

MAIN STEPS IN REEL TIME.

The step used is the Pas de Basque ; that is, the setting step as danced when setting to partners in an eightsome reel.

“Balancing in line” is the same step, the men and women holding their hands high, right hand in right, and left in left. (Fig. C.)

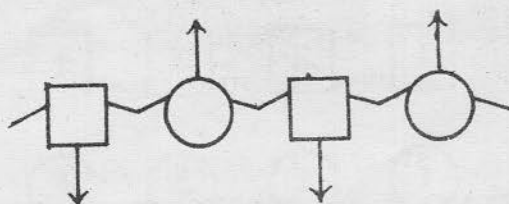


FIG. C.

When progression is required, such as tripping down the middle, advancing and retiring or turning with one hand, and occasionally with both hands, the step used is the skip change of step, the same rhythm as Pas de Basque. For “hands round” in reel time the slip step is used.

The setting in slow time should not be a Pas de Basque, but should be a step that is suitable to “Strathspey” music. That recommended is the Common Schottische step, i.e. :—

- { Step to right with right foot
- { Bring left foot up to right
- { Step to right with right foot
- { Hop on right foot
- { Repeat with left foot

When “set twice” is given, a full Highland Schottische step is used.

REEL TIME.



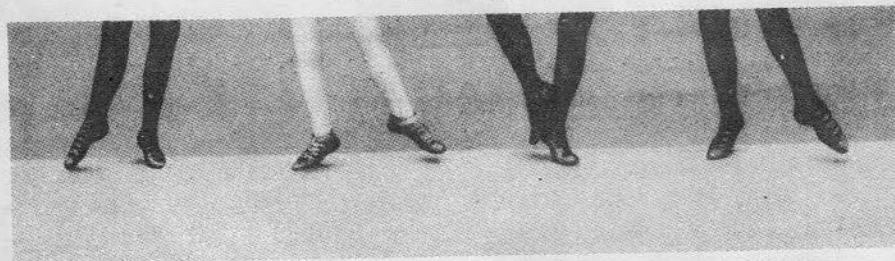
SKIP

STEP

TOGETHER

STEP

PAS DE BASQUE.



AND

STEP

IN FRONT

BEHIND

STRATHSPEY TIME.



STEP TOGETHER STEP AND HOP

STRATHSPEY SETTING STEP.



STEP BEHIND STEP HOP

GENERAL DEPARTMENT.

The arms should be held at the sides in a natural manner, the thumbs, rather than the back of the hand, being held foremost. Women should hold their gown lightly between the forefinger and thumb, taking hold of it at the length of the arm and keeping the shoulders back.

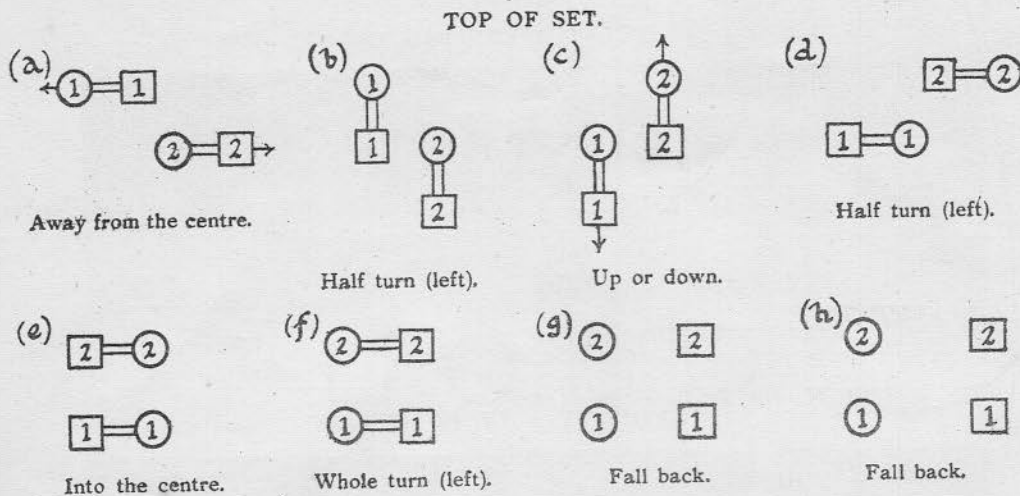
When turning by the right hand, or the left, the woman gives her hand into that of the man, the hands raised nearly to shoulder level, and they dance round with the skip change of step (hooking arms and swinging round should be discouraged). In "set and turn," both hands should be given for the turn, the elbows bent as before.

When leading down the middle, unless otherwise stated, the man offers his right hand to the woman, who gives him her right.

Care must be taken that the deportment be natural. All affectation of manner or carriage must be avoided, and the simple character of the dances preserved.

POUSSETTE.

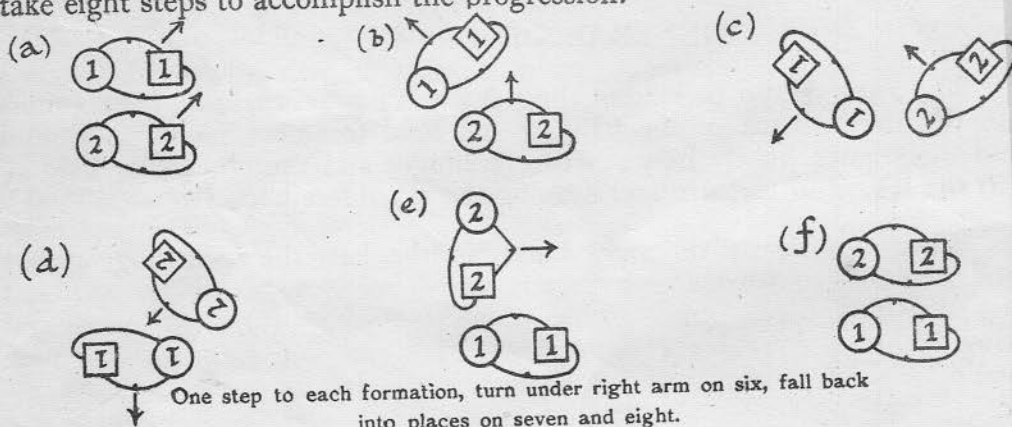
The Poussette is a method of progression. The leading couple having danced the figure once through, join both hands and change places with the couple below by "poussetting" round them. The step used is Pas de Basque, and the complete poussette takes 8 bars of music. The couple going down first move out on the men's side, and the couple coming up first move out on the women's side.



One Pas de Basque step to each movement.

NOTE.—Poussette done with four half turns is equally correct.

In some dances "Allemande" is used for progression. In this movement partners take hands in a different fashion. The man, having hold of the woman's right hand, lifts it over her head, so that their two right hands are behind her; the two left hands are held in front of the man (both facing the same way, and both beginning with right foot), they take eight steps to accomplish the progression.



REELING.

Reel of four is four people dancing round each other in a figure of eight, everyone dancing at the same time, and each man and woman passing those of their own sex on their left, and the opposite sex on their right. This takes eight bars of the music.

Reel of three is a figure of eight danced in the same way by three persons, the principal man (or woman) in the centre facing one of the opposite sex, and passing her (or him) for the first time by the right shoulder. All three end where they started.

When the reel of three comes immediately after setting and turning two people—the turning of the second person is really the beginning of the reeling, and the centre man or woman goes straight across and passes the other person by the left shoulder.