

Duns and District u3a Scottish Dance Group

(Supported by RSCDS Duns and District Branch)

Nice and Easy Dance

Duns Rugby Club

Friday 7th June 2024
7:30–10:30 p.m.

Ticket £8.00. Raffle

Music: Gordon Brown

Dances will be recapped and can be walked once during recapping.

Please bring a plate of food for the shared supper table and a mug.

CIRCISSIAN CIRCLE (Ceilidh) 32 bar March

Large circle facing in, W on partner's left

- 1-8 Walk into centre for 4 steps, Retire for 4. Repeat.
- 9-12 All ladies take 3 steps in, Clap, Retire 4 steps back.
- 13-16 All men take 3 steps in, Clap and turn to dance out and and face partners.
- 17-20 All Set to partners Twice.
- 21-24 All Swing (turn) own partner for four bars.
- 25-32 All Promenade (walk for 8) anti-CW, W on M's right. End facing in with new W on M's left.

NEW YEAR JIG Jig 8 X 32 51/8

- 1-8 1s Figure of 8 own sides (start: Pass 2s RSh). 1W ends facing out.
- 9-16 Reels of 3 own sides (start: 1s & 2s Pass RSh). 1W ends facing out.
- 17-24 1W followed by 1M dance behind 2W, up between 2s, behind 2M and across set to 2nd place own side (2s Step up on 23-24). [2, 1, 3, 4].
- 25-28 1s & 3s RH Wheel.
- 29-32 1s & 2s LH Wheel. 1W ends facing out ready to begin again.

SEANN TRUIBHAS WILLICHAN Strathspey 8 X 32 2 cpl 27/9

- 1-8 1s Cast & Dance down behind their own lines. Turn out and Dance back up to top.
- 9-12 1W & 2M Set then Change places RH as 1M & 2W Change places RH then Set.
- 13-16 Repeat bars 9-12 back to original places.
- 17-24 1s Lead Down middle (two steps), Turn RH, Lead Up to the top then Cast off to 2nd place own sides (2s Step up).
- 25-28 2s & 1s Set nhj then Turn partners BH. Finish by opening up to form a circle.
- 29-32 2s & 1s Circle Left.

JOIE DE VIVRE Jig 8 X 32 39/2

- 1-4 1s Set & Cast off 1 (2s Step up on 3-4).
- 5-8 1s nhj Dance down between 3s & Cast up 1.
- 9-12 2s, 1s, 3s Turn partners RH.
- 13-16 2s, 1s, 3s ½ Chase CW. [(3), (1), (2), 4].
- 17-20 3s, 1s, 2s Dance B to B with partners.
- 21-24 3s, 1s, 2s nhj Set & ½ Turn partner RH. Hold on.
- 25-32 3s, 1s, 2s Allemande. [2, 1, 3, 4].

DANCING BEES (THE) Reel 8 X 32

- 1-8 1s Lead down the middle and up. (1s finish in 2nd place in the middle in promenade hold. 2s step up on 3 & 4).
- 9-16 Reel of '3' across with 2s. (RSh to 2W).
- 17-24 Reel of '3' across with 3s. (LSh to 3W). (1s finish in centre: W facing up, M facing down).
- 25-29 1s Set, Petronella to 2nd place own side.
- 29-32 2s, 1s, 3s Turn partner RH. [2, 1, 3, 4].

12 COATES CRESCENT Strathspey 4 X 32 4cpl 40/5

- 1-8 All 4 couples nhj Set to partner & Cross RH. Repeat.
- 9-10 1s & 4s nhj partner dance down/up middle.
- 11-12 1W4W also 1M4M nhj Dance through own side, Cast back to place. [1, 2, 3, 4]
- 13-16 1s Lead to 4th place. 2s, 3s, 4s Step up nhj 15-16. [2, 3, 4, 1].
- 17-24 3s & 4s Rights and Lefts. [2, 3, 4, 1].
- 25-32 2s & 3s also 4s & 1s Wheel RH & back LH.

FLOWERS OF EDINBURGH (THE) Reel 8 X 32 1/6

- 1-6 1W, followed by 1M, Casts off 2 places. 1W Crosses over & Dances up behind 3M & 2M to 1M's place. 1M Dances up middle to 1W's place.
- 7-8 1s Set. [(1), 2, 3, 4].
- 9-16 Repeat bars 1-8 with 1M Casts off 2 places followed by 1W. [1, 2, 3, 4].
- 17-24 1s Lead Down the middle and Up (Stay together). 2s Step in on bar 24.
- 25-32 1s & 2s Poussette. [2, 1, 3, 4].

GRANVILLE MARKET Jig 8 X 32 2nd Gr/18

- 1-8 1s & 2s dance RH Wheel & back LH.
- 9-12 1s Cross RH & Cast off 1 (2s Step up). [2, 1, 3, 4].
- 13-16 1s ½ Figure of 8 up round 2s and end B to B on the diagonal facing 1st corner.
- 17-24 1s Turn 1st corner RH, Pass RSh, Turn 2nd corner RH and Pass RSh to 2nd place own sides.
- 25-32 2s, 1s, 3s Circle 6 hands round and back.

Supper Interval

SHIFLIN' BOBBINS Reel 8 X 32 Clowes

- 1-2 1s Cross down RH (2s Step up).
- 3-4 1s, 2s, 3s Set as in double triangles.
- 5-8 1s Cast up & Dance down nhj to 2nd place.
- 9-12 Two Wheels: 1M2W3W LH, 1W2M3M RH.
- 13-16 1s dance down middle followed by 2s & then 3s.
- 17-20 3s dance up middle & Cast off to 3rd place **as** 2s Dance to top & face out **as** 1s Dance up & face up.
- 21-24 Two Wheels: 1M2W3W RH, 1W2M3M LH. [2, (1), 3,4].
- 25-28 1s Dance up nhj & Cast off 1 place (opposite side).
- 29-32 1s ½ Fig. 8 up through 2s. [2, 1, 3, 4].

BIRKS OF INVERMAY (THE) Strathspey 8 X 32

16/2

- 1-4 1M & 2W Turn BH to places.
- 5-8 1W & 2M Turn BH to places (3 steps). On bar 8, 1s, 2s, 3s Dance in ready for promenade.
- 9-16 1s, 2s, 3s Promenade.
- 17-24 1s Cross RH, Cast off to 2nd place opposite sides, Lead up between 2s, Cross and Cast down to 2nd place own sides (2s Step up on 23-24). [2, 1, 3, 4].
- 25-32 2s, 1s, 3s Circle and back.

SWASHBUCKLING IAIN Jig 8 X 32

- 1-8 1s & 2W Reel of 3 on W's side (start 1M & 2W pass RSh, 1W dance in & down to give LSh to 2W). End 1M facing down the middle.
- 9-16 1M, closely followed by 1W, Reel of 3 with 2s (RSh to 2M; 1s dance as one person). End 1M facing down with partner behind him.
- 17-20 1M, followed by 1W, Dances down the middle, on bar 20 1M pulls RSh back to face 1W and join RH, both facing up.
- 21-24 1s RH joined lead to the top. 1s stay together, 2s Step in below on bar 24.
- 25-32 1s & 2s Allemande. [2, 1, 3, 4].

THE RED SQUIRREL Strathspey 8 X 32 Collin**[Modified 3 X 32]**

- 1-8 Mirror Reels of 3 on side taking hands where possible. (1s in & down, 2s out & up, 3s in & up)
- 9-16 1s lead down and back, finishing nhj in middle
- 17-20 1s cast to 3rd place
- 21-24 2s, 3s, 1s Dance B to B with partners
- 25-32 2s, 3s, 1s Circle & back.

BRIDGE OF ATHLONE Reel 5 X 48 5cpl

- 1-4 All Advance & Retire.
- 5-8 M make arches and all Advance to opposite sides with W dancing under the arches passing their partner by the R.
- 9-16 Repeat bars 1-8 back to own sides. [1, 2, 3, 4, 5].
- 17-24 1s Slip down the middle for 4 & back for 4.
- 25-32 1s followed by 2s, 3s, 4s, 5s Cast off to bottom. 1s make an arch and 2s, 3s, 4s, 5s dance under nhj and up to new places; they then make arches.
- 33-40 1W dances up under the arches as 1M Casts up to top. 1M then dances down under the arches as 1W Casts off to bottom. [2, 3, 4, 5, 1].
- 41-48 All swing turn their partner for 8 bars.

BALMORAL STRATHSPEY Strathspey 4 X 32 4 cpl 22/3

- 1-8 1s & 2s also 3s & 4s Rights and Lefts.
- 9-12 1s & 2s also 3s & 4s Set, ½ RH Wheel.
- 13-16 All Set, Cross RH to own sides. [2, 1, 4, 3].
- 17-24 Reels of 4 on the sides (RSh start 2s & 1s also 4s & 3s). [2, 1, 4, 3].
- 25-32 2s Stand at top **as** 1s, 4s, 3s Allemande. [2, 3, 4, 1].

HIGHLAND RAMBLER (THE) Reel 8 X 40

30PopVol.2/15

- 1-4 1s Dance in towards one another & Cast off 1. (2s Step up on 3-4).
- 5-8 1s & 3s RH Wheel. (At end 1W does not turn).
- 9-12 2s & 1s LH Wheel. End: 1s in middle 2nd place with 1M behind 1W both facing W's side.
- 13-16 1W followed by 1M Dance out on W's side, Cast up round 2W, Dance down middle to end with 1W between 3s, 1M between 2s all facing down.
- 17-24 1W+3s also 1M+2s nhj Dance down for 4, Turn R about & up for 4. End: 1s Face up in middle.
- 25-28 1M followed by 1W Cast off 1 on W's side. 1M crosses to 2nd place own side & pulls RSh back to face partner. [2, 1, 3, 4].
- 29-32 1s Turn RH once round. [2, 1, 3, 4].
- 33-40 2s, 1s, 3s Circle & back.