**WEBSITES FOR THE FOLLOWING SCOTTISH COUNTRY DANCES 2017**

1. **VIRGINIA REEL**: <https://www.youtube.com/watch?v=tW_uLzGWWdY>

(4 COUPLES: This is very similar, but without the clap!)

2. **DASHING WHITE SERGEANT**: <https://www.youtube.com/watch?v=g5Axpo-FHac>

(A dance for 3: either 1 man/2 ladies OR 1 lady/2 men. A progressive dance: each 3 moves each time.)

3. **EIGHTSOME REEL**: <https://www.youtube.com/watch?v=eCTZdMp7a3w>

(4 COUPLES: The beginning and end are the SAME. In the middle, everyone has a turn in the circle.

This is LONGEST dance!)

4. **STRIP THE WILLOW**: <https://www.youtube.com/watch?v=vzxwuSTlkjU>

(4 COUPLES: 8 skips together at the TOP - 2 skips with each outside person/2 skips back to your partner. 8 skips together at the BOTTOM – important to COUNT!)

5. **LINTON PLOUGHMAN**: <https://www.youtube.com/watch?v=paH0HFTr_qo>

(4 COUPLES: A ‘two-couple dance’. This means EACH couple repeats 3 times. When the ‘dancing couple’ is starting their 3rd time – with the last couple, the FIRST couple starts at the SAME time with the second couple, hence, 2 couples doing the same dance.)

6. **FLOWERS OF EDINBURGH**: <https://www.youtube.com/watch?v=DR8C8-9vvMM>

(4 COUPLES: Each couple repeats it twice.)

7. **GALLOWAY HOUSE**: NONE THAT MATCH!

8. **POSTIES JIG**: <https://www.youtube.com/watch?v=JVYYCx7snk4>

(4 COUPLES: 2 couples dance together, the other 2 couples are the ‘corners’ to turn round.

9. **TAIWAN HIGH SPEED REEL**: NO VIDEO!

10. **ROUND REEL OF EIGHT**: <https://www.youtube.com/watch?v=zMtN0spLet4>

(4 COUPLES: start in what I call a ‘square circle’ – opposite couples face each other.)

**DANCES FOR INDIVIDUAL COUPLES**

1. **GAY GORDONS**: <https://www.youtube.com/watch?v=4QyoSIQocKI>

(Each person STARTS with RIGHT foot. Important to quickly get ready to repeat each time!)

2. **ST. BERNARD’S WALTZ**: <https://www.youtube.com/watch?v=y6HmXvC_tSA>

(Man to pull the hand BACK for the in/in step. Lady to follow the lead from the hand.)

3. **PINEWOOD TWO-STEP**: NONE FOUND!

4: **CANADIAN BARN DANCE**: <https://www.youtube.com/watch?v=uD7mkguft8I>

(A progressive dance where you move on to a new partner each time: AFTER 2 steps OUT.)