

Beginners Classes – Linden Scottish Country Dance Club

2014 (Week 3 and 4)

www.lindenscd.org.nz

Club meets Mondays 7.30 – 9.30, Baptist Church Hall, Main Street, Tawa



3 couple dances in a 3 couple set.

In three couple dances in a three couple set the top couple generally finishes in 3rd place having completed the dance once. The 2nd couple, as the new top couple, begin the dance at the start of the 2nd time through and the 3rd couple at the start of the 3rd time through.

3 couple dances in a 4 couple set

In this type of dance the top couple (or dancing couple) progress one place after each repeat of the dance finish in 3rd place having completed the dance twice. The dancing couple then slip to the bottom of the set (ie into 4th place) and the 2nd couple commence the dance as the dancing couple the 3rd time through.

A three couple dance in a four couple set is normally danced through eight times so each couple is the dancing couple for two repeats of the dance. The 3rd couple starts at the top the beginning of the 5th time through and the 4th couple the beginning of the 7th time through. Each dancing couple moving down to 4th place once they have danced as the leading couple twice.

Steps

Skip change of step – backwards

- Skip change of step is used to travel backwards in advance and retire and back to back.
- It is important to start the each step with a hop.
- The movement is Hop, back, close back
- The close is a close in 3rd position in front.

Strathspey Travelling Step- used to dance forwards

- This step starts by bending the supporting leg and reaching forward onto a straight front leg (right to start). The hop comes at the end of the step.
- Each movement takes one bar of music. (say it: step, close, step, through(hop))
- (count it: 1, 2, 3, &, 2, 2, 3, &, 3, 2, 3, &, 4, 2, 3, &) Four bars used

Strathspey Setting Step - used to dance sideways.

- To “Set” is to travel to the right, and the left. To “Set” takes two bars of music.
- Start with feet in 1st position. (heels together, toes turned out)
- Dance on balls of feet, point toes to ground, turn legs over from the hip
- (Say it - step, close, step, hop – etc.) (Count it - 1, 2, 3 hop, 2, 2, 3 hop)

Stepping Up or Stepping Down - when another couple is casting behind you.

Stepping up or down is done to 2 bars of the music.

(Say it - step, cross, step, together)

To allow the casting couple more room you move diagonally in on the first step and diagonally out on the 3rd step. So it becomes step diagonally in, cross, step diagonally out, together.

Formations

Advance and Retire

This is danced in 4 bars of music. 2 bars for 2 steps forwards, and 2 bars for 2 steps backwards. The steps should be small, and of equal size. Raise up higher on your toes to help make the step smaller.

We danced advance and retire in lines of 3. In lines of 3 the centre person has their palms facing upwards and takes the nearer hands of those beside them. The centre person guides the others in and out. The line should be kept straight.

Back to Back

This is danced in 4 bars of music with 4 steps. (We used skip change of step)

We danced back to back with your partner. This starts on the sidelines facing your partner.

- The 1st step (right foot starting) is used to advance toward your partner and pass by the right shoulder.
- On the 2nd step you move sideways to the right (passing back to back with your partner). Your left foot crossing over the right to achieve this.
- On the 3rd and 4th step you us skip change of step backwards to retire to the sidelines.

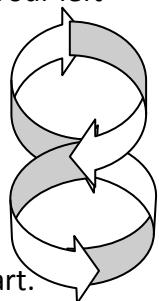


Figure of 8 – on the sidelines –

Uses 8 bars of music and 8 steps.

- The dancing couple dance a figure of eight shape around the two couples below them.
- The 1st woman dances around the 2nd and 3rd woman, dancing behind the 2nd woman to start.
- The 1st man dances around the 2nd and 3rd men dancing in front of the 2nd man to start.
- The formation should be phrased (timed) so that you are halfway a the end of bar 4 and back to where you started at the end of bar 8.
- The two figures of 8 on the men's and women's side are parallel and the dancing couple should "cover" with one another. Ie. They should keep an eye on each other and keep level with them if they are both moving in the same direction.

Figure of 8 – across the dance –

- Uses 8 bars of music and 8 steps.
- We danced a figure of 8 up around the standing couple above the dancing couple
- The dancing couple cross diagonally to opposite sides passing through the standing couple (2nd couple) cast around the 2nd couple into partners place. They then cross diagonally to their own side passing through the 2nd couple and cast back to where they started.
- The dancing woman always crosses in front of the dancing man.

Lead down for 3 steps, up for 3 steps and cast off

Use right hand in right hand, hands about waist height to lead.

Here you turn about to face the top of the set at the end of the 3rd step and use your left foot first to dance back up to the top of the set.

Hands around – Strathspey

When dancing hands around in strathspey timing we use strathspey travelling step. The right foot crosses over the left to start circling to the left.

You should continue to face the centre of the circle as you dance rotating from your hips and keeping your shoulders and arms back to keep the circular shape.