

The Scottish Traditions of Dance Trust

welcome you to the

Angus Dances Education Pack

inside you will find

- Introduction
- Tunes for dances on the *Angus Dances* CD

- **Dance Instruction Sheets:**

○ 1. Circassian Circle	<i>Reel</i>	6 x 32 Bars
○ 2. Haymakers Jig	<i>Jig</i>	4 x 48 Bars
○ 3. Jacky Tar or Jack-a-Tar	<i>Hornpipe</i>	8 x 32 Bars
○ 4. Rory O'More	<i>Jig</i>	8 x 32 Bars
○ 5. Highland Schottische	<i>Schottische</i>	
○ 5. Schottische Country Dance	<i>Schottische</i>	
○ 6. Broun's Reel	<i>Reel</i>	8 x 32 Bars
○ 7. La Russe	<i>Reel</i>	4 x 64 Bars
○ 8-12. The Lancers		5 figures
○ 13. La Va	<i>Waltz</i>	

- Lesson Plan 1 pink
- Lesson Plan 2 orange
- Lesson Plan 3 yellow
- Lesson Plan 4 green
- Lesson Plan 5 blue
- Lesson Plan 6 purple

Angus Dances Education Pack

Introduction

The County of Angus is one of the richest in Scotland in the history and practice of traditional dance and music, and the people of Angus have continued to keep their dance and music alive and vigorous.

The dancing masters or “dancies” who set such high standards of dancing in every village and town in the county in the past would approve of the fact that today’s school children are learning the dances of their own district, with the accepted local variations, to local music. From the glens to the coast, the energetic spirit of the people can be seen and heard as they participate in their cultural heritage.

The dances described in this pack are all part of the local Angus dance heritage and should be seen as an addition to the dancing which is already provided in the schools. The dances were selected both with regards to interesting versions in local tradition and according to age and abilities as given in the 5-14 curriculum. With the instructions, suggested lesson plans and the locally recorded music, it is hoped that you will all have an enjoyable time exploring the local dance tradition!

The Dances

- **Circassian Circle** - a popular dance of many forms; this one is also known as *Circassian Circle Stage Two* or *The Big Circle*. Circassia is part of the Caucasus region and how the name found its way to Scotland is not known.
- **Haymakers Jig** - another old favourite of the area. It is known as *Sir Roger de Coverley* in England, and it has come back to us from America in the form of the Virginia Reel.
- **Jacky Tar** (Jack-a-Tar or Jack-o-Tar) - a hornpipe which was taught by some of the Angus “dancies”, and was once quite common all over Angus. Jacky Tar is the nickname sometimes given to the sailors of yesteryear, due to their hands being blackened by the use of tar on the old sailing ships.
- **Rory O'More** - a popular jig as danced in Glenesk.
- **Highland Schottische** - a couple dance which is popular all over Scotland with many regional versions. Its use in a Country Dance, however, seems quite unique to Angus. *The Schottische Country Dance* comes from Tarfside in Glenesk.
- **Broun's Reel** (Broon's or Brown's Reel) - this dance has a very particular Angus version which differentiates it from the same dance known as *Duke of Perth* and *Pease Strae* in other parts of the country.
- **La Russe or Forfar Reel** - a dance in a square formation which is very particular to the Angus area.
- **The Lancers** - together with the Quadrilles, the Lancers were at one time one of the highlights at any dance. Both are seen less often these days, but many Angus versions of the Lancers are still danced and this one again comes from Glenesk.
- **La Va** – a couple dance in waltz time. Originally from Poland, *La Va* is short for *La Varsoviana* and named after Warsaw. The dance is also popular in the Scandinavian countries, and was most likely introduced by the Angus “dancies”.

Tunes for dances on the “Angus Dances” CD

1. Circassian Circle

Orig. / Mount Stewart House / Lord Randall’s Bride / Drumleys.
(All Trad.)

2. Haymakers Jig

Orig. / Tight Little Island / Hundred Pipers / Tarry a While.
(All Trad.)

3. Jacky Tar

Orig. (Trad.) / Donald Clerk of Meigle (Ian Cruickshanks) / Kirks Hornpipe (Trad.) /
Victoria Hornpipe (Trad.)

4. Rory O’More

Orig. / Biddy of Sligo / Blackthorn Stick / Jackson’s Jig.
(All Trad.)

5. Highland Schottische / Schottische Country Dance

Orange and Blue / Keel Row / Kafoozalum / What’s A’ Tae Steer.
(All Trad.)

6. Broun’s Reel

Original Duke of Perth (Trad.) / Bill Sutherland (Adam Rennie) / Caddam Wood
(Cameron/Rennie).

7. La Russe or Forfar Reel

Orig. (Trad.) / Miss Campbell of Saddell (Trad.) / Polly Stewart (Trad.) / The Bonnie
Dancers (Adam Rennie).

8-12. The Lancers

The Student’s Lancers Set (popular student’s songs arranged by J. Barrie Panton).

13. La Va

Tender and True (Linter).

All titles arranged by Ian Cruickshanks.

Musicians:

Ian Cruickshanks, Kirriemuir, on 3-row diatonic accordion.

Jim Sturrock, Forfar, on violin.

1	CIRCASSIAN CIRCLE (CIRCULAR VERSION)
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FORMATION: ONE LARGE CIRCLE FACING CENTRE WITH HANDS JOINED, BOY WITH PARTNER ON LEFT. (DIAGRAM 1)

BARS

- 1-4** All advance & retire: Walk forward to centre (4 steps), walk backwards (4 steps).
- 5-8** Repeat above.
- 9-12** Girls walk forward (4 steps), clap on 4th step, walk backwards (4 steps).
- 13-16** Boys walk forward (4 steps), clap & turn on 4th step, walk forward to partner (4 steps).
- 17-24** Swing partners.
- 25-32** Promenade round hall (DIAGRAM 2). Couples face anti-clockwise round hall, boy on the inside with partner on his right in cross-hand hold. Walk or skip (16 steps), finishing in one large circle facing centre ready to start again. Boy now has a new partner on his left.

Repeat the dance for the duration of the music.

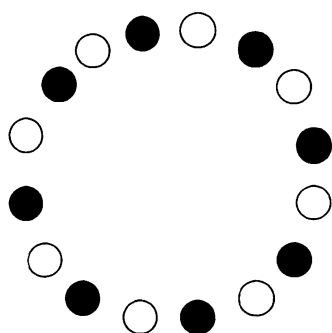


DIAGRAM 1

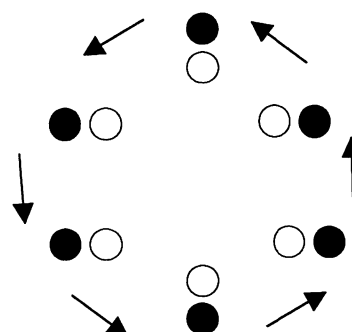


DIAGRAM 2

FORMATION: LONGWAYS SET OF 4 COUPLES, BOYS WITH L SHOULDER TO TOP OF SET. (DIAGRAM 1)

BARS

1-4 1st girl & 4th boy skip forward to turn with R hands & return to places.

5-8 1st boy & 4th girl repeat.

9-12 1st girl & 4th boy turn with L hands & return to places.

13-16 1st boy & 4th girl repeat.

17-20 1st girl & 4th boy turn with both hands & return to places.

21-24 1st boy & 4th girl repeat.

25-28 1st girl & 4th boy dance back to back & return to places.

29-32 1st boy & 4th girl repeat.

33-36 1st girl & 4th boy advance to bow & curtsey & return to places.

37-40 1st boy & 4th girl repeat.

41-48 1st couple cast off (girls follow 1st girl, boys follow 1st boy) (DIAGRAM 2) & meet at bottom of set to make an arch. Couples 2, 3 & 4 pass through the arch (DIAGRAM 3) & form a new set (2nd couple are now the new 1st couple).

Repeat the dance for the duration of the music.

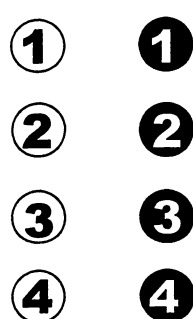


DIAGRAM 1

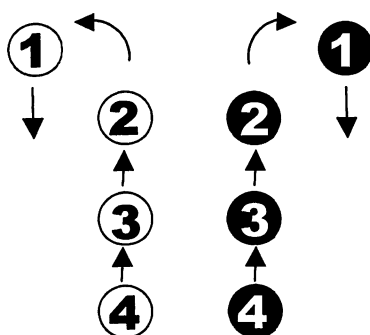


DIAGRAM 2

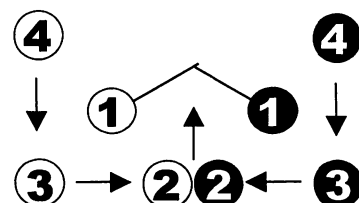


DIAGRAM 3

FORMATION: SETS OF 2 COUPLES FACING EACH OTHER ROUND THE HALL, BOY WITH PARTNER ON RIGHT. (DIAGRAM 1)

BARS

1-8 RIGHTS AND LEFTS. (Each dancer starts at the corner of a square.) (DIAGRAM 2)

Giving RH, change places with person opposite. Continue along each side of the square, giving alternate hands to partner & person opposite until all dancers are back in place. Take 2 skip change of step (or 4 skips) to each side of the square.

9-16 SET AND TURN PARTNER. (Facing partner, join inside hand with person opposite.)

(9-12) Set twice to partner (4 setting steps).

(13-16) Turn partner with 2 hands (4 setting steps or 8 skips).

Introduce swinging with a pivot step later.

17-24 4 HANDS ACROSS. (All join RH to form star facing L.) (DIAGRAM 3)

Dance around to L (4 skip change of step or 8 skips).

Change to LH star facing R & dance back to R.

25-32 SET AND TURN PERSON OPPOSITE. (Facing opposite couple, join inside hand with partner.)

(25-28) Set twice to person opposite (4 setting steps).

(29-32) Turn person opposite with 2 hands (3 setting steps or 6 skips) & move on with partner to meet new couple (2 walking steps).

Introduce swinging with a pivot step later.

Repeat the dance for the duration of the music.

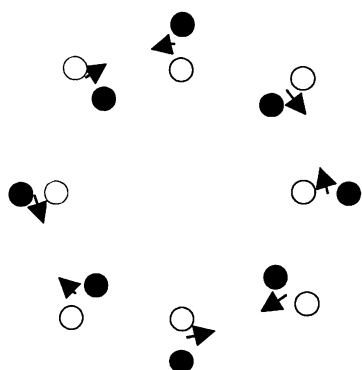


DIAGRAM 1

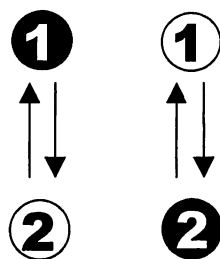


DIAGRAM 2

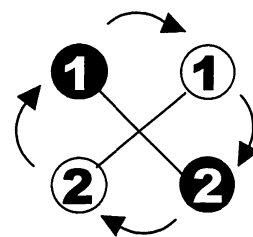


DIAGRAM 3

FORMATION: LONGWAYS SET OF 4 COUPLES, BOYS WITH L SHOULDER TO TOP OF SET. (DIAGRAM 1)

BARS

- 1-4** **1ST & 2ND COUPLES SET TWICE.** (Girls join right hand in right, or inside hands. Boys likewise.)
Facing partner, set twice (4 setting steps).
- 5-8** **1ST & 2ND COUPLES CHANGE PLACES.**
Boys make arch, girls dance under it. As they reach the opposite side, 1st boy & 2nd girl pass under the arch made by the joined hands, so that each person will have crossed over and changed places with each other. Finish with hands still joined, facing across the dance. 1st couple now in second place.
(Dance 4 skip change of step or 8 skips.)
- 9-16** **REPEAT BARS 1-8 BACK TO PLACES.**
- 17-24** **DOWN THE MIDDLE AND UP** (1st couple take R hands, boy leads girl.)
1st couple dance down middle of set (4 skip change of step or 8 skips), turn towards each other on last step, & dance back to top of set.
As 1st couple return, 2nd couple move in behind them.
- 25-32** 1st & 2nd couples start in middle of set in waltz hold. They change places by dancing anti-clockwise (8 polka steps), to finish with 1st couple in second place and 2nd couple in first place. Couples may choose to circle each other 1½ times as they change places.

Dance is repeated by 1st couple in second place. On third repetition, 1st couple continues to dance in third place while a new couple starts in first place. Continue until all 4 couples have danced. (4th couple will only dance twice through.)

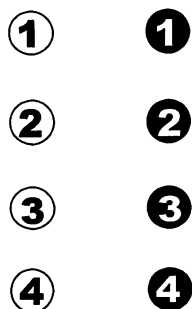


DIAGRAM 1

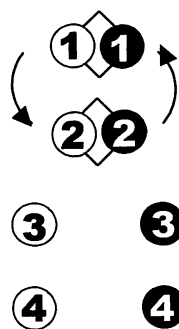


DIAGRAM 2

FORMATION: COUPLES FACING EACH OTHER ROUND THE HALL, BOY WITH BACK TO CENTRE. (WALTZ HOLD) (DIAGRAM)

BARS

1-2 SCHOTTISCHE STEP (Boy starts hopping on RF, girl on LF – mirror movements.)

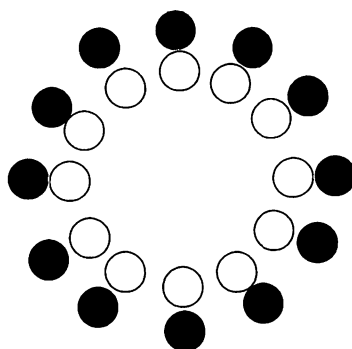
- (a) Boy hops on RF 4 times, pointing LF
 (1) on floor to L (2) behind R calf
 (3) on floor to L (4) in front of R shin
 or alternatively (3) in front of R shin (4) diagonally forward low in air.
 (b) Boy travels sideways to L – step close step hop on LF.
 Girl mirrors boy's movements by hopping on LF & travelling to R.

3-4 REPEAT TO OTHER SIDE (Boy hops on LF, girl on RF.)

5-6 STEP CLOSE STEP HOP (Boy starts LF, girl RF.)
 Boy travels sideways to L – step close step hop - & back to R (girl to R, then L).

7-8 STEP HOP WITH TURN (Boy starts LF, girl RF.)
 Dance 4 step hops turning with partner. Take small steps & hold partner firmly.

Repeat the dance for the duration of the music.



FORMATION: LONGWAYS SET OF 4 COUPLES, BOYS WITH L SHOULDER TO TOP OF SET (DIAGRAM 1).
DURING THE INTRODUCTORY MUSIC, & ON EACH REPETITION OF THE DANCE, 1ST BOY & 1ST GIRL CHANGE PLACES.

BARS

- 1-4 1ST & 2ND COUPLES 4 HANDS ROUND** (Join hands to form a circle, facing L.)
Dance round to L (4 step hops) & back to R (4 step hops).
- 5-8 1ST & 2ND COUPLES 4 HANDS ACROSS** (Join RH to form a star facing L.) (DIAGRAM 2).
Dance round to L (4 step hops), change to LH star facing R, & dance back to R (4 step hops).
Finish facing partner in waltz hold.
- 9-12 2 SCHOTTISCHE STEPS** (Refer to 5 – HIGHLAND SCHOTTISCHE.)
In waltz hold, couples dance 2 Schottische steps to L (boy L, girl R) & R (boy R, girl L). 1st couple dance down the set and then up, 2nd couple dance up the set and then down.
- 13-16 1ST & 2ND COUPLES CHANGE PLACES** (1st & 2nd couples start in middle of set in waltz hold.) (DIAGRAM 3)
Couples change places by dancing anti-clockwise (8 step hops turning with partner) to finish with 1st couple in second place & 2nd couple in first place.
- Dance is repeated by 1st couple in second place. On third repetition, 1st couple continues to dance in third place while a new couple starts in first place. Continue until all 4 couples have danced. (4th couple will only dance twice through.)

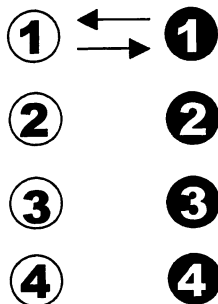


DIAGRAM 1

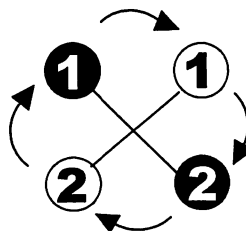


DIAGRAM 2

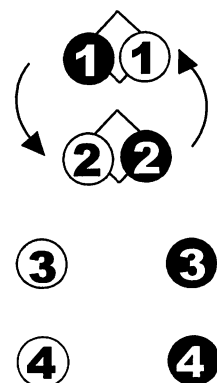


DIAGRAM 3

FORMATION: LONGWAYS SET OF 4 COUPLES, BOYS WITH L SHOULDER TO TOP OF SET. (DIAGRAM 1)

BARS

- 1-4** **1ST COUPLE TURN AND CAST.** (Use RH or R arm to turn quickly.)
1st couple turn and cast into 2nd place (4 skip change of step). 2nd couple move up into 1st place.
- 5-8** **1ST COUPLE TURN TO FACE CORNERS.** (Use LH or L arm & finish back to back.)
1st couple turn 1½ times to face 1st corners (4 skip change of step). (DIAGRAM 2)
- 9-16** **TURN CORNER & PARTNER.** (RH or R arm to corner, LH or L arm to partner.)
1st couple turn 1st corner & partner, 2nd corner & partner (2 skip change of step to each turn).
- 17-24** **SET & TURN CORNERS.** (Use 2 hands to turn corners.)
1st couple set & turn 1st corner (4 setting steps), then set & turn 2nd corner (4 setting steps). Finish between corners, facing 1st corner.
- 25-32** **REELS OF THREE** (On sides of set, 1st girl facing 2nd boy, 1st boy facing 3rd girl.) (DIAGRAM 3)
1st couple begin the reel with L shoulder to 1st corner, & all dance a figure of eight (6 skip change of step) back to places.
1st couple give RH to cross over & finish in second place on own side (2 skip change of step).

Dance is repeated by 1st couple in second place. On third repetition, 1st couple slip to the bottom of the set, & a new top couple starts in first place. Continue until all 4 couples have danced twice.

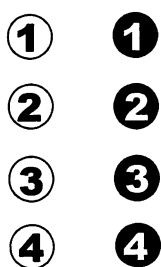


DIAGRAM 1

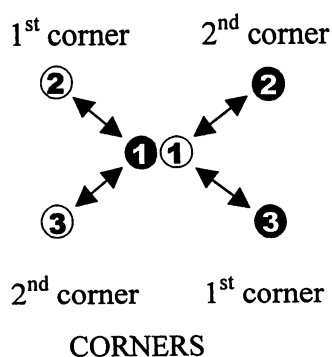
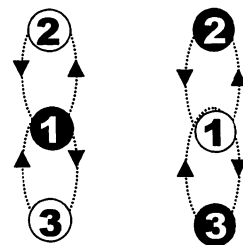


DIAGRAM 2



REELS OF THREE

DIAGRAM 3

FORMATION: 4 COUPLES IN SQUARE FORMATION, BOY WITH PARTNER ON RIGHT. (DIAGRAM 1)

BARS

- 1-4** All dance to face opposite corners, boy passing partner with RH across in front of him (2 setting steps). All set to corners (2 setting steps).
- 5-8** All swing corners to finish facing own partner (4 bars).
- 9-16** All set twice to partners (4 setting steps), & swing partners to finish in original places (4 bars).
- 17-24** 1st couple promenade anti-clockwise round inside of square, greeting each couple in turn. (DIAGRAM 2)
- 25-32** 1st couple in waltz hold, dance round inside of square (8 soft setting steps).
- 33-40** 1st & 3rd couples cross over to change places, 1st couple passing between 3rd couple (4 skip change of step). They dance back to places, 3rd couple passing between 1st couple (4 skip change of step). (DIAGRAM 3)
- 41-48** 1st & 3rd couples repeat cross over & back (8 skip change of step).
- 49-56** All join hands & circle to L (16 slip steps sideways).
- 57-64** Boys step in, turn backs to centre of circle & take partners in waltz hold. All couples slip step round anti-clockwise back to places (16 slip steps).

Repeat the dance with 2nd, 3rd & 4th couples taking turns to lead.

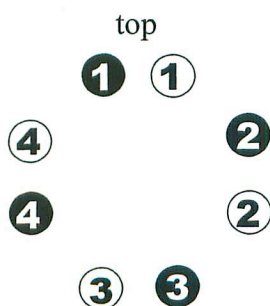


DIAGRAM 1

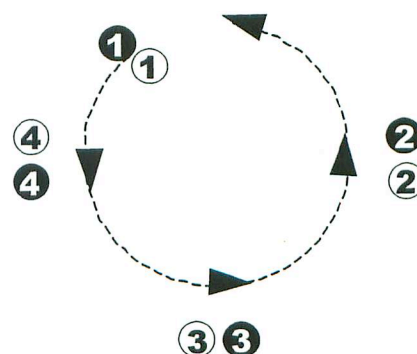


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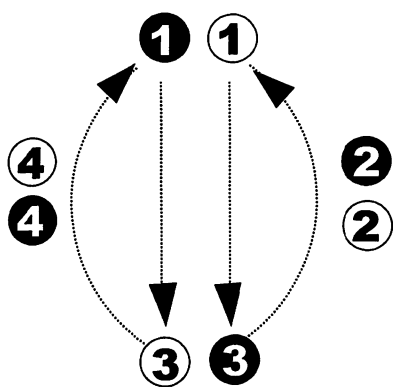


DIAGRAM 3

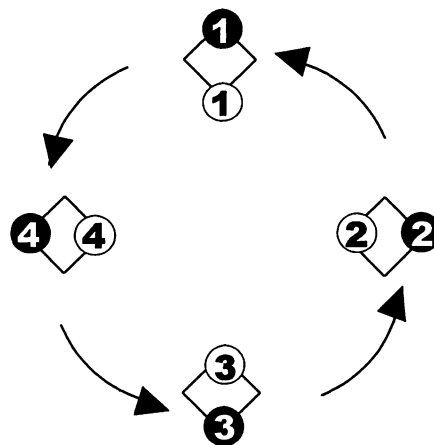
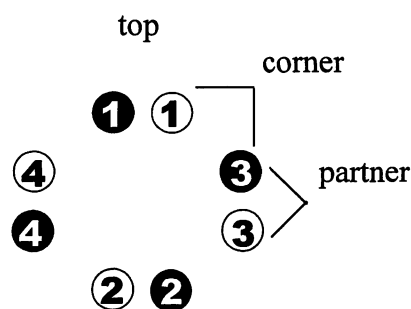


DIAGRAM 4

THE DANCE CONSISTS OF 5 FIGURES. IT IS SUGGESTED THAT INITIALLY DANCERS SHOULD LEARN 3 FIGURES (1ST, 2ND & 5TH), WHICH WILL ALLOW THEM TO EXPERIENCE THE STYLE OF THIS DANCE. THE 3RD & 4TH FIGURES REQUIRE GREATER CO-ORDINATION AND CONTROL, AND CAN BE INTRODUCED AS THESE SKILLS DEVELOP.

FORMATION: 4 COUPLES IN SQUARE FORMATION (DIAGRAM 1)



SQUARE FORMATION

DIAGRAM 1

Figures 1-4 start with an introductory 8 bars of music in which the dancers honour partners and corners, i.e. bow & curtsey to partner (4 bars) & then to corner (4 bars). The 5th figure starts with an introductory chord (honour partner).

FIRST FIGURE

BARS

Intro 8 BOW & CURTSEY. Honour partner (4 bars), honour corner (4 bars).

1-8 1st girl & 2nd boy advance & swing (R arm or cross-hand hold).

9-16 1st & 2nd girls change places passing R shoulder (4 walks), then 1st & 2nd boys (4 walks).
1st & 2nd girls walk back again passing R shoulder, then 1st & 2nd boys.

17-24 All dancers swing corners.

Repeat the above 24-bar sequence three more times with 2nd, 3rd & 4th girls (& opposite boys) taking turns to lead.

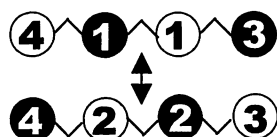
SECOND FIGURE

BARS

Intro 8 BOW AND CURTSEY. Honour partner (4 bars), honour corner (4 bars).

1-8 1st & 2nd couples, RH joined, advance & retire (4 steps each), boy turning partner under R arm to change places on return (4 bars).
1st & 2nd couples, RH joined, honour partner & swing (4 bars).

9-16 1st & 2nd couples continue to swing partners, finishing in original places (inside hands joined).
During bars 7 & 8, 3rd & 4th couples separate to form two lines of 4 with 1st & 2nd couples (3rd girl & 4th boy join 1st couple, 4th girl & 3rd boy join 2nd couple).
(DIAGRAM 2)



LINES OF 4

DIAGRAM 2

17-24 Both lines of 4 advance & retire (4 bars).
Swing partners back to original places in square formation (4 bars).

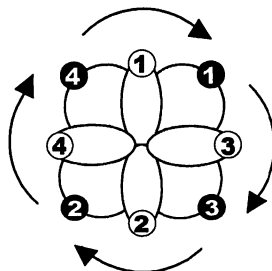
Repeat the above 24-bar sequence with 1st & 2nd couples, then twice more with 3rd & 4th couples.

THIRD FIGURE

BARS

Intro 8 BOW & CURTSEY. Honour partner (4 bars), honour corner (4 bars).

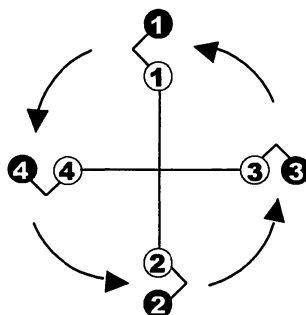
1-8 4 girls advance & retire (4 bars).
4 boys advance & link with opposite boy (cross-hand grasp), girls advance to link arms with boys (4 bars). Music slows to allow time to prepare for BASKET TURN. (DIAGRAM 3)



BASKET TURN

DIAGRAM 3

- 9-16 BASKET TURN.** All circle to L (pivot step). Finish in own places in square formation.
- 17-20** 4 boys advance (holding partner with R arm round waist) & place LH on opposite boy's arm to form a wheel, facing anti-clockwise. (DIAGRAM 4)



WHEEL (ANTI-CLOCKWISE)

DIAGRAM 4

- 21-28** Wheel round anti-clockwise. Finish in own places in square formation.
- 29-32** All swing partners.
- 33-52** Repeat bars 1-20, but in bars 17-20 girls face opposite direction (clockwise), with boy's R arm round front of girl's waist.
- 53-60** Wheel round clockwise with boys travelling backwards, girls forwards. Finish in own places in square formation.
- 61-64** All swing partners.

FOURTH FIGURE

BARS

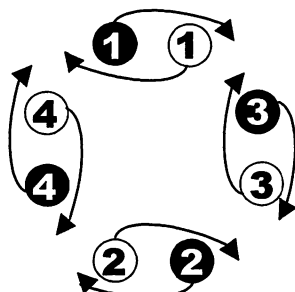
- Intro 8 BOW & CURTSEY.** Honour partner (4 bars), honour corner (4 bars).
- 1-8** 1st & 2nd couples (in waltz hold) dance towards couple on R, then across towards couple on L (8 soft setting steps).
- 9-16** 1st & 3rd couples (also 2nd & 4th couples) join RH to dance 4 hands across, & back with LH.
- 17-24** **LITTLE BASKETS.** Same couples form circles of 4 dancers, boys in cross-hand grasp, girls linking arms with boys. Circle to L (pivot step).
- Repeat these 24 bars with 1st & 2nd couples dancing with the other side couple.
- 3rd & 4th couples now repeat these 48 bars.

FIFTH FIGURE

BARS

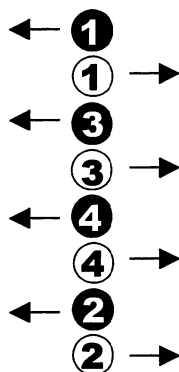
INTRODUCTORY CHORD

- 1-8 GRAND CHAIN (FIRST HALF) AND SWING PARTNER (DIAGRAM 5)**
Give RH to partner & pass, LH to next person & so on until partners meet halfway round (4 bars). Swing partner (4 bars).



GRAND CHAIN
DIAGRAM 5

- 9-16 SWING PARTNER AND GRAND CHAIN (SECOND HALF).**
Continue to swing partner (4 bars). Complete second half of Grand Chain (start by giving RH to partner), finishing in original places (4 bars).
- 17-24 SWING PARTNER. (8 bars)**
All finish in one line facing the top of the set, with boy behind partner, & couples in the following order:- 1st couple, 3rd, 4th, 2nd (DIAGRAM 6).



TRAVEL & SET
DIAGRAM 6

- 25-32** Travel to side (boys R, girls L) with 4 steps, & set twice in 2 lines (4 bars).
Travel to opposite side (boys pass behind partners) & set twice as before (4 bars).
- 33-40** 1st couple, followed by 3rd, 4th & 2nd couples, cast off to bottom of set and lead up the inside with nearer hands joined (8 bars).
- 41-48** All swing partners, finishing in original places in square formation (8 bars).

Repeat the above 48-bar sequence three more times, with 2nd, 3rd & 4th couples taking turns to lead.

Finish by repeating the first 24-bar sequence of Grand Chain (first half), swing partner, Grand Chain (second half), swing partner, extending the final swing by 8 bars.

FORMATION: COUPLES FACING EACH OTHER ROUND THE HALL, BOY WITH BACK TO CENTRE. (WALTZ HOLD) (DIAGRAM)

Description is for boy - girl mirror movements.

BARS

Making a half turn to the right to end facing the middle.

1 Hop on RF (1), step onto LF (2), step onto RF (3).

2 Step onto LF (1) and point RF to the side (2,3).

3-4 Repeat on the other side. Hop on LF (hop, 2, 3, 1 point) making a half turn to the right facing out.

5-16 Continue in the same manner, making another 6 half turns. (8 half turns in all.) Finish as you began with boy's back to centre.

17 Travelling anti-clockwise round the room. Hop on RF, making a circular action up-in-down with LF (1); step onto LF a little forward along the direction of travel (2); close RF to LF (3).

18 Repeat Bar 17.

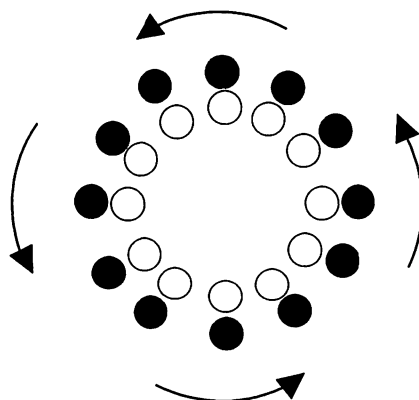
19-20 Repeat Bars 1-2.

21-24 Repeat Bars 17-20, but start by hopping on LF still moving anti-clockwise (boy facing in and girl out).

25-32 Repeat Bars 17-24.

Four half turns complete the sequence.

Small steps should be taken throughout. Start again.



DIAGRAM

LESSON PLAN:1

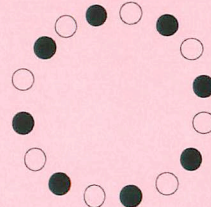
SCOTTISH TRADITIONAL DANCE

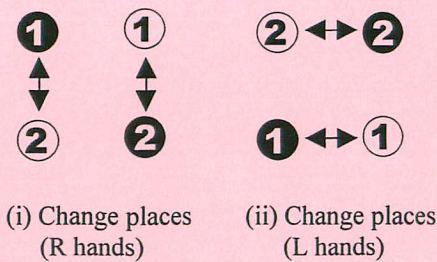
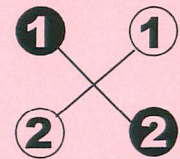
ANGUS AREA

Links to 5-14 Curriculum

STRAND: Using the body

INTENDED LEARNING: Link actions together with increased fluency (Level C)
Show awareness of direction, level & pathway (Level D)

TIME	CONTENT	TEACHING POINTS	ORGANISATION
5 mins	WARM UP 1. Practise various steps – step hop/step kick/123 hop/123 kick. 2. Can you cross your foot in front as you step hop? (front steps) 3. Now try it backwards (back steps). 4. Limping side step to R & L (8 to R, 8 to L). 5. Step forwards (4 steps), step backwards (4 steps).	1. Weight on balls of feet, keep in time with music. 2. Step L foot over R & hop on it – swing R foot over L & hop on it. 3. This is much harder so just enjoy trying. Can you stay on the spot? 4. Limp on leading foot in direction of travel. Practise change of direction. 5. Be ready for the change of direction – all move in unison.	○ = boys ● = girls One large circle, boy & girl alternating. (*Ask boys to form a circle, then space out – girls move in to fill spaces.) 
5 mins	WARM UP DANCE – CIRCASSIAN CIRCLE 1. All advance & retire twice. (4 steps forward, 4 back. Repeat.) 2. Girls advance (clap on 4) & retire. 3. Boys advance, clap & turn, move back to girl on left. 4. Turn/swing partner on spot. 5. Promenade anti-clockwise round hall. Finish in one large circle again with girl on boy's right.	1. Move in unison & in time with music. Keep circle shape. 2. Can girls clap in unison on 4 th beat? 3. Again, clap and turn should be in unison. 4. Use cross grasp to swing – emphasise control, feet close, lean away. 5. Partners side by side, boy on inside of circle, cross-hand grasp.	One large circle, boy & girl alternating. Hands joined.

10 mins	<p>FORMATIONS/PRACTICES</p> <p><u>(a) Rights and Lefts</u></p> <ol style="list-style-type: none"> 1. Imagine each dancer at the corner of a square. 2. Change places with person opposite, giving right hands. Diagram (i). 3. Change places with partner, giving left hands. Diagram (ii). 4. Repeat (2) along third side of square. 5. Repeat (3) along fourth side of square – back to places. 	<ol style="list-style-type: none"> 1. Partners stand side by side, facing the other couple. 2. Smile as you pass! Then $\frac{1}{4}$ turn to face along second side of square. 3. Again smile & $\frac{1}{4}$ turn to face along third side of square. 4/5. Continue along third & fourth sides, to return to places. With music, count 2 travelling steps to each side of the square. 	<p>Sets of 2 couples facing each other (girl on boy's right).</p>  <p>(i) Change places (R hands) (ii) Change places (L hands)</p>
10 mins	<p><u>(b) 4 Hands Across</u></p> <ol style="list-style-type: none"> 1. All 4 join R hands across to form star & dance round to left (8 counts) 2. On the 8th count, change to L hands & face opposite direction. 3. With L hands joined in a star, dance back to places (8 counts). 	<ol style="list-style-type: none"> 1. Girls join hands across, boys join hands across, then link together. 2. Change hands & direction & be ready to dance round to R. 3. Show star shape, with hands linked slightly above shoulder level. 	<p>Sets of 2 couples facing each other (girl on boy's right).</p> 
10 mins	<p>DANCE: JACKY TAR</p> <ol style="list-style-type: none"> 1. Rights and lefts. 2. Set twice and turn partner. 3. 4 hands across. 4. Set twice & turn opposite partner, moving on to meet new couple. 	<ol style="list-style-type: none"> 1. Remember to keep square formation. 2. Use 2 hands to turn. Swinging can be introduced later. 3. Show star shape clearly. 4. Finish in a new square formation, ready to start rights and lefts. 	<p>Sets of 2 couples facing each other round the hall. (This is a progressive dance with couples moving on to meet a new couple. Initially, however, teach the dance with couples staying together.)</p>

LESSON PLAN:2

SCOTTISH TRADITIONAL DANCE

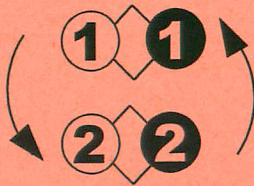

ANGUS AREA

Links to 5-14 Curriculum

STRAND: Co-operating, sharing, communicating & competing.

INTENDED LEARNING: Co-operate in small groups where a degree of individual responsibility is required. (Level C)
In co-operative situations, share responsibility for tasks (in both leading & supporting roles). (Level D)

TIME	CONTENT	TEACHING POINTS	ORGANISATION
5 mins	WARM UP 1. Step hop/step kick/123 hop/123 kick – link together. 2. Front steps & back steps. (See Lesson Plan 1) 3. Limping side steps (8 to R, 8 to L), (4 & 4), (2 & 2). 4. Gallop step forwards (8 RF leading, 8 LF), (4 & 4), (2 & 2). 5. Polka step with partner (a) side to side (b) turning (only when ready).	1. Feel the rhythm of the music & link steps in different ways. 2. Practise crossing feet in front (front steps) & behind (back steps). 3. 2 limping steps to R & L is the same rhythm as the pas de basque. 4. 2 gallop steps RF & LF is the same rhythm as the skip change of step. 5. Face partner, step close step hop (boy to L, girl to R, & back to R/L).	○ = boys ● = girls One large circle, boy & girl alternating. (*Ask girls to form a circle, then space out – boys move in to fill spaces.) Couples, spaced round hall.
5 mins	WARM UP DANCE – JACKY TAR 1. Rights and lefts. 2. Set twice & turn partner. 3. 4 hands across. 4. Set twice & turn opposite partner, moving on to meet new couple.	SEE LESSON PLAN:1 1. Remember to keep square formation. 2. Use 2 hands to turn. Swinging can be introduced later. 3. Show star shape clearly. 4. Finish in a new square formation, ready to start rights & lefts.	Sets of 2 couples facing each other round the hall. (This is a progressive dance, with couples moving on to meet a new couple. Initially, however, teach the dance with couples staying together.)

15 mins	<p>FORMATIONS/PRACTICES</p> <p><u>a) Down middle and up</u></p> <ol style="list-style-type: none"> 1. RH joined, boy leads girl down middle of set (4 bars) & back (4 bars). <p><u>b) 2 couples change places</u></p> <ol style="list-style-type: none"> 1. 2 couples stand together in middle of set (waltz hold). 2. Change places with 8 polka steps (turn a little on each step). 3. Finish back in sidelines in opposite places. 	<ol style="list-style-type: none"> 1. Use skip (8 steps) or skip change of step (4). Turn towards each other. 1. Make sure that hips and feet are facing partner. 2. 1st couple dance out to boys' side, 2nd couple to girls' side. 3. 1st couple finish in second place, 2nd couple in first place. 	<p>Sets of 2 couples, boys facing girls, boys' L shoulder to top of set. (Initially both couples can practise together.)</p> <p>Sets of 2 couples, boys facing girls.</p> 
15 mins	<p>DANCE: RORY O'MORE</p> <ol style="list-style-type: none"> 1. 1st & 2nd couples set twice. (Girls join hands, boys join hands.) 2. 1st & 2nd couples cross over, girls dancing under boys' arch. 3. Repeat 1 & 2. 4. 1st couple dance down middle & up. 5. 1st & 2nd couples change places (8 polka steps). 	<ol style="list-style-type: none"> 1. 4 setting steps (pas de basque) or 4 step kicks. 2. 8 skips or 4 skip change of step to cross over (change on last 2 steps). 3. Boys & girls keep in line as they dance & turn. 4. As 1st couple return, 2nd couple move in behind them. 5. 1st couple are now in 2nd place, ready to repeat the dance with 3rd couple. 	<p>Sets of 4 couples, boys facing girls, boys' L shoulder to top of set. (Initially all 4 couples can dance for practice, although the dance begins with only 1st & 2nd couples dancing.)</p> 

LESSON PLAN:3

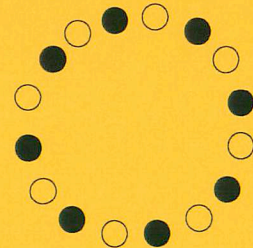
SCOTTISH TRADITIONAL DANCE

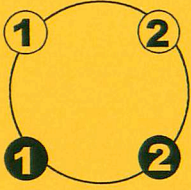
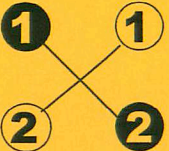

ANGUS AREA

Links to 5-14 Curriculum

STRAND: Applying skills.

INTENDED LEARNING: Use knowledge & understanding to apply skills with control & accuracy in predictable situations. (Level C)
Use movement skills in a wider range of contexts & be able to adapt these skills effectively. (Level D)

TIME	CONTENT	TEACHING POINTS	ORGANISATION
5 mins	WARM UP 1. Step hop/step kick/123 hop/123 kick. 2. Front steps, back steps. 3. Hop on RF twice, point LF (a) to side, (b) behind R ankle. Repeat – 4 hops in all. 4. As above (4 hops) & add sideways step close step hop to L. 5. Step hop (a) on spot, (b) turning clockwise.	1. Feel the rhythm of the music, & link the steps in different ways. 2. Practise crossing feet in front (front steps) & behind (back steps). 3. Point toe (a) on the floor, (b) behind hopping leg. Repeat, hopping on LF. 4. This is known as a Schottische step. Repeat to R. 5. Turning has same step pattern & rhythm. Introduce only when ready.	○ = boys ● = girls One large circle, boy & girl alternating. 
10 mins	DANCE: HIGHLAND SCHOTTISCHE 1. 2 Schottische steps (1 to each side). Boy starts point LF, girl RF. 2. Step close step hop to L & R (boy travels to his L, girl to her R). 3. 4 step hops turning with partner (boy starts LF, girl RF).	1. Keep feet facing partner's feet. Mirror partner's movements. 2. Again, mirror partner's movements. Take small steps. 3. Practise first on spot, gradually introduce turn when ready.	Couples facing each other round the hall. Boy with back to centre, waltz hold. (Practise first with 2-hand hold.)

10 mins	<p>FORMATIONS/PRACTICES</p> <p><u>(a) 4 hands round</u></p> <ol style="list-style-type: none"> 1. All join hands & circle to L (4 step hops) & back to right (4 step hops). <p><u>b) 4 hands across</u></p> <ol style="list-style-type: none"> 1. All 4 join R hands across to form star & dance round to L (4 step hops). 2. On 4th hop, change to L hands, & face opposite direction. <p>With L hands joined in a star, dance back to places (4 step hops).</p>	<ol style="list-style-type: none"> 1. Turn to face direction of travel. Keep good circle shape. 1. Girls join hands across, boys join hands across, then link together. 2. Be ready to change hands & direction & dance round to R. 3. Show star shape, with hands linked slightly above shoulder level. 	<p>Sets of 2 couples facing each other, girl on boy's R.</p>  <p>4 hands round</p>  <p>4 hands across</p>
15 mins	<p>DANCE: SCHOTTISCHE COUNTRY DANCE</p> <ol style="list-style-type: none"> 1. 1st & 2nd couples 4 hands round. 2. 1st & 2nd couples 4 hands across. 3. With partner 2 Highland Schottische steps to L (boy L, girl R) & R (boy R, girl L). 4. 8 step hops turning with partner (boy starts LF, girl RF). 5. 1st couple repeat the dance in second place. 	<p>On introductory chord, 1st boy & 1st girl change places.</p> <ol style="list-style-type: none"> 1. Keep good circle shape. Be ready to change direction. 2. Can you change smoothly from circle to star shape? 3. Waltz hold (or 2-hand hold), dance side to side. Mirror partner. 4. Take small steps & keep close together. 5. On each repetition, 1st boy & 1st girl change places. 	<p>Sets of 4 couples, boys facing girls. (Initially all 4 couples can dance for practice, although only 1st & 2nd couples should start the dance.)</p> 

LESSON PLAN:4

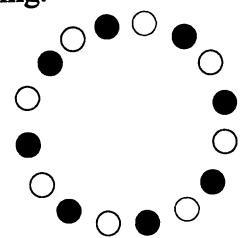
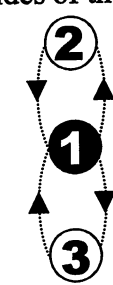
SCOTTISH TRADITIONAL DANCE

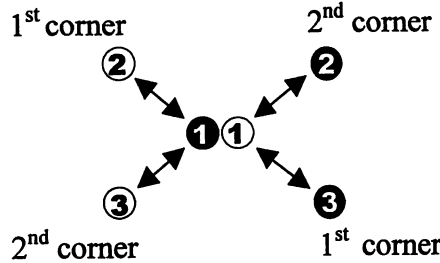
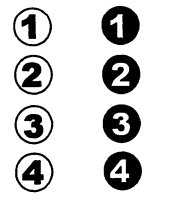
ANGUS AREA

Links to 5-14 Curriculum

STRAND: Co-operating, sharing, communicating & competing.

INTENDED LEARNING: Co-operate in small groups where a degree of individual responsibility is required. (Level C)
In co-operative situations, share responsibility for tasks (in both leading & supporting roles). (Level D)

TIME	CONTENT	TEACHING POINTS	ORGANISATION
5 mins	WARM UP 1. Variety of step patterns practised in previous lessons. 2. Gallop forwards, changing leading foot (4 & 4), (2 & 2). 3. Travel sideways with step close step hop to R & L. 4. Setting step on spot (pas de basque).	1. Revise different rhythms & patterns of movement. 2. Change after every 4 th step, then after every 2 nd step. (This is called skip change of step.) 3. Take small steps & be ready to change direction after the hop. 4. Concentrate on the rhythm (which is the same as 3 above).	○ = boys ● = girls One large circle, boy & girl alternating. 
20 mins	FORMATIONS/PRACTICES a) Reels of 3 1. 1 st couple turn LH partner (L arm) then RH partner (R arm). Repeat. 2. Walk same figure of eight pattern without linking arms. 3. Dance reels of 3 (6 skip change of step) & 1 st couple cross over. (2 skip change of step)	1. This practice helps to establish direction & shape for the figure of eight. 2. 2 nd & 3 rd couples extend their turn into the second loop of the eight. 3. Make clear figure of eight (start L shoulders). 1 st couple, giving RH, cross back to own sides.	Sets of 3 couples with 1 st couple between 2 nd & 3 rd couples on opposite sides of the set.  Reels of 3

	<p>b) Turn corners & partner</p> <ol style="list-style-type: none"> 1st couple turn 1st corners (RH), partner (LH). Take 2 steps to each turn. 1st couple turn 2nd corners (RH), partner (LH) & face 1st corners again. <p>c) Set & turn corners</p> <ol style="list-style-type: none"> Set to 1st corners (2 setting steps) & turn (2 steps). Set to 2nd corners (2 setting steps) & turn (2 steps). 	<ol style="list-style-type: none"> 1st corners are on 1st couple's RH, ∴ 1st girl turns 2nd boy, 1st boy turns 3rd girl. 1st girl turns 3rd boy, 1st boy turns 2nd girl. 2 steps to each turn. <ol style="list-style-type: none"> Remember the rhythm of the setting step. Use 2 hands to turn. When setting look for diagonal line with 1st couple back to back. 	<p>Sets of 3 couples as above, but 1st couple stand back to back in the middle facing the opposite side.</p>  <p style="text-align: center;">Corners</p>
15 mins	<p>DANCE: BROUN'S REEL</p> <ol style="list-style-type: none"> 1st couple turn (RH) & cast into 2nd place. (4 skip change of step) 1st couple turn (LH) 1½ times to face 1st corners. (4 skip change of step) Turn corner and partner. Set & turn corners. (Finish facing 1st corners again.) Reels of 3, 1st couple cross over to own sides. 	<ol style="list-style-type: none"> Move quickly to turn & cast. 2nd couple move up to create space. 1st boy places partner, then moves back to back with her. Remember RH to corner, LH to partner. 2 steps to each turn. 2 steps to set, 2 steps to turn. 6 steps for reels of 3, 2 steps for cross over. 	<p>Sets of 4 couples, boys facing girls.</p>  <p style="text-align: center;">Boys Girls</p>

LESSON PLAN: 5

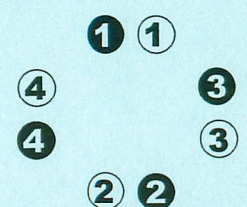
SCOTTISH TRADITIONAL DANCE

ANGUS AREA

Links to 5-14 Curriculum

STRAND: Co-operating, sharing, communicating & competing.

INTENDED LEARNING: Co-operate in small groups where a degree of individual responsibility is required. (Level C)
In co-operative situations, share responsibility for tasks (in both leading & supporting roles). (Level D)

TIME	CONTENT	TEACHING POINTS	ORGANISATION
5 mins	WARM UP 1. Variety of step patterns practised in previous lessons. 2. Step close step hop to R & L, setting step. 3. Step forwards (4), backwards (4), sideways (4). 4. Swing with partner using variety of grasps.	1. Revision of different rhythms & patterns of movement. 2. Take small steps, be ready to change direction, feel rhythm. 3. Weight on balls of feet, anticipate & prepare to change direction. Emphasise control, feet close, lean away, small steps.	○ = boys ● = girls One large circle, boy & girl alternating. Couples, spaced round hall.
10 mins	DANCE: THE LANCERS First Figure 1. Honour partner & corner (bow & curtsey) – 4 bars each. 2. 1 st girl & 2 nd boy advance & swing. 3. 1 st & 2 nd girls change places (4 steps), then 1 st & 2 nd boys (4 steps). 4. Girls change back again (4 steps), then the boys (4 steps). 5. All swing corners.	1. Corner partner is the person on girl's R, boy's L. 2. Use R arm or cross-hand grasp & lean away from partner. 3. A walking step is used. They pass R shoulders. 4. As above. 5. Again, use R arm or cross-hand grasp.	4 couples in square formation.  Diagram 1 Show clear square formation.

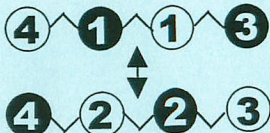
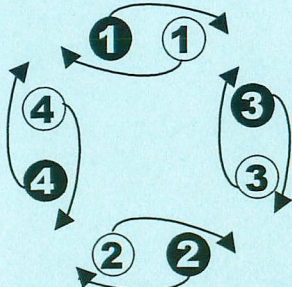
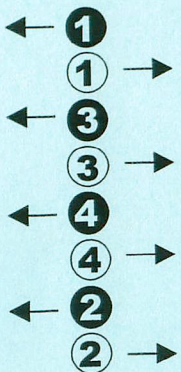
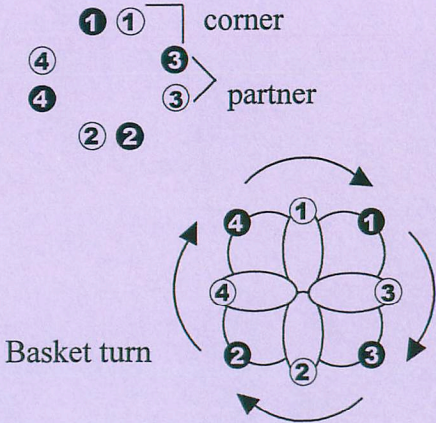
10 mins	<p>6. Repeat the above with 2nd, 3rd & 4th girl (and the opposite boy) taking turn to lead as in 1 (advance & swing).</p> <p><u>Second Figure</u> (diagram 2)</p> <ol style="list-style-type: none"> 1. Honour partner & corner (bow & curtsey) – 4 bars each. 2. 1st & 2nd couples, RH joined, advance & retire (4 steps each). 3. 1st & 2nd couples, RH joined, honour partner & swing. 4. 1st & 2nd couples continue to swing (8 bars). During bars 7 & 8, 3rd & 4th couples separate to form two lines of 4 with 1st & 2nd couples. 5. Both lines of 4 advance & retire (4 bars). 6. Swing partners back to own places. 7. Repeat 2-6 with 1st & 2nd couples. 8. 3rd & 4th couples dance the figure twice. 	<ol style="list-style-type: none"> 1. Corner partner is on girl's R, boy's L. 2. As retire, boy turns girl under R arm to change places. 3. Bow & curtsey, then swing partner (4 bars). 4. Finish in own places, inside hands joined. 3rd girl & 4th boy join 1st couple, 4th girl & 3rd boy join 2nd couple. 5. Keep in straight lines. 6. Couples finish in original square formation. 7. 1st & 2nd couples dance this figure twice. 8. This time 1st & 2nd couples separate to form lines of 4. 	 <p>Line of 4</p> <p>Line of 4</p>
15 mins	<p><u>Fifth Figure</u> (diagram 3)</p> <p>Introductory chord.</p> <ol style="list-style-type: none"> 1. Grand chain (first half) – give RH to partner & pass, LH to next person & so on until partners meet half way round (4 bars). 2. Swing partner (8 bars). 3. Grand chain (second half) – complete grand chain (4 bars). 	<ol style="list-style-type: none"> 1. Boys travel anti-clockwise, girls travel clockwise. Move quickly, using 1 skip change of step (2 skips) to each person. 2. Couples are now on opposite sides of the square. 3. Start by giving RH to partner, finish in own places. 	

Diagram 2

Diagram 3

	<ol style="list-style-type: none"> 4. Swing partner (8 bars). All finish in one line facing top of set, with boy behind partner. 5. Travel to side (4 steps), set twice in 2 lines (4 bars), repeat to opposite side (4 bars). 6. 1st couple, followed by others, cast off, lead down, make arch, all pass through (8 bars). 7. All swing partners (8 bars). 8. Repeat 1-7 three more times, with 2nd, 3rd & 4th couples leading in turn. 9. Finish by repeating 1-4, extending the final swing by 8 bars. 	<ol style="list-style-type: none"> 4. Couples line up in the following order – 1st couple, 3rd, 4th, 2nd (diagram 4). 5. Boys travel to R, girls to L. Boys pass behind partners. 6. As in Grand Old Duke of York. All return to places in square. 7. All couples swing in place in original square formation. 8. At 5, the line will face each side of the square in turn. 9. This is the Grand Chain and Swing Partner. 	 <p>Diagram 4</p>
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Links to 5-14 Curriculum**STRAND:** Co-operating, sharing, communicating & competing.**INTENDED LEARNING:** Co-operate in small groups where a degree of individual responsibility is required. (LEVEL C)
In co-operative situations, share responsibility for tasks (in both leading and supporting roles. (LEVEL D)

TIME	CONTENT	TEACHING POINTS	ORGANISATION
5 mins	WARM UP 1. Variety of step patterns practised in previous lessons. 2. Step close step hop to R & L (setting step). 3. Step forwards (4), step backwards (4). 4. Swing with partner, placing RF close to partner's RF (pivot step).	1. Revision of different rhythms & patterns of movement. 2. Take small steps, be ready to change direction, feel rhythm. 3. Weight on balls of feet, anticipate & prepare to change direction. 4. Take weight on RF, & turn by pushing off from LF (limping movement).	○ = boys ● = girls One large circle, boy & girl alternating. Couples, spaced round hall.
20 mins	DANCE: THE LANCERS (CONTINUED) Third Figure 1. Bow & curtsy – honour partner (4 bars), honour corner (4 bars). 2. 4 girls advance (4 steps) & retire (4 steps). 3. 4 boys advance (4 steps), link with opposite boy (cross-hand grasp). 4. Girls advance (4 steps), link arms with boys. 5. Basket turn. All circle to L (16 pivot steps on RF).	1. Corner is dancer on girl's R, boy's L. 2. Be ready to change direction. 3. 1 st boy with 2 nd boy, 3 rd boy with 4 th boy. 4. Music slows to allow time to prepare for BASKET TURN. 5. Weight on RF, push off with LF. Finish in own places in square.	4 couples in square formation.  Basket turn

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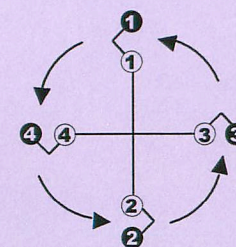
6. 4 boys advance (4 steps), place LH on opposite boy's arm to form a wheel.
7. All wheel round anti-clockwise (8 skip change of step).
8. All swing partners (16 pivot steps on RF).
9. Repeat 2-6, but in 6 girls face opposite direction (clockwise).
10. All wheel round clockwise (boys travel backwards, girls forwards).
11. All swing partners (16 pivot steps on RF).

Fourth Figure

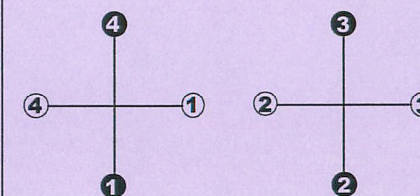
1. Bow & curtsey – honour partner (4 bars), honour corner (4 bars).
2. 1st & 2nd couples dance towards couple on R, then across to couple on L.
3. 1st & 3rd couples dance 4 hands across, as do 2nd & 4th couples.
4. Same couples form “little baskets” of 4, & circle to L (16 pivot steps).
5. 1st & 2nd couples repeat 2-4, but with other side couple.
6. 3rd & 4th couples now dance 2-5.

6. Boys hold partners with R arm round waist, all facing anti-clockwise.
7. Finish in own places in square.
8. Weight on RF, push off with LF. Finish in own places in square.
9. Boys hold partners with R arm round front of waist.
10. 8 skip change of step, to finish in own places in square.
11. Weight on RF, push off with LF. Finish in own places in square.

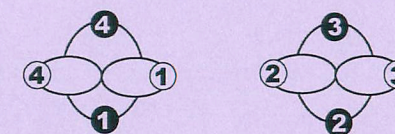
1. Corner is dancer on girl's R, boy's L.
2. Couples take waltz hold, & travel with 8 setting steps.
3. Dance to L with RH joined, back to R with LH joined (8 skip change of step).
4. Boys take cross-hand grasp, girls link arms with boys.
5. In 2, couples dance to L, then across to couple on R.
6. Note that a different step is used for each part of this figure.



Wheel (anti-clockwise)



4 hands across



Little Baskets