them in the middle of the set. All join hands and retire to opposite sides.
- 9 - 16     Joining hands in a circle, all dance 8 slip steps to the left, then 8 slip steps back to the right.
- 17 - 20    All four couples, joining hands on the side, advance and retire.
- 21 - 24    All four couples, giving right hand, turn their partner halfway and face them in the middle of the set. All join hands and retire to own sides.
- 25 - 32    1st couple, giving right hand, turn once round in 2 bars.  
1st couple cast off behind 2nd couple, dance in front of 3rd couple, then behind 4th couple to finish in 4th place.  
(2nd couple step up on bars 27 and 28, 3rd couple on bars 29 and 30, and 4th couple on bars 31 and 32)

Repeat the dance three more times, each time with a new couple at the top.

*Devised by Wendy West for P 5 - 7 at the Day of Dance in Miltonduff Village Hall.*

*Miltonduff is in Moray, not far from Elgin.*

Tune: *The Hopeful Lover* by Frank Thomson.

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)



## 9. Miss Ross's Delight

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar jig played 4 times**

- 1 - 8        1st and 2nd couples dance rights and lefts while 3rd and 4th couples do the same.
- 9 - 16       1st couple, giving right hand, cross down between 2nd couple, and cast off behind 3rd couple. 1st couple, giving left hand, cross over and cast off behind 4th couple. (1st couple are now on their own side below 4th couple.)
- 17 - 24      1st couple, giving left hand, cross up between 4th couple, and cast up round 3rd couple. 1st couple, giving right hand, cross over, then cast up behind 2nd couple to original places.
- 25 - 32      1st couple set for 2 bars, then cast off to fourth place for 3 bars.  
1st couple, giving right hand, turn once round for 3 bars and finish in fourth place.  
2nd, 3rd and 4th couples, joining hands on the side, step up on bars 27 and 28.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by Miss Jean Milligan.*

*Forres is a town in the north east of Scotland between Inverness and Elgin. In 1972 Miss Jean Milligan taught a weekend school there. This included a large children's class. She devised this dance and named it after the class teacher, Miss Margaret Ross. Margaret Ross taught children in Forres for over 40 years.*

*Miss Jean Milligan was a lecturer in Physical Education at Jordanhill College in Glasgow. She was voted Scotswoman of the Year in 1973 by readers of the Glasgow Evening Times. She devoted her life to the teaching of Scottish country dancing. Jean Milligan was one of the founders of the Scottish Country Dance Society along with Mrs Ysobel Stewart in November 1923. She travelled all over the world promoting Scottish country dancing and was one of the first adjudicators at Scotland's Music Festivals, believing that all Scottish school pupils should learn country dancing.*

Tune: *He's Ower the Hills*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 10. The Stone of Scone

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar reel played 4 times**

- 1 - 8      1st couple, nearer hands joined, dance down the middle for 4 bars, then cast back up behind their own lines to original places for 4 bars.  
At the same time:  
4th couple, cast up behind their own lines to the top, then, nearer hands joined, dance down the middle to their original place.
- 9 - 16      2nd and 3rd couples dance right hands across in a wheel, then left hands across in a wheel.
- 17 - 24      1st and 2nd couples circle to the left for 8 slip steps then back to the right while 3rd and 4th couples do the same.
- 25 - 32      1st couple cast off for 4 bars, followed by 2nd, 3rd and 4th couples.  
Joining both hands, 1st couple make an arch. 2nd, 3rd and 4th couples dance under the arch and up the middle to place.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by teachers of the Teachers Association of Scotland.*

*Scone, pronounced <skoon>, is a village near Perth. It is the place where Scottish kings used to be crowned. The Stone of Scone, now referred to as the Stone of Destiny, is used during the coronation of kings and queens of Great Britain.*

Tune: *The Duke of Perth*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 11. Reel for Chocolate Bourbons

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar reel played 4 times**

- 1 - 8      1st couple, giving nearer hands, dance down between 2nd couple, dance behind 3rd couple, and dance down between 4th couple. 1st couple cast back up to original places.
- 9 - 12      1st and 2nd couples, giving right hands, cross over and cast off two places.
- 13 - 16      1st and 2nd couples, giving left hands, cross over and cast up to original places.
- 17 - 20      All four couples, joining hands on the side, set twice for 4 bars.
- 21 - 24      1st couple cast off to 4th place.  
2nd, 3rd and 4th couples, joining hands on the side, step up on bars 23 and 24.
- 25 - 32      2nd, 3rd, 4th and 1st couples join hands in a circle and dance 8 slip steps to the left, then 8 slip steps back to the right.

Note: At the end of bar 12 the 2nd couple will be just below 4th couple and the 1st couple will be just below 3rd couple.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by Alice Reddie (aged 10), February 2018. Alice was a member of Dunfermline Branch's children's class in Rosyth. Her teacher was Agnes Leighton. The dance won the competition at the Edinburgh Branch Children's Ball in 2018. The judge was Bob Grant.*

*Chocolate bourbons are a kind of sweet biscuit with a chocolate filling. They are Alice's favourite biscuit. The dance is about how the biscuits are made: the weaving in and out is mixing the ingredients and the pas de basque is stamping the name on the top of each biscuit. Part of the prize for winning the competition was that Iain MacPhail wrote a tune for the dance.*

Tune: *Miss Alice Reddie* by Iain MacPhail

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 12. The Buckshaw Reel

**Type of dance: Longwise**

**Number of couples: 2 couples in a 3-couple set**

**Music: 32 bar reel played 6 times**

- 1 - 8        1st couple, crossing down to begin, dance a figure of eight round 2nd couple.
- 9 - 16       2nd couple, crossing up to begin, dance a figure of eight round 1st couple.
- 17 - 24      1st couple, giving right hand, lead down the middle and back to second place.  
                 2nd couple step up on bars 19 and 20.
- 25 - 32      2nd and 1st couples dance rights and lefts.

Each couple dances the dance twice, starting at the top and ending in 3rd place. The dance can also be danced in a 4-couple set, using a recording 8 x 32 bars:

1st couple dance the dance three times to finish in 4th place thus:

1st couple begin again from 2nd place and finish in 3rd place. They then begin again from 3rd place and finish in 4th place. When they begin from 3rd place, a new couple at the top begins. This means that two couples are dancing at the same time. For children and beginners we recommend starting with a 3-couple set as it is a simpler progression.

*Devised by Joan Thompson for young dancers who met at Buckshaw School. First published in the Rose and Thistle Book of Scottish Country Dances, celebrating the 18th anniversary of The Thistle Society of Wigan.*

*Wigan is a town in Greater Manchester. Scottish country dancing is taught not just in Scotland but in countries all over the world.*

Tune: *Soldier's Joy*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 13. Good Hearted Glasgow

**Type of dance: Longwise**

**Number of couples: 3 couples in a 4-couple set**

**Music: 32 bar jig played 8 times**

- 1 - 4      1st couple, giving right hand, turn once round in 2 bars, then cast off one place on their own sides.  
2nd couple step up on bars 3 and 4.
- 5 - 8      1st couple, giving left hand, turn one and a quarter times to finish in the middle of the set facing opposite sides.
- 9 - 12     1st girl with 2nd couple and 1st boy with 3rd couple dance right hands across in a wheel. 1st couple pass right in the middle.
- 13 - 16    1st boy with 2nd couple and 1st girl with 3rd couple dance left hands across in a wheel. 1st couple finish in second place on their own side.
- 17 - 24    1st couple, giving right hand, lead down the middle and back to 2nd place.
- 25 - 32    2nd, 1st, and 3rd couples, joining hands in a circle, dance 8 slip steps round to the left, then 8 slip steps back to the right.

Repeat from 2nd place.

After the second time through, 1st couple step down behind 4th couple into fourth place and 4th couple step up to third place as the new top couple begins.

*Devised by Peter Knapman. In 1988 the Greater Glasgow Health Board set up their 'Good Hearted Glasgow Campaign' to promote better health.*

*The Glasgow Branch of the RSCDS ran a competition for a dance to be called 'Good Hearted Glasgow', in conjunction with the Glasgow Garden Festival. The dance was to be one which would be easy for beginners. Peter's dance won the competition. His dance has become very popular all over the world.*

Tune: *Good Hearted Glasgow* by David Ross.

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 14. The Jindalee Jig

**Type of dance: Longwise**

**Number of couples: 2 couples in a 3-couple set**

**Music: 32 bar jig played 6 times**

- 1 - 4      1st and 2nd couples, giving right hand, turn their partner for 4 bars.
- 5 - 8      1st and 2nd couples, giving left hand, turn their partner for 4 bars.  
They finish in the middle of the set, facing up, in promenade hold.
- 9 - 16     1st and 2nd couples dance a promenade and finish in original places.
- 17 - 24    1st couple, giving right hand, lead down the middle and back up to second place.  
2nd couple step up on bars 19 and 20.
- 25 - 32    2nd and 1st couples, joining hands in a circle, dance 8 slip steps to the left then 8  
slip steps back to the right.

Each couple dances the dance twice, starting at the top and ending in 3rd place. The dance can also be danced in a 4-couple set, using a recording 8 x 32 bars:

1st couple dance the dance three times to finish in 4th place thus:

1st couple begin again from 2nd place and finish in 3rd place. They then begin again from 3rd place and finish in 4th place. When they begin from 3rd place, a new couple at the top begins. This means that two couples are dancing at the same time. For children and beginners we recommend starting with a 3-couple set as it is a simpler progression.

*Devised by Sheila Gradon and first published in The St Columban Book. Sheila lived in Oakleigh in New South Wales, Australia.*

*New South Wales is a state on the east coast of Australia. Its capital is Sydney. More than 8 million people live in New South Wales, more than the population of Scotland.*

Tune: *Harvest Time*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)



## 15. Profiteroles

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 32 bar reel played 4 times**

- 1 - 8 All 4 couples, joining hands on the side, set for 2 bars. All 4 couples, giving right hand, cross over for 2 bars, then all chase in a clockwise direction half-way round the set to their own side for 4 bars. All are now in the order 4, 3, 2, 1.
- 9 - 16 All 4 couples, joining hands on the side, set. All 4 couples, giving left hand, cross over, then chase anti-clockwise half-way round the set back to their own side. All are now back in their original position.
- 17 - 18 1st boy and 2nd girl, giving right hand, change places.  
At the same time, 3rd boy and 4th girl do the same.
- 19-20 1st girl and 2nd boy, giving right hand, change places.  
At the same time, 3rd girl and 4th boy do the same.
- 21 - 24 1st and 2nd couples dance rights and lefts half-way.  
At the same time, 3rd and 4th couples do the same.  
All are now back in original places.
- 25 - 28 1st couple cast off to fourth place.  
2nd, 3rd, and 4th couples step up on bars 27 and 28.
- 29 - 32 All four couples, giving right hand, turn their partners once round.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by Hannah Reddie, aged 12, of the Dunfermline Children's Class.*

*Profiteroles are Hannah's favourite dessert. They are made of choux pastry, filled with cream and covered in chocolate.*

Tune: *Maxwell's Rant*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 16. Kelly's Kaper

**Type of dance: Longwise**

**Number of couples: 3 couples in a 4-couple set**

**Music: 32 bar jig played 8 times**

- 1 - 8      1st couple, both hands joined, slip down the middle for 8 steps.  
They cast up to their original places.
- 9 - 16      1st, 2nd, and 3rd couples, joining hands in a circle, dance 8 slip steps to the left,  
then 8 slip steps back to the right.
- 17 - 18      1st and 2nd couples, joining hands on the side, set.
- 19 - 24      1st and 2nd couples dance three quarters of rights and lefts.  
1st couple finish in 2nd place on their own side and face out.
- 19 - 20      cross over right hand
- 21 - 22      change left hand on the side
- 23 - 24      cross back right hand
- 25 - 32      1st couple cast round the person on their right (boy up, girl down).  
1st couple meet in the middle and, giving right hand, turn for 4 bars, and finish in  
second place own side.
- Note :      Bars 1 -8. The 1st couple can cast up behind their own lines from where they reach  
after 8 slip steps.

Repeat from 2nd place.

After the second time through, 1st couple step down behind 4th couple into fourth place and  
4th couple step up to third place as the new top couple begin.

*Devised by John Wilkinson for the STV Appeal in 2015. John is a well known RSCDS teacher and  
Chairman of the RSCDS from 2012 to 2014. The original version of this dance was for 3 couples in a  
3-couple set. John kindly gave permission for it to be adapted for 3 couples in a 4-couple set.  
Lorraine Kelly is a well-known Scottish television journalist and presenter. Since 2011 she has  
hosted the STV annual Children's Appeal. She does a lot of work for charity and in 2012 she was  
awarded an OBE from the Queen.*

Tune: Mrs MacPherson of Cluny

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 17. The Brodick Reel

**Type of dance: Longwise**

**Number of couples: 3 couples in a 4-couple set**

**Music: 32 bar reel played 8 times**

- 1 - 8        1st and 2nd couples dance rights and lefts.
- 9 - 16       1st, 2nd and 3rd couples, giving right hand, cross over, then, joining hands on the side, set.  
They repeat this back to their own side.
- 17 - 20      1st couple, giving right hand, cross over, and cast off one place.  
2nd couple step up on bars 19 and 20.
- 21 - 24      1st couple, giving left hand, cross down and cast up round 3rd couple to second place on their own side.
- 25 - 32      1st couple dance right hands across in a wheel with 3rd couple, then left hands across in a wheel with 2nd couple.

Repeat from second place.

After the second time through, 1st couple step down behind 4th couple into fourth place and 4th couple step up to third place as the new top couple begins.

*Devised by teachers of the Teachers Association of Scotland.*

*This dance celebrates the wonderful team of young dancers from Brodick Primary School on the Isle of Arran who danced in the Arran Festival in 2016. Their teacher was Margaret Roxburgh. The Isle of Arran is in the Firth of Clyde, off the Ayrshire coast. Brodick is the largest town on the island. The ferry to Ardrossan leaves from Brodick.*

Tune: *Heilan Laddie*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 18. Burnt Tatties

**Type of dance:** Longwise

**Number of couples:** 2 couples in a 4-couple set

**Music:** 32 bar reel played 8 times

- 1 - 8      1st and 2nd couples, joining hands in a circle, dance 8 slip steps to the left then 8 slip steps back to the right.
- 9 - 16      1st and 2nd couples dance right hands across in a wheel for 3 bars, then left hands across in a wheel for 3 bars. 1st couple cast off into second place while 2nd couple, retaining left hand, lead up to first place.
- 17 - 24      1st couple, right hand in right hand, lead down the middle for 4 bars, then back up to 2nd place.
- 25 - 32      2nd and 1st couples dance rights and lefts.

1st couple repeat the dance twice more to finish in 4th place thus:

1st couple begin again from 2nd place and finish in 3rd place. They then begin again from 3rd place and finish in 4th place. When they begin from 3rd place, a new couple at the top begins. The music for this dance is recorded 8 times through. If you wish, you can dance this dance in a 3-couple set, each couple dancing twice to end in third place. Then the first couple dance it twice at the end. Alternatively, you can use the music for *The Buckshaw Reel* which plays 6 times.

*Note:*

*Bars 9 - 16: Dancing hands across for 3 bars needs careful timing. The phrasing is 3, 3, 2 for these 8 bars.*

*Devised by teachers of the Teachers Association of Scotland.*

*A 'tatty' is a Scots word for a potato. 'Spud' is another. Potatoes came to Europe from South America in 1536. They were brought here by the Spanish.*

Tune: *Glengarry's March*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 19. The Clockwork Orange

**Type of dance: Longwise**

**Number of couples: 3 couples in a 4-couple set**

**Music: 32 bar jig played 8 times**

- 1 - 8      1st couple, giving right hand, lead down the middle for 3 bars, lead back up for 3 bars, then cast off into second place.  
2nd couple step up on bars 3 and 4.
- 9 - 16      1st couple dance right hands across in a wheel with 3rd couple.  
1st couple then dance left hands across in a wheel with 2nd couple.
- 17 - 24      2nd, 1st and 3rd couples set and, giving right hand, cross over.  
They set again and, giving right hand, cross back.
- 25 - 32      2nd, 1st and 3rd couples, joining hands in a circle, dance 8 slip steps to the left then 8 slip steps to the right.

Repeat from 2nd place.

After the second time through, 1st couple step down behind 4th couple into fourth place and 4th couple step up to third place as the new top couple begins.

*Devised by teachers of the Teachers Association of Scotland.*

*The Clockwork Orange is the name given to the Glasgow Subway. The carriages used to be painted bright orange. Locals call it 'the subway' or the 'shoogly'. 'Shoogly' is an old Scots word meaning 'shaky'.*

Tune: *Orange and Blue*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 20. Colquhoun Square

**Type of dance: Square**

**Number of couples: 4 couples**

**Music: 32 bar jig played 4 times**

- 1 - 8      1st and 3rd couples (the top and bottom couples) advance and retire, then face their partner.  
1st and 3rd couples dance back to back with their partner.
- 9 - 16      2nd and 4th couples (the side couples) advance and retire, then face their partner.  
2nd and 4th couples dance back to back with their partner.
- 17 - 20      1st and 3rd couples, both hands joined with their partner, slip across for 4 steps for 2 bars, boys passing back to back, then set for 2 bars.
- 21 - 24      They slip back, girls passing back to back, then set.
- 25 - 28      All four couples, giving right hand, turn their partner one and a quarter times, to finish facing anti-clockwise and in promenade hold, boys with partner on their right.
- 29 - 32      All promenade one place anti-clockwise for 2 bars.  
All facing in, nearer hands joined with partner, all set for 2 bars.

Note: On bars 19 and 20, and bars 23 and 24, it is easier if the dancers set first on the inside foot, then the outside foot. This means on bars 19 and 20, the boys set right foot then left foot, and on bars 23 and 24 left then right. The girls on bars 19 and 20 set left foot then right foot and on bars 23 and 24 right then left. This sounds complicated, but inside foot then outside foot makes it easy!)

Repeat three more times, each time with the new 1st and 3rd couples starting.

*Devised by teachers of the Teachers Association of Scotland.*

*Colquhoun Square is in the centre of Helensburgh. Colquhoun is the name of an old Scottish family. It is pronounced 'Ca-hoon'.*

Tune: *The Blackthorne Stick*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)



## 21. The Third Forth Bridge

**Type of dance: Longwise**

**Number of couples: 3 couples in a 4-couple set**

**Music: 32 bar reel played 8 times**

- 1 - 8      1st couple, nearer hands joined, dance down the middle below 3rd couple, cast up round 3rd couple and into the middle, joining nearer hands, they dance up between the 2nd couple, then cast off into second place on their own sides.  
2nd couple step up on bars 3 and 4.
- 9 - 16      2nd, 1st and 3rd couples, joining hands on the sides, set for 2 bars. The girls raise their arms to make arches, the boys drop theirs. All cross over, passing their partner by the right for 2 bars. All then dance clockwise back to their own side for 4 bars.  
(All now in order 3, 1, 2)
- 17 - 24      3rd, 1st and 2nd couples, joining hands on the sides, set. The boys raise their arms to make arches, the girls drop theirs. They cross over, passing their partner by the left. All then dance anti-clockwise back to their own sides.
- 25 - 28      1st boy dances right hands across in a wheel with 3rd couple, while 1st girl dances right hands across in a wheel with 2nd couple. 1st couple pass right in the middle.
- 29 - 32      1st boy then dances left hands across in a wheel with 2nd couple, while 1st girl dances left hands across in a wheel with 3rd couple.  
1st couple finish in 2nd place on their own side.

Repeat from 2nd place. After the second time through, 1st couple step down behind 4th couple into fourth place and 4th couple step up to third place as the new top couple begins.

*Devised by teachers of the Teachers Association of Scotland.*

*The Queensferry Crossing across the River Forth was opened in 2017. It is the third bridge over the river at Queensferry - the third Forth Bridge. The two newest bridges carry cars. The oldest is the famous railway bridge. The new Queensferry Crossing has three central pillars - the dancers in bars 9 - 24.*

Tune: *The Flowers of Edinburgh*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 22. Fairground Fun

**Type of dance: Square**

**Number of couples: 4 couples**

**Music: 32 bar jig played 4 times**

- 1 - 4      1st and 3rd couples (the top and bottom couples) advance and retire.  
5 - 8      2nd and 4th couples (the side couples) advance and retire.
- 9 - 16      1st and 3rd couples dance right hands across in a wheel for 4 bars, then chase round the outside of the set clockwise to change places for 4 bars.  
In the chase, the boys lead, the girls follow.
- 17 - 24      2nd and 4th couples dance left hands across in a wheel for 4 bars, then chase round the outside of the set anti-clockwise to change places for 4 bars.  
In the chase the girls lead, the boys follow.
- 25 - 32      All four couples set to their partner for 2 bars, then, giving right hand, turn for 4 bars. All chase round the set clockwise one place for 2 bars, the boys leading.

Repeat the dance four times from new positions with the top and bottom couples starting each time.

*Devised by teachers of the Teachers Association of Scotland.*

Tune: *Jimmie's Jig* by Frank Thomson for Jimmie Hill

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 23. Catch me if you can!

**Type of dance:** Longwise

**Number of couples:** 3 couples in a 4-couple set

**Music:** 32 bar reel played 8 times

- 1 - 8      1st couple set for 2 bars. 1st girl casts off two places. She crosses below 3rd couple and dances up behind the boys to her partner's place. 1st boy follows his partner down behind the girls, but he then dances up the middle to her place.
- 9 - 16     1st couple set for 2 bars. 1st boy casts off two places. He crosses below 3rd couple and dances up behind the boys to his original place. 1st girl follows him down behind the girls, but she then dances up the middle to her original place.
- 17 - 24    1st couple, giving right hand, followed by 2nd couple, who dance up on the side to begin, lead down the middle for 4 bars. 2nd couple, followed by 1st couple, lead back up so that 2nd couple end in first place and 1st couple in second place.
- 25 - 32    2nd, 1st and 3rd couples, joining hands in a circle, dance 8 slip steps to the left, then 8 slip steps back to the right.

Repeat from 2nd place.

After the second time through, 1st couple step down behind 4th couple into fourth place and 4th couple step up to third place as the new top couple begins.

*The formation in bars 1 - 8 and bars 9 - 16 was called 'hunting' in country dances in the 1700s.*

*Devised by teachers of the Teachers Association of Scotland.*

Tune: *The Tattie Howkers*

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)

## 24. Galloway Lads and Lassies

**Type of dance:** Longwise

**Number of couples:** 4 couples

**Music:** 32 bar reel played 4 times

- 1 - 8      1st couple dance a figure of eight round 2nd couple, crossing down to begin.  
At the same time, 4th couple dance a figure of eight round 3rd couple, crossing up to begin.
- 9 - 16      2nd and 3rd couples dance right hands across in a wheel, then left hands across in a wheel back to place.
- 17 - 24      All four couples, joining hands in a circle, dance 8 slip steps to the left then 8 slip steps back to the right.
- 25 - 28      1st couple cast off behind 2nd couple, dance in front of 3rd couple, then behind 4th couple.
- 29 - 32      1st couple, giving right hands, turn once round and finish in fourth place.  
2nd, 3rd and 4th couples, joining hands on the side, step up on bars 31 and 32.

Repeat the dance three more times, each time with a new couple at the top.

*Devised by William Little, Castle Douglas 2011, first published in The Carlingwark Book of Scottish Country Dances. The dance was devised for the Wigtownshire Primary Schools Days of Dance Competition.*

*Carlingwark Loch is a small freshwater loch near Castle Douglas. A small island in the loch is thought to be the site of an ancient 'crannog'. A crannog was a wooden dwelling built on an artificial island in a loch. You can visit a modern crannog at The Crannog Centre on Loch Tay.*

Tune: A' The Way to Galloway

The music for this dance is downloadable from [startscottishdancing.bandcamp.com](http://startscottishdancing.bandcamp.com)



## **8 Popular Ceilidh Dances**

# 1. The Gay Gordons

**Type of dance:** A couple dance

**Number of couples:** Any number all facing round the room in an anti-clockwise direction.

**The boy usually has his partner on his right. They join right hand in right hand and left hand in left, then raise right arms above the girl's head and just behind it. (We call this allemande hold.)**

**Music:** 16 bars in march time.

- 1 - 4      Each couple walks forward, one two three then on the fourth step, face in the opposite direction and walk backwards, one two three four. All are now facing clockwise. (Boy now has his partner on his left.)
- 5 - 8      Repeat that in a clockwise direction, one two three then on the fourth step, face in the opposite direction and walk backwards, one two three four. All should now be facing anti-clockwise again. (Boy now has his partner on his right.)
- 9 - 12     Keeping hold of right hands above the girl's head, walk forward for 8 steps in an anti-clockwise direction, the girl turning all the time under the boy's hand.
- 13 - 16    Take ballroom hold and polka round in the same anti-clockwise direction, opening out at the end to face ready to start again.

This dance is the easiest of all the couple dances at a ceilidh and is often the first dance.

## **Why is it called *The Gay Gordons*?**

It has nothing to do with being 'gay' in the modern sense and it is worth making this clear to your class. Point out that 'gay' also means happy and carefree.

The answer is that many Scottish families traditionally had their own adjective describing them! So, we had the Greedy Campbells, the Dirty Dalrymples, the Gallant Grahams, the Light Lindsays, the Sturdy Armstrongs, the Gentle Johnsons, the Lucky Duffs, the Handsome Hays, the Trusty Boyds, and, of course, the Gay Gordons!

## **Teaching notes**

1. Take time to make sure everyone in the class has the correct hold. It is sometimes called an 'allemande' hold.
2. Before teaching the dance, get everyone in allemande hold and practise retaining the hold while turning to face in the opposite direction – the movement at the end of bar 2 ie after 4 walking steps.

## 2. The Canadian Barn Dance

**Type of dance:** A couple dance

**Number of couples:** Any number all facing round the room in an anti-clockwise direction. The boy usually has his partner on his right. They join nearer hands to begin.

**Music: 16 bars**

**All starting on their outside foot ie left for the boys, right for the girls.**

- |         |  |
|---------|--|
| 1 - 4   | Running forward, say: one two three hop.<br>Repeat backwards, say: one two three hop.  |
| 5 - 8   | Moving sideways away from each other, boys into the centre, girls to the outside. Say:   one two three clap<br>back two three and join both hands<br>(or take ballroom hold)               |
| 9 - 12  | With hands joined, and moving 'in the line of the dance' ie anti-clockwise, say:                 Side close side hop, back close back hop.<br>And keep both hands joined or ballroom hold. |
| 13 - 16 | Couples polka round. Say, step hop, step hop, step hop, step and face again anti-clockwise ready to start again.   |

## Teaching notes

1. Rather than starting with nearer hands joined, the girl can put her hand on the boy's shoulder while he puts his hand round her waist.
2. To make the dance 'progressive', so that you change partners each time: when the couples part in bars 5 - 8, at the end as they come together, the girls move on to meet the next boy. It is best to get the dance into their heads first before making it progressive.

## Why is it Canadian?

Nobody is quite sure why it is called Canadian! Barn dance was the traditional name for dances out in the country in England, Scotland and in North America. It is also known as the *Highland Barn Dance*.



### 3. The Dashing White Sergeant

**Type of dance:** Round the room

**Number of couples:** Lines of 3 dancers facing 3 round the room. Traditionally, this would be one boy and two girls or one girl and two boys, but allow the class to form groups of three which they are happy with.

**Music: 32 bar reel usually played 6 times.**

- |         |   |
|---------|---|
| 1 - 8   | All 6 dancers join hands and circle round to the left, then back to the right. They finish back in their two lines.   |
| 9 - 16  | <p>The dancer in the middle of each group turns to the dancer on their right. They set to each other and turn using right hands.</p> <p>The middle dancer then faces the dancer on their left. They set to each other and turn using right hands.</p> <p>At the end of this turn, the middle dancer will naturally pass the other dancer with the left shoulder.</p>        |
| 17 - 24 | <p>All three dancers dance a reel of three and finish back where they started.</p> <p>See note on how to dance a reel on page 47.</p>   |
| 25 - 32 | <p>In lines, all join hand hands and advance and retire. At ceilidhs this is often done as follows:</p> <p style="padding-left: 40px;">Advance: one two three, clap clap clap.</p> <p style="padding-left: 40px;">Retire: one two three, stamp stamp stamp.</p> <p>One group raise their arms to make an arch and the others dance through to meet a new line of three.</p> |

The tune for this dance was first found in the 1700s, but with different instructions. The above version of the dance was published by David Anderson of Dundee in 1897. It is one of the most popular of all country dances at ceilidhs and weddings in Scotland. The famous Scottish composer Sir Hugh Robertson wrote new words for the tune:

*Now the fiddler's ready, let us all begin  
So step it out and step it in  
To the merry music of the violin  
We'll dance the hours away.*

*Katie and Peggy and Patsy and Paul,  
Callum and Peter and Flora and Moll,  
Dance, dance, dance, dance, dance away the hours together!  
Dance till dawn be in the sky,  
What care you and what care I?  
Hearts a-beating, spirits high,  
We'll dance, dance, dance!*

### Teaching note

If there are not enough groups of 3 to do the dance 'round the room', you can do it in lines up and down the hall and when a group comes to the top or bottom, they turn round and wait one turn.

## 4. The Virginia Reel

**Type of dance: Longwise**

**Number of couples: 4 couples.**

**Music: 40 bar reel played 4 times.**

**Note: there are different versions of this dance, some 32 bars, some 48 bars. We recommend this 40-bar version**

- 1 - 8      All 4 couples join hands on the side and advance then retire.  
Repeat.
- 9 - 16      All 4 couples turn each other using right hands.  
All 4 couples turn each other using left hands.
- 17 - 24      All 4 couples turn each other using both hands.  
All 4 couples dance dos i dos (ie back to back, passing right shoulder then retiring  
passing left shoulder)
- 25 - 32      1st couple, both hands joined, slip down the middle (8 steps) then back up to the  
top (8 steps)
- 33 - 40      1st couple, followed by 2nd, 3rd, and 4th couples cast off. 1st couple makes an  
arch when they get to the bottom.  
2nd, 3rd, and 4th couples dance back up under the arch. 1st couple step back to  
4th place.

Repeat three times with a new top couple each time.

The Virginia Reel is associated with America. Virginia is a state on the east coast. In 1607 it was one of the first areas in America to be colonised. The capital of Virginia is Richmond.

Very often bands play American tunes for this dance.

### Teaching note

If the class does not divide into sets of 4 couples, you can have sets of different sizes. For example, if you have 20 children in your class, you can have 2 sets of 5 couples. If you have 18 children, you can have one set with 4 couples and 1 set with 5 couples. If you have 22 children, you can have two sets of 4 couples and one set with 3 couples.

## 5. The Flying Scotsman

**Type of dance: Longwise**

**Number of couples: 4**

**Music: 32 bar jig played 4 times**

- 1 - 8      1st, 2nd and 3rd girls, led by 1st girl, dance across the top of the set, behind 1st boy, in front of 2nd boy, behind 3rd boy, then they cross back to their own side and back up to finish in original places.
- 9 - 16      1st, 2nd, and 3rd boys, led by 1st boy, dance across the top of the set, behind 1st girl, in front of 2nd girl, behind 3rd girl, then they cross back to their own side and back up to finish in original places.
- 17 - 24      1st couple, both hands joined, slip down the middle for 8 steps, then back up to 4th place. (2nd, 3rd and 4th couples step up on 19 and 20.)
- 25 - 32      All 4 couples, both hands joined, slip down for 8 steps, then back for 8 steps. (Making suitable train noises!)

Repeat three more times.

The Flying Scotsman is the most famous steam train in existence. It was built in 1923 for the London and North Eastern Railway (LNER). It was used on the London to Edinburgh route until 1963 after travelling over 2 million miles. It is considered to be the most famous railway engine ever and you can see it at the National Railway Museum in York.

A steam engine uses a large coal fire to heat water to boiling point so that it produces steam, which is then used to create the power. Steam trains were very dirty and smelly and were replaced in the 1960s by diesel trains, then by electric trains.

### Teaching note

There is a simpler version of this dance where the girls in bars 1 - 8 simply dance down behind the boys line and back up to place, and the boys do likewise in bars 9 - 16.

## 6. Strip the Willow

**Type of dance: Longwise**

**Number of couples: 4 couples**

**Music: 40 bar jig played 4 times**

- |         |  |
|---------|--|
| 1 - 4   | 1st couple turn using right elbow, two and a half times. (8 running steps)   |
| 5 - 6   | 1st girl turns 2nd boy by the left. (4 running steps)                        |
| 7 - 8   | 1st couple turn in the middle by the right. (4 running steps)                |
|         |  |
| 9 - 10  | 1st girl turns 3rd boy by the left.  |
| 11 - 12 | 1st couple turn in the middle by the right.                                  |
| 13 - 14 | 1st girl turns 4th boy by the left.  |
| 15 - 16 | 1st couple turn in the middle by the right, then face up.                    |
|         |  |
| 17 - 18 | 1st boy turns 4th girl, by the left.   |
| 19 - 20 | 1st couple turn in the middle by the right.                                  |
| 21 - 22 | 1st boy turns 3rd girl by the left.  |
| 23 - 24 | 1st couple turn in the middle by the right.                                  |
|         |  |
| 25 - 26 | 1st boy turns 2nd girl by the left.  |
| 27 - 28 | 1st couple turn in the middle by the right.                                  |
| 29 - 30 | 1st boy turns 2nd girl by the left while 1st girl turns 2nd boy by the left. |
| 31 - 32 | 1st couple turn in the middle by the right.                                  |
|         |  |
| 33 - 34 | 1st boy turns 3rd girl by the left while 1st girl turns 3rd boy by the left. |
| 35 - 36 | 1st couple turn in the middle by the right.                                  |
| 37 - 38 | 1st boy turns 4th girl by the left while 1st girl turns 4th boy by the left. |
| 39 - 40 | 1st couple turn in the middle by the right and finish in 4th place.          |

At a ceilidh it is highly likely that dancers spin when they reach top and bottom, thus throwing the above out of sync! In that case a new top couple begins when the coast is clear!

### Teaching notes

1. It is normal in this dance to use an elbow hold when turning. Either a running step or skip change can be used. At a ceilidh a running step is normal. Sets of more than 4 couples are common.
2. The basic rule for Strip the Willow is always turn your partner by the right, everyone else by the left!
3. Keep dancing until the music stops!

## 7. The Circassian Circle

**Type of dance:** All hands joined in one big circle, boy with his partner on his right.

**Number of couples:** any number

**Music:** 32 bar reel played c. 6 times or more.

**All choose a partner, and form one big circle, boy with his partner on his right.**

- |         |   |
|---------|---|
| 1 - 4   | All advance for 2 bars with 4 walking steps.<br>All retire for 2 bars with 4 walking steps. |
| 5 - 8   | Repeat bars 1 - 4   |
| 9 - 12  | All girls advance: one two three and clap.<br>They retire with 4 walking steps.             |
| 13 - 16 | All boys advance: one two three and clap, and turn round to face partner.                   |
| 17 - 20 | All dance back to back, four walking steps towards each other and four back.                |
| 21 - 24 | All turn partner with the right hand and finish in promenade hold, facing anti-clockwise.   |
| 25 - 32 | All promenade round for 8 bars, 16 walking steps, and re-form the circle to begin again.    |

### Teaching note

To make this dance progressive: at the end of bar 16, the boys turn round and face the girl on their right ie a new partner, then continue bars 17 - 32 with their new partner, and so on.

### Why Circassian?

Why the dance is called *The Circassian Circle* is lost in the mists of time! There was a popular dance in the early 1800s with the same name, but it was common at that time to name dances after faraway places, for example, *The Turkish Dance*, *The Spanish Dance*, etc. The simple version above is one of many *Circassian Circles*.

## 8. The Eightsome Reel

**Type of dance:** Square

**Number of couples:** 4

**The dancers are arranged in a square. See square sets on page 4.**

**Music:** 40 + (8 x 48) + 40

**The Eightsome Reel is in three parts. Parts 1 and 3 are the same. The instructions may look complicated, but there is a lot of repetition in this famous dance.**

### Part 1

- 1 - 8 All circle to the left then back to the right.
- 9 - 12 All the girls put their right hands in the middle and dance right hands across, while holding on to their partner with the left hand.
- 13 - 16 All the boys put their left hands in the middle and dance left hands across, while holding on to their partner with the right hand. All end in original places facing their partner.
- 17 - 24 All set twice and turn their partner using both hands and end facing your partner. (Boys face anti-clockwise, girls face clockwise.)
- 25 - 40 All dance a grand chain— that is, giving right hand to your partner, then left to the next person you meet, then right, then left, until you have gone all the way round and are back with your partner.
- This chain takes 16 bars, two bars to each hand, so it is quite slow. If you arrive back too early, just spin your partner.

### Part 2

- 1 - 8 1st girl goes into the middle for 8 bars and dances solo while the others circle to the left then back to the right. She faces her partner.
- 9 - 16 1st girl sets to her partner and turns him using right hand and faces the opposite boy (3rd boy). She sets to him then turns him and faces her partner again.
- 17 - 24 1st girl dances a reel of three with her partner and 3rd boy, giving left shoulder to her partner to begin. (See page 47)
- (Bars 9 - 24 are similar to bars 9 - 24 of *The Dashing White Sergeant*.)
- 1st girl stays in the middle at the end of the reel.
- 25 - 32 While 1st girl dances solo in the middle for 8 bars, the others circle to the left then back to the right. At the end 1st girl faces 4th boy.

- 32 - 40      1st girl sets and turns 4th boy, then sets and turns 2nd boy and faces 4th boy.
- 41 - 48      1st girl dances a reel of three with 4th and 2nd boys, starting by giving left shoulder to 4th boy. She finishes back in her original place beside her partner.

2nd girl goes into the middle.

The above 48 bars are repeated by 2nd girl, 3rd girl, 4th girl, then 1st, 2nd, 3rd, and 4th boys.

When 4th boy is finished, he goes back to be beside his partner.

### **Part 3**

Repeat Part 1.

### **Teaching notes**

1. *The Eightsome Reel* is a dance for P6 or P7 or Secondary pupils.
2. Knowing your number. It is essential you make sure that each couple knows which number they are in the set.
3. Dancing solo in the middle:

Dancers in the middle may do anything they like to entertain the others! Anyone in your class who does Highland Dancing may dance any Highland Fling step for 8 bars. If you have someone who does Highland Dancing, get them to teach a simple Fling step to the whole class. If you yourself have done Highland Dancing in your youth, teach your class a simple step. If you haven't, ask anyone you know who has done it to teach you!

or

Dancers may dance 8 pas de basque in the middle or 8 pas de basque while turning on the spot. Some boys may want to do a hand stand or press-ups! Something to show off in the middle! The more fun you can make it the better!

4. The grand chain at the end of parts 1 and 3 takes 16 bars of music and needs careful phrasing. 2 bars to each hand is 4 walking steps. Some dancers prefer 1 bar to each hand and then use up the last 8 bars by spinning with their partner.

5. *The Eightsome Reel* seems long and complicated, but if the class can do *The Dashing White Sergeant*, they already know the most difficult part.

## Terms used in the Dances

### **advance and retire**

This usually takes a total of 4 bars. This is 4 walking steps forward and 4 walking steps back. Or, two skip change forward and 2 back. If two or more couples are involved, they join hands on the side

### **back to back**

The boy and girl dance forward until they have just passed right shoulders, then the boy moves to his right while the girl moves to her right, then they retire. They face forward throughout. This takes 4 bars in total, 4 walking steps forward and 4 back. Or 2 skip change forward and 2 back.

### **cast off / cast up**

In a long-wise set, if the 1st couple cast off, they dance behind their own side. The boy pulls back his left shoulder to begin while the girl pulls back her right shoulder. You can 'cast off' for 4 bars, then 'cast up' back up for 4 bars.

Or you can cast off for 2 bars into second place in 2 bars.

### **clapping**

Some dances ask the dancers to clap in time to the music. This is usually twice in one bar.

### **dance or lead down the middle**

'Leading' down the middle and back is done with right hands joined.

'Dancing' down the middle is done with nearer hands joined, ie the girl's right hand in the boy's left.

Down the middle and back normally takes 8 bars: 4 down and 4 back up. Sometimes you lead down for 3 bars, back up for 3 and cast off into second place.

### **figure of eight across the dance**

If the 1st couple dance a figure of eight round the 2nd couple, they cross down in front of the 2nd couple, dance up behind them, cross back down in front of them, then dance back up to their original places. The girl passes in front of her partner each time.

### **figure of eight on the side**

The 1st boy dances in front of 2nd boy, behind 3rd boy, in front of 3rd boy, behind 2nd boy and back to his original place. At the same time, the 1st girl does the same on her side, going first in front of 2nd girl.

### **promenade**

In *The Jindalee Jig* the 1st and 2nd couples dance a promenade. This begins in the middle of the set, facing up, the hands crossed in front in 'promenade hold' ie right hand in right hand; left hand in left hand, left hands below right hands. The 2nd couple follow the 1st as they take a small step out to the right, across the top, down the side, into the middle, then up to place and out to original places. This takes 8 bars.

### **a reel of three**

In *The Dashing White Sergeant*, a reel of three follows the setting and turning. Reels are very common in many Scottish country dances. A reel of three involves all three dancers dancing a figure of eight together at the same time – without colliding! In *The Dashing White Sergeant*, the middle dancer first sets and turns the dancer on their right, then after setting and turning the dancer on their left, it is a natural movement to pass the other dancer by the left shoulder. This is the start of the reel. By passing that dancer by the left shoulder, this makes it a 'left shoulder reel'. If the other dancer – the one who has just been turned – starts the reel by moving to their left, there will be no collisions! All three dancers dance for 8 bars and end back where they started. If you can draw a large figure of eight on the floor with chalk, it will help!



### **right hands across / left hands across**

If 1st and 2nd couples dance right hands across in a wheel, then left hands across in a wheel, they start by putting their right hands in the middle and dancing round clockwise for 4 bars, then change direction by putting their left hands in the middle, then dancing back round to place anti-clockwise. The formation takes 8 bars, 4 for the right hands across and 4 for the left hands across. If 1st couple are in 2nd place on their own side, 1st couple can dance the hands across figure with the 3rd couple.

Or, 1st boy can dance right hands across with the 3rd couple while 1st first girl dances right hands across with the 2nd couple. They then change and the boy dances left hands across with the 2nd couple while his partner dances with the 3rd couple.

### **rights and lefts**

Rights and lefts is danced by two couples. It takes 8 bars:

- 1 - 2: the two couples cross over using right hand
- 3 - 4: they change places on the side using left hand
- 5 - 6: they cross back over to their own side using right hand
- 7 - 8: they change places on the side using left hand

Throughout this formation, both couples face forward without turning. At the end the boy at the top and the girl at the bottom dance into place by pulling back their left shoulder in order to face in again.

### **a set**

A 'set' is the word used for a group of couples dancing. They may be all girls, all boys, or a mixture of girls and boys. In a long-wise set they stand in lines with their partner opposite them: the dancers on the boys' side have their left shoulder to the top of the room, and those on the girls' side their right.

In a square set, they stand beside their partner, each couple forming one side of the square. The boy is on the left, the girl on the right. In a square set, the couple with their back to the top of the room is 1st couple and the others are numbered clockwise round the set. So, the couple to the left of the 1st couple is 2nd couple; the couple opposite is 3rd couple, and the couple to their right is the 4th couple. This is the kind of set used in *The Eightsome Reel*.

### **to set**

If you face someone and 'set', you take 2 bars to dance the pas de basque step. See Basic Steps on page 7.

### **slip step**

This is the step used in circles. See Basic Steps on page 6.

### **step up**

To step up means to move up into the empty place above. Very often when the 1st couple leave top place, the 2nd couple 'step up'. Using two bars of music. The boy steps to the left with his left foot, crosses his right foot over his left, takes another step to the left with the left foot, then brings his right foot up beside his left. (Step, cross, step, together.) The girl steps first to the right with her right foot.

### **turn**

A couple can turn for 2 bars or for 4 bars. A 2-bar turn takes 4 walking steps or 2 skip change. A 4-bar turn takes 8 walking steps or 4 skip change. When turning, use a 'hand-shake' hold with the fingers pointing down. Arms at shoulder height.

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