

# Beginners Classes – Linden 2014 (Week 1 and 2)



## The Set

Longwise set.

Most dances we do are in a longwise set.

We have done dances in a 2, 3 and 4 couple set.

Men stand on the left of the set facing the top (music) and women on the right.

## 2 couple progression

In a two couple dance the top couple progress one place after each repeat of the dance and finish at the bottom of the set. The 2nd couple begin the dance at the start of the third time through, having stood and watched the second repeat from the top of the set.

## Steps

**Skip Change of Step**- used to dance forwards

(Say it - **hop right, close, right – hop left, close, left** – etc.)

(Count it & 1, 2, 3, & 2, 2 3 etc.)

Be sure to start the step with a hop.

Dance on balls of feet. Step forward onto a straight leading leg (twice)

**Slip step** - used to dance sideways.

(Say it - **step, close, step, close, step** – etc.) (Count it 1, &, 2, &, 3 etc.)

Bring heels together during each sequence. Dance on balls of feet

Make sure both feet are turned outward the whole time.

**Stepping Up or Stepping Down** – to vacate a position for the dancing couple.

Using the foot closest to direction of travel take a small step to the side, cross following leg over in front, take another small step to side with original foot, close feet heels together.

(Say it - Step, Cross, Step, Together). (Count it - 1, &, 2, &)

## Hands

**”Shake hand” hold.**

Present your hand, as if to shake-hands with someone, hold the other persons hand fingers across fingers, with your thumb on the back of the other dancer’s fingers. Hands about shoulder height (of the shorter person), elbows pointing down. This is used when meeting another dancer in passing, or turning them. Keep the other hand down beside your side when it’s not being used

**Nearer hands joined**

This is used when forming a circle and travelling sideways. All dancers join hands. Hands up at shoulder height, elbows pointing down

**Right hand in right hand**

This is used for leading down the middle and back

## Formations

### **Turn (with one hand.)**

- Use a “Shake hand” hold.
- Make sure you look at the person you are turning
- Move on a curve around the person
- When “Turning” for 4 bars, keep arms wider with your partner
- When “Turning” for 2 bars, keep arms tight with your partner

### **Four Hands across and back (or right hands across and left hands back)**

- This formation is the shape of a cross or four spokes of a wheel.
- It is danced with four people.
- Take a “Shake hand” hold with the person diagonally across from you then all four people bring their hands together to form the hub of the wheel.

### **Hands round and back**

- All dancers take nearer hands and form a circle.
- “Slip step” round for 4 bars to left, then to the right
- Make sure you look up at the other people across the circle.
- We have danced 4 hands around and back (for 4 people).

### **Casting**

Casting can be a method of progressing down the set or may be a stand-alone formation. We have danced

- **Cast off for four steps and cast up for four steps**
  - 1<sup>st</sup> couple cast off, i.e. from facing their partner they turn outwards and peel away from each other (like peeling a banana) to face the bottom of the hall
  - The 1<sup>st</sup> couple dance down for 4 steps of skip change behind their line of the set.
  - 1st couple then cast back up by turning away from each other and facing the top, they dance another 4 steps back up to where they started.
- **Turn and cast off one place**
  - After turning the dancing couple dance out toward their own sides and dance down behind the couple below them (2nd couple)
  - The 2nd couple step up to make place for the dancing couple.

### **Lead down the middle and back**

- Use Skip Change of Step,
- Use right hand in right hand, hands about waist height
- Man leads his woman by extending his arm
- Dance 4 steps down the middle of the dance, turn toward one another to face the top of the set and dance 4 steps back to where you started.

### **Rights and Lefts**

- This is a square formation danced by 2 couples
- Start by giving right hand to your partner across the set.
- Keep going around the square in the same direction until you get back to where you started.
- Dance right out to the corners
- Look at the people you are passing
- Those dancers going clockwise around do a courtesy (polite) turn at the end. I.e. they pull back their left shoulder to finish facing the centre of the set.

