



The Royal Scottish Country Dance Society

Stockholm Branch

Dansprogram 14 mars 2022

Välkomna tillbaka. Nu vet alla vad som ingår i Warm up.

Warm up:

Repetition av grundläggande begrepp och steg

KENDALL'S HORNPIPE (J8x32) 2C (4C set)

Bk of Graded SCDs

- 1- 8 1s+2s dance R&L
- 9-16 1s lead down for 3, up for 3, cross over & cast down to 2nd place
- 17-24 2s+1s dance Ladies Chain
- 25-32 2s+1s Adv+Ret, 1s turn RH 1.1/2 times

FLOWERS OF EDINBURGH (R8x32) 3C (4C set)

RSCDS Bk 1

- 1- 8 1L followed by partner casts below 3s, 1L crosses & dances up behind Men as 1M dances up centre to 1st places on opposite side & 1s set
- 9-16 1M followed by partner repeat above Fig & set in own places
- 17-24 1s lead down the middle & back
- 25-32 1s+2s dance Poussette. 2 1 3

LADY GLASGOW (S8x32) 3C (4C set)

MMM 1

- 1- 8 1s+2s+3s set cross RH, set & 1/2 turn RH into Promenade hold
- 9-16 1s+2s+3s Promenade
- 17-24 1s set & cast to 2nd place, 1s dance DoSiDo
- 25-32 2s+1s+3s circle 6H round & back

PAUS

HOOPER'S JIG (J8x32) 3C (4C set)

MMM 2

- 1- 8 All clap & 1s cross passing RSh, cast to 2nd place & dance RH across with 3s
- 9-16 All clap & 1s cross passing RSh, cast to 1st place & dance LH across with 2s
- 17-24 1M+3L change places RH & 1L+3M change places RH (as 1M+3L loop round), 1M+3L change places RH (as 1L+3M loop round) & 1L+3M cross LH 1L ending in 2nd place (as 1M casts to 2nd pl), 2s step up on bars 23 - 24
- 25-32 2s+1s dance R&L. 2 1 3

MAXWELL'S RANT (R8x32) 3C (4C set)

David Rutherford RSCDS Bk 18

- 1- 8 1s cross down to dance reflection reels of 3 on opposite sides
- 9-16 1s cross down to dance reflection reels of 3 on own sides
- 17-24 1s cross RH, cast to 2nd place & dance 1/2 Fig of 8 round 2s
- 25-32 1s dance down between the 3s, cast up to 2nd place & 2s+1s+3s turn partners RH



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SANDS OF MORAR (S8x32) 3C (4C set)

Barry Priddey RSCDS Bk 45

- 1- 8 1s dance Fig of 8 round 2s giving hands when possible
9-16 1s dance reflection reels of 3 on own sides (1s dance down between 2s to begin)
17-24 1s turn 2H & dance down middle to 3rd pl as 2s+3s continue reel & dance down behind 1s, all set & 1s followed by 2s+3s cast up to original pls
25-32 1s+2s dance the Tourbillon : -
`1s & 2s turn partners 2H 1/2 way, 1M & 2L lead partners on 1 place clockwise to end 1s on Ladies side & 2s on Men's side, 1s set to 2s
`1s & 2s 1/2 turn partners 2H, 1L & 2M lead partners on 1 place to end 2s in 1st pl & 1s in 2nd pl & 2s+1s cross RH to own sides. 2 1 3

DANCING SPIRIT (J8x32) 3C (4C set)

Amy Luxton RSCDS Bk 50

- 1- 8 1s turn RH (4 bars) moving down to face 3rd corners (2s step up 1-2); 1s+3rd corners (2M+1s+3L) dance 1/2 reel of 4. 1s pass LSh to face 4th corners
9-12 1s+4th corners (2L+1s+3M) dance 1/2 reel of 4.
13-16 1s dance RSh round 4th corner (pstn) & join RH, 1s joining LH with 3rd corner pstn (1L+2M, 1M+3L) in Bal-in-Line position
17-24 1s+2s+3s dance 'The Spoke'. Bars 23-24 1s retain RH, turn to 2nd place opposite sides (skip change) **while** 3s+2s set. (3) (1) (2)
25-32 3s+1s+2s dance clockwise 1/2 round then turn partners RH once round