

CEILIDH  
DANCES  
COLLECTION



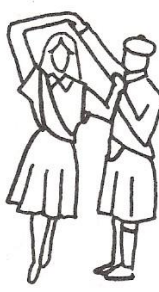
## THE CANADIAN OR HIGHLAND BARN DANCE

<b>NAME</b>	The Canadian or Highland Barn Dance	<b>STARTING POSITION</b>
<b>COMPOSER/COUNTRY</b>	Traditional/ Scotland	<p>A</p>
<b>MUSIC</b>	2/4 or 4/4 pipe march or scottische	
<b>FORMATION</b>	Couples around the room facing anti-clockwise, ladies on the right	
<b>HOLDS</b>		
<b>Dance step instructions</b>	<b>Teacher's verbal instructions</b>	
Start, L foot first. 3 steps forward and hop on L foot, 3 steps backward hop on L foot	1, 2, 3 hop, back 2, 3 hop	
Partners release hands. Boy moves towards centre of circle, girl moves towards the edge), 3 steps & clap hands and return 3 steps to face each other and join 2 hands(or waltz grasp)	Away 2, 3 clap, back 2, 3 face	
2 side steps to boy's left, 2 side steps back to boy's right	Side, side, back, back	
Partners progress round the dance circle with a skip turning step and finish in the same starting position, side by side, ready to start again.	1, 2, 3 & 1, 2, 3 & 1, 2, 3, & 1, 2, 3	

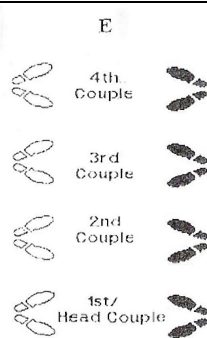


## THE MILITARY TWOSTEP

<b>NAME</b>	The Military Twostep		<b>STARTING POSITION</b>	
<b>COMPOSER/COUNTRY</b>	Traditional/ Scotland			
<b>MUSIC</b>	6/8 pipe march			
<b>FORMATION</b>	Couples around the room facing anti-clockwise, ladies on the right.			
<b>HOLDS</b>				
<b>Dance step instructions</b>		<b>Teacher's verbal instructions</b>		
Put R heel fwd, put R toe back, R heel fwd, R toe back. March fwd 3 steps and spin turn to face opposite direction. Change grip to inside hands.		Heel, toe, heel, toe 1,2,3 turn		
Repeat the above steps to return to face partner holding both hands(waltz grasp)		Heel, toe, heel, toe 1,2,3 face		
2 side steps to boy's left, 2 side steps back to boy's right		Side, side, back, back		
Partners progress round the dance circle with a skip turning step and finish in the same starting position, side by side, ready to start again		1, 2, 3 & 1, 2, 3 & 1, 2, 3 & 1, 2, 3		

## THE SAINT BERNARD'S WALTZ

<b>NAME</b>	The Saint Bernard's Waltz	<b>STARTING POSITION</b>	
<b>COMPOSER/COUNTRY</b>	Traditional/ Scotland		
<b>MUSIC</b>	waltz		
<b>FORMATION</b>	Couples around the room in ballroom hold heading anti-clockwise, ladies on the outside		
<b>HOLDS</b>			
<b>Dance step instructions</b>		<b>Teacher's verbal instructions</b>	
Face partner holding 2 hands throughout the dance (waltz grasp)			
Both move to the boy's left, 3 side steps, then with feet together, rise up on toes and drop back to feet		Side, side, side, up, down	
To the boy's right 2 side steps back		Back for 2	
Boy steps backward on L foot, girl forward on R foot. Partners take 2 steps towards the centre of the circle, and the same 2 steps back out to the circle		Into the middle for 2, and out for 2	
Girl turns under the boy's raised L arm and rejoins with 2 hands		Turn under, join up	
Couple waltz turn with each other as they progress round the dance circle		And round 2, 3, 4	



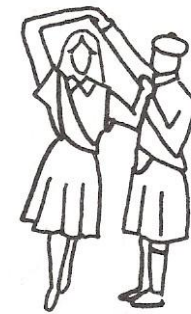
## THE VIRGINIA REEL

<b>NAME</b>	The Virginia Reel	<b>STARTING POSITION</b>
<b>COMPOSER/COUNTRY</b>	Traditional	
<b>MUSIC</b>	"Hoedown" reel	
<b>FORMATION</b>	Longwise sets of 4 couples, men on the right and ladies on the left as viewed from the band. Couples number from nearest the band	
<b>HOLDS</b>		
<b>Dance step instructions</b>		<b>Teacher's verbal instructions</b>
4 couples line up in 2 lines with 4 boys facing 4 girls. Boys should have their back to the music. The pupils should be spaced at an arms length in line and the lines should be 2 metres apart approximately.		All steps should be completed to 8 counts
Boys and girls advance and: Pass back-to-back, return to line		Forward round back to back, 5, 6, 7, 8
Turn each other with right hands, return to line		Right hands, 3, 4, 5, 6, 7, 8
Turn each other with left hands, return to line		Left hands, 3, 4, 5, 6, 7, 8
Turn each other with 2 hands, return to line		2 hands, 3, 4, 5, 6, 7, 8
Top couple- Boy at the left corner of the group. Top couple remain joined with 2 hands		
Top couple side skip down between the lines for 8 steps and return again for 8 steps		Down the line 3, 4, 5, 6, 7, 8 and back...3, 4, 5, 6, 7, 8
Top boy & girl split, boy skips round behind the row of boys, girl, behind the row of girls to meet again at the end of the group and form an arch with both hands held high. All the boys and girls follow their leader round to meet their partner and return through the arch back into line. Complete in 16 counts. New top couple to start the dance again.		Round the back 3, 4, 5, 6, 7, 8 Through the arch 3, 4, 5, 6, 7, 8

## THE GAY GORDONS

<b>NAME</b>	The Gay Gordons		<b>STARTING POSITION</b>
<b>COMPOSER/COUNTRY</b>	Traditional/Scotland		
<b>MUSIC</b>	2/4 or 4/4 march. E.g. "Scotland the Brave" or "The Gay Gordons"		
<b>FORMATION</b>	Couples around the room facing anti-clockwise, ladies on the right.		
<b>HOLDS</b>			
<b>Dance step instructions</b>		<b>Teacher's verbal instructions</b>	
Starting position. Side by side, boy's R arm over girls shoulders to hold girls R hands. Boys L hand across the front to hold girls L hand.		Practice turning action before teaching the dance. Both partners pivot on ball of L foot boy pulling R shoulder back to face opposite way.	
Start on R foot. March forward for 8 steps, pivot turn on 4 <sup>th</sup> step to walk backwards.		Forward 2, 3, turn, back 6, 7, 8	
Repeat same movement back to where you started.		Forward 2, 3, turn, back 6, 7, 8	
Release L hands, boy holds girl's hand high above her head. Boy walks forward for 8 steps. Girl turns under his arm 3 times. Couple face each other, 2 hands joined, on the 8 <sup>th</sup> step.		Turn 1, turn 2, turn 3, join up	
Partners progress round the dance circle with a skip turning step and finish in the same starting position, boy's arm over girls' shoulder, ready to start again.		1, 2, 3 & 1, 2, 3 & 1, 2, 3 & 1, 2, 3	

## THE BRITANNIA TWOSTEP

<b>NAME</b>	The Britannia Twostep	<b>STARTING POSITION</b>
<b>COMPOSER/COUNTRY</b>	Traditional/Scotland	
<b>MUSIC</b>	6/8 pipe march	
<b>FORMATION</b>	In threes around the room facing anti-clockwise, man between two ladies.	
<b>HOLDS</b>		
<b>Dance step instructions</b>		<b>Teacher's verbal instructions</b>
Standing side by side holding hands		
L foot, heel, toe, step to the left		Heel, toe step to the left
R foot, heel, toe, step to the right		Heel, toe step to the right
2 steps diagonally forward to the left, 2 steps diagonally to the right		2 to the left.....2 to the right
Feet together, bounce once on feet kick left foot across, bounce on feet kick right foot across. Girl turns under boys arm.		Bounce, kick, bounce, kick, turn the girl under.
2 steps forward, 3 stamps of the feet, 2 steps backward, 3 claps of the hands		Forward 2, stamp, stamp, stamp Back 2, clap, clap, clap
Dance starts again		