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| **GAY GORDON’S** (**START** with **RIGHT** foot) – COUPLE DANCE/CIRCLE   * Couple stands in ALLEMANDE HOLD – right foot ready! * RT, LT, RT, LT-TURN (bottom turn) (drag back RT foot, keep going) * Back, 2, 3, **TOGETHER** (Make sure to finish **TOGETHER**) * **RIGHT**, LT, RT, LT-TURN (tummy turn) * Back, 2, 3, **TOGETHER** * High right hand – LADY: turn/turn/turn + catch (don’t hold fingers) * (Man to CUP high hand/let lady turn in cupped hand) * CATCH LADY – bring hand down to hold in Ballroom hold * POLKA round (Hop waltz) or just turn round once! * **Get READY QUICKLY** to start/repeat from beginning | **ST.BERNARD’S WALTZ** (start in ballroom hold)   * Slide, Slide, Slide, Stomp/Stomp * Slide back, Slide/back, \* Move IN/IN, ROCK/BACK, OUT/together * Lady turns under man’s high LEFT hand + couple Bow & Curtsy * Waltz 1, 2, 3, 4 * Repeat again   (\*man pulls lady back with left hand so man’s left and lady’s right foot move IN to centre of circle)  If you cannot waltz, then just turn round once and get in position to start again. |
| **CANADIAN BARN DANCE** - COUPLE DANCE/CIRCLE  (**START** with **OUTSIDE** foot)   * Couple holds hands, side by side with lady on the RIGHT * 1, 2, 3 HOP (inside knee up) * BACK, 2, 3 HOP(outside knee up/ready to step to side) * OUT…OUT…CLAP IN…IN…HOLD (ballroom hold) * 1 side step/together, 2 side step/HOP! * ( In direction of hands – left) * Back…together, back HOP! * POLKA round (Hop waltz) or just turn round once! * **Get READY QUICKLY** to start/repeat from beginning   Can be **‘PROGRESSIVE’** : Will be progressive on the Ball night  This means each time you go **out/out/**clap, you **CHANGE partners**!  Man moves in slightly backwards to dance with new lady behind.  Lady moves in and slightly forward to dance with new man in front | **PINEWOOD 2-STEP** – COUPLE DANCE X2 (dance in 4’s) L2 –M2  **M1- L1**   * Hold hands WALK round 8 steps (clockwise leading with right foot) * Back, 1/2/3/4/5/6/7/8 (Back to original corners) * Do-si-do: Meet opposite person/pass RT shoulders * PASS behind…and back to places * Hold RIGHT hands with opposite person * Start to turn + switch places BUT place hands in middle and KEEP moving round in a circle until back on your side BUT on different corner M2 – L2   **L1 – M1**   * Do-si-do AGAIN – with same person. * Hold LEFT hands this time with opposite person. * Start to turn + switch places BUT place hands in middle and KEEP moving round in a circle. THEN both men to catch their partner and hold over shoulder in Allemande Hold * KEEP TURNING 1 FULL CIRCLE – go off to meet NEW couple |
| **LINTON PLOUGHMANS**  - 4X COUPLE DANCE   * 8 hands round (circle + 8 sidesteps round + back) * 1st AND 2nd couple put RIGHT hands into centre and walk round in a circle – 4 steps/skips * 1/2/3/change LEFT HANDS IN! * 1/2/3/4 steps back * 1st MAN leads 1st LADY with RT hand down middle for 4 skips * Returns for 4 skips * 2nd couple move in to hold hands as 1st couple passes on their return * 1st/2nd couple now **POUSETTE** * Corner/quarter turn (all turns are clockwise) * Corner/quarter turn * Middle…1/2 turn, 1/2turn…let go back into places * **1st Couple now repeats dance with 3rd Couple** * When 1st couple are about to repeat with 4th Couple * 2nd couple BEGINS with 3rd Couple | **GALLOWAY HOUSE** – 4X COUPLE DANCE   * 1ST Couple CAST OFF down their own side for 4 skips * Return to places with 4 skips (skip-change step) * Make circle with 2nd couple and 8 sidesteps round and back * 1st couple turn with RIGHT hand and as they come back to places release and go BEHIND the 2nd couple * 1st Man round back of 2nd man * 1st Lady round back of 2nd lady * 2nd couple MOVES UP as 1st couple go behind them * 1st couple meets again with LEFT hands, doing one turn back to their OWN side. * 1st + 2nd Couple now perform **‘RIGHTS & LEFTS’** * Rt hand to opposite person…LT hand to crossing person…and change places. **REPEAT!** * **1st Couple now repeats dance with 3rd Couple** * When 1st couple are about to repeat with 4th Couple * 2nd couple BEGINS with 3rd Couple |
| **VIRGINIA REEL** – 4X COUPLE DANCE   * Men hold hands, Ladies hold hands down the line * Both lines step in to meet each other in the middle & return * (In, 2, 3, 4…back to your place) * REPEAT! * Couples do Right hand turn back to their place * Couples do Left hand turn back to their place * Couples turn with BOTH hands back to their place * (Come close together when turning as space is tight) * Couples do **‘do-si-do’** back to their place * 1st Couple, holding both hands, side-step down the middle * (1/2/3/4/5/6/7/back – 1/2/3/4/5/6/open/cast off behind the line * Men follow 1st man, Ladies follow 1st lady (like a train line) * 1st couple skips: 1/2/middle/make a bridge/arch in middle * Other couples meet/hold hands and go through the bridge * 2nd Couple is now in first position – lines hold hands * REPEAT whole dance with 2nd couple as lead couple | **TAIWAN HIGH SPEED REEL** – 4X COUPLE DANCE   * 1ST Lady leads ‘LADIES’ TRAIN’ down front of men’s line * 1st Man leads ‘MEN’S TRAIN up BEHIND ladies’ line * ‘Trains keep coming back to original positions EACH LADY passing in front of her MAN with both train lines intertwining. * 1st + 2nd and 3rd + 4th couples meet with right hands in the middle * And go round for 4. (1/2/3/ left hand in, Back/2/3/4) * 1st couple set (1/2/3, 1/2/3) + turn with both hands * 1st couple then slips down (side-step) FAST 4 (1/2/3/back) * Then slip up 1/2/3/cast off and dance behind OWN side as in VIRGINIA REEL opposite. * Each side follows with dancing couple making ARCH and other couples going through. (See across for detail) * 2nd Couple now REPEAT immediately from the beginning by leading their TRAINS once again. |

**SCOTTISH DANCE 2017: CRIB SHEET**

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| **DASHING WHITE SERGEANT** 3X COUPLE DANCE/CIRCLE M L M  (2 men + lady in middle facing 2 ladies + man in middle L M L   * All hold hands, make a circle, 8 skips round/back * Get into **END POSITIONS** * (end people looking/turning into middle person) * ( middle person looking/turning to their right) * Middle person **SETS** (1/2/3, 1/2/3) + turns **END** with 2 hands * Facing the **OTHER END**, middle person sets and turns again * And **BEGINS a reel of 3** (Fig of 8 pattern) with 2 ENDS * **(Go in middle of other 2 people + round the end of 8)** * Finish fig of 8 until **BACK IN OWN PLACES** + hold hands in line * Each threesome steps towards each other: * 1/2/3/stamp, stamp…BACK/2/3/clap, clap * Lines of 3 now pass each other **BY RIGHT SHOULDERS** * Each meets their NEW threesome, makes a circle + REPEAT | **EIGHTSOME REEL** – (4X COUPLES/LONG DANCE!) (MUSIC)   * Couples stand in ‘SQUARE CIRCLE’ 1/3 + 2/4 face each other * Hold hands, make a circle – 8 hands round/back * Couples HOLD by waist + ladies’ right hands in middle * 4 skips round…CHANGE…Men place LEFT hand in middle and return taking 4 skip changes. * **FACE your partner** SET 2 times = 123/123/123/123 * Turn partner 1x with 2 hands back to own place (1234 skips) * **FULL GRAND CHAIN BEGINS** -Shaking hands around the circle * **2 SKIPS EACH HAND! (DON’T RUSH IT!)** * RIGHT/skip/skip, LEFT/skip/skip, RT/skip/skip, LT/skip/skip * RIGHT/skip/skip, LEFT/skip/skip, RT/skip/skip, LT/skip/skip * **BACK to places**:   **MIDDLE PART**   * MAKE a CIRCLE! * **1st LADY INTO MIDDLE OF CIRCLE** * 1st lady dances (her own thing) in middle of circle as couples dance 8 hands round and back * 1st lady looks for her man, sets (1/2/3) + turns him and then sets and turns 3rd man (behind her) and then begins Fig of 8 **REEL OF 3 (SAME as in Dashing White Sergeant)** * 1st lady returns to middle + couples dance 8 hands round her * This time she looks for **2nd MAN** (the man next to her man) * She REPEATS the setting + turning with 2nd/4th man and finishes by dances the REEL OF 3 (Fig of 8) with them both. * **She comes back into circle and 2nd LADY COMES IN** * 2nd LADY now repeats same as 1st LADY * **Dance continues: each 1 taking turn in the middle of circle** * 3rd lady, 4th lady, 1st man, 2nd man, 3rd man finally 4th man   **END PART**   * **REPEAT AS FOR THE BEGINNING – SEE ABOVE**   **POSTIE’S JIG** – (4X COUPLES)   * 1st + 4th COUPLES are dancing 2nd + 3rd are **‘POSTS’** * 1st + 4th couple set * 1st + 4th couple CAST off around the couples next to them * (1st couple cast off round backs of 2nd couple who step up) * (4thcouple cast off round backs of 3rd couple who step up) * 1st/4th couple continue to make ½ fig of 8 with lady passing in front of partner, ending with men holding hands and ladies holding hands * **THINK!** “CROSS….CORNERS…HANDS!” * When 2 men crossing + 2 ladies crossing =MEN HIGH HANDS * Couples crossing = Couple moving up to band = HIGH HANDS * **REPEAT** CROSSING **4 TIMES** * (man/partner/man/partner OR lady/partner/lady/partner) * **ON 5th TIME** make ready for **½ RIGHTS + LEFTS** * **Finish by couples turning 1x back to OWN side (2 hands)** * Couples 2+ 3 are now in 1st/4th position and start the dance * **Everyone repeats AGAIN = doing whole dance TWICE!**   **FLOWERS OF EDINBURGH** – (4x COUPLES) (Lady goes…man follows!)   * 1st lady casts off behind line, passes between 3rd/4th lady, across **BEHIND** the men’s side, into partner’s place * **At same time 1st man follows lady** between 3rd/4th lady BUT comes up IN **FRONT** of ladies’ side into partner’s place * **This takes 6 skips to be in place – then SET (123/123)** * **REPEAT: But this time 1st man goes…1st lady follows!** * Back in original places and after setting, **LEAD** down middle * 1st man leads 1st lady down: right hand 4 skips down/4 back * 2nd couple go to middle, hold both hands as 1st couple pass * 1st/2nd couple now **POUSETTE** * Corner, ¼ turn (ALL turns are clockwise) * Corner, ¼ turn…middle ½ turn, ½ turn, release back to places * (NOTE: 1st couple go back /2nd couple go forward to corner) * 1st couple repeats whole dance with 3rd couple (2x in total) * Each couple dances this dance 2 times, then casts off to end |
| **ROUND REEL OF EIGHT** – (4X COUPLES) Square circle as in Eightsome Reel   * Ladies cast off to the RIGHT * 8 skip changes around the circle of men back to their place * Men cast off to their LEFT * 8 skip changes around the circle of ladies back to their place * **FACE YOUR PARTNER – immediately start grand chain** * **½ GRAND CHAIN**  Shaking hands around the circle * **6 SKIPS** – ROUND to meet partner half-way **SET (123/123)** * **CONTINUE GRAND CHAIN - & SET AGAIN TO PARTNER** * LOOK AT OPPOSITE COUPLES (1st + 3rd are going to dance) * **1st/3rd couple CHANGE PLACES** (1st between 3rd 3 skips ) * CHANGE BACK: This time 3rd between 1st couple - 3 skips * 1st/3rd couples ALLEMANDE HOLD (as Gay Gordon’s) 2 skips * **PROMENADE** (8 Skips round middle of ‘square’ passing pleasantries with couples 2/4 until back to places * **2nd + 4th Couples now REPEAT same dance as 1st/3rd couple** * FINISH promenade and OPPOSITE couples face each * **READY to do ½ RIGHTS + LEFTS** * 1st/3rd couples do ½ rights and left, THEN 2nd/4th couple do * **BOTH REPEAT ½ RIGHTS AND LEFTS again** * FINISH with circle and 8 HANDS ROUND and BACK |
| **STRIP THE WILLOW** – (4X COUPLES)   * 1st couple turns 2 ½ times (RIGHT HANDS) * (lady back to her side 1x, 2x and then off to 2nd man) * 1st lady turns 2nd man LEFT hand + back to partner with right * **(always RIGHT hand to partner, LEFT to outside)** * 1st lady REPEATS with 3rd and 4th man until bottom of set * 1st couple turns 2 ½ times (RIGHT HANDS) like the start * 1st man turns 4th lady LEFT HAND + back to partner with right * 1st man REPEATS with 2nd and 1st lady * BACK to partner at top of set and turn 2 ½ times AGAIN * Now **BOTH 1st Man + 1st Lady**  turns 2nd lady and 2nd man * Then BACK to **EACH OTHER** with RIGHT hand * 1st man + 1st lady repeat with 3rd and 4th couple * **AS 1st COUPLE FINISH AT THE BOTTOM OF SET** * **2nd Couple start their dance from the TOP OF THE SET** * REPEAT for 3rd and 4th couples * **KEEP GOING UNTIL THE MUSIC STOPS!**   Written by Steven Milner (Taipei European School Dance Classes) |