

'Ceilidh Minogue's' most popular dances.

We've divided the dances into

A) Couples Dances

Gay Gordons, Britannia two-step, Canadian Barn Dance, Military two-step, St. Bernards waltz, Pride of Erin waltz, Highland Schottische.

B) Set Dances.

Circassian Circle, Dashing White Sergeant, Eightsome Reel, Stip the Willow, Orcadian Strip the Willow, Virginia Reel, Hooligans Jig, Flying Scotsman.

A) COUPLES DANCES

The Gay Gordons

Formation: couples around the room facing anti-clockwise, ladies on the right.

Music: 2/4 or 4/4 march.

Bars:	Description
1-2:	Right hands joined over lady's shoulder (man's arm behind her back) and left hands joined in front, walk forward for four steps, starting on the right foot.
3-4:	Still moving in the same direction, and without letting go, pivot on the spot (so left hand is behind lady and right hand is in front) and take four steps backwards.
5-8:	Repeat in the opposite direction.
9-12:	Drop left hands, raise right hands above lady's head. Lady pivots on the spot. (The man may set).
13-16:	Joining hands in ballroom hold, polka round the room.

Repeat ad lib.

For scottish country dancers, the grip in the first eight bars is allemande hold.

The Britannia Two-step

Formation: in threes around the room facing anti-clockwise, man between two ladies.

Music: 6/8 pipe march.

Bars:	Description
1:	Nearer hands joined, touch the left heel then the left toe to the floor, bouncing on the right foot with each touch.
2:	All skip to the left for one step.
3-4:	Repeat 1-2 with the opposite feet.
5-8:	Skip forward for two steps, then backwards for two steps.
9-10:	Set on the spot facing forwards.
11-12:	Still setting, the man raises his arms and the ladies turn underneath.
13-16:	Skip forward for two steps, then backwards for two steps.

Repeat ad lib.

The Canadian or Highland Barn Dance

Formation: couples around the room facing anti-clockwise, ladies on the right.

Music: 2/4 or 4/4 pipe march. (with reggae feel!!)

Bars:	Description
1-2:	Starting with the outside foot, walk forward for three steps and hop (or kick).
3-4:	Walk backwards for three steps and hop.
5-6:	Skip sideways away from your partner (men towards the centre of the room, ladies towards the edge) for two steps and clap.
7-8:	Return to partner and join in ballroom (waltz) hold.
9-12:	In ballroom hold, skip sideways to the man's left, lady's right for two steps then back again.
13-16:	Use four step-hops to polka anti-clockwise round the room.

Repeat ad lib.

Highland Schottische

Formation: couples in a circle around the room, ladies on the outside, men on the inside, joined in ballroom hold with partners.

Music: Schottische.

Bars:	Description
1-2	Men with left foot, ladies with right, point toe in 2nd, bring foot up in front of shin (3rd aerial), point in 2nd and bring foot up behind calf (3rd rear aerial). Bounce on supporting foot on each of these four beats.
3-4	Step onto that foot, close other foot behind, step onto the original working foot again, and close original supporting foot behind calf.
5-8	Repeat 1-4 with other leg.
9-10	Repeat 3-4 (ie step, close, step, hop).
11-12	Repeat 7-8 (ie 9-10 in other direction).
13-16	Polka as in Canadian barn dance - step, hop, step, hop - rotating clockwise and following line of dance anticlockwise around the room.

Repeat ad lib.

The Military Twostep

Formation: couples around the room facing anti-clockwise, ladies on the right.

Music: 6/8 march.

Bars	Description
1-2:	Lady with hand on man's shoulder, man with arm around waist, touch heel then toe of outer foot to ground twice, bouncing on the inner foot with each touch.
3-4:	Walk forward for three steps then turn towards each other to face in the opposite direction.
5-8:	Repeat in the opposite direction.
9-10:	Facing partner and joining nearer hands, bounce on both feet, then kick the right foot across the body (to the left).
11-12:	Repeat with left foot.
13-16:	Polka around the room.

Repeat ad lib.

The Pride of Erin Waltz

Formation: couples around the room facing anti-clockwise, ladies on the right.

Music: 32 bar waltzes.

Bars:

Description

1-4: Nearer hands joined, swing the inner leg (and joined hands) forward and back, then walk forwards.

5-8: Repeat in the opposite direction.

9-10: Facing partner, both hands joined, and heading clockwise, cross trailing leg over leading leg (ie right over left for ladies, left over right for men), then point with leading leg.

11-12: Repeat in opposite direction.

13-16: Take four steps anti-clockwise, pulling leading shoulder back to face alternately away from and towards your partner with each step.

17-24: Joining both hands, swing together (slightly to the right of partner) and away, then change places, turning the lady under the man's left arm while doing so. Repeat.

25-28: In ballroom hold, take two steps anti-clockwise, then two clockwise.

29-32: Waltz round the room.

Repeat ad lib.

The St. Bernard's Waltz

Formation: couples around the room in ballroom hold heading anti-clockwise, ladies on the outside.

Music: waltzes.

Bars:

Description

1-4: In ballroom hold, take three steps sideways towards the lady's right, man's left, then stamp both feet.

5-6: Take two steps sideways in the opposite direction.

7-8: Take two steps towards the centre of the room (lady heading forwards with right foot then left foot, man backwards with left foot then right).

9-10: Take two steps back out (same feet).

11-12: Lady turns about on the spot under the joined hands.

13-16: Waltz onwards round the room.

Repeat ad lib.

B. SET DANCES

The Circassian Circle

Formation: Large circle round the room, ladies on the right of their partner.

Music: 32 bar Reels.

Bars:

Description

1-4: Hands joined in a circle, all advance for four steps, retire for four steps.

5-8: Repeat.

9-12: Drop hands, ladies advance (clap) and retire.

13-16: Men advance (clap) and retire

17-24: Men face, set to and spin partners

25-32: Gay Gordons hold, ladies on the outside, promenade around the room (do NOT reverse) and finish with man moving backwards into the circle with new partner on his left.

Repeat ad lib.

The Dashing White Sergeant

Formation: three facing three around the room, man between two ladies or lady between two men.

Music: *The Dashing White Sergeant* - 32 bar reels.

Bars:

Description

1-8: Join up in a circle of 6 and circle round to the left for 8 steps (4 bars) and back to the right.

9-12: The person in the middle turns to the person on their right and sets to them, then turns them once round right hand (variation - both hands). The other partner stands still.

13-16: Repeat with the other partner.

17-24: Using elbow grip, turn 1st partner, then 2nd partner, then 1st partner, then 2nd partner. (Variation - dance a reel of three, giving left shoulder to 1st partner to start).

25-28: In the lines of three, advance towards each other (two skip steps) and retire.

29-32: Both lines dance forwards, one line raising their hands in an arch and the other line dancing underneath, and dance on to meet the next set of three coming in the other direction.

Repeat with new three. If room is not wide enough, the dance can be done in lines and sets fo 3 go under (or over) 2 bridges leaving 2 lots of 3 at each end (not one at each end!!).

The Eightsome Reel

Formation: four couples arranged around a square, lady on the right of the man. Couple with their backs to the music are couple number 1, couple on their left number 2, couple opposite number 3 and couple on the right number 4 (ie numbering clockwise).

Music: 40+8x48+40 bar reels.

Bars

Description

- 1-8: All join hands in a circle and circle round to the left for 8 steps (four bars) and back.
- 9-12: Ladies join right hands in the middle, and hold partners around waist, and all dance right hands across in a star (wheel).
- 13-16 Swing round (couples still holding around the waist) so the men join left hands, and dance back with a left hand star.
- 17-20 Face partners and set twice.
- 21-24 Spin partners (turn RH).
- 25-40 Giving right hands to partner to start, dance a grand chain around the set (keep going in the same direction and give right hand, then left hand, then right hand, ... until you get back to place). If you get back early, spin until the end of the phrase.

Figure - repeat 8 times

- 1-8 1st lady goes into the centre of the set and sets while the others circle round to the left and back.
- 9-16 1st lady sets to partner, turns him, sets to opposite man and turns him.
- 17-24 1st lady turns partner, opposite man, partner, opposite man (variation - dance a reel of three with partner and opposite man, giving left shoulder to partner to start).
- 25-32 Repeat bars 1-8.
- 33-48 Repeat bars 9-24 with side men.

Repeat Figure with 2nd lady, 3rd lady, 4th lady, 1st man, 2nd man, 3rd man, 4th man in the centre.

Chorus Repeat the 40 bars of the start of the dance.

Strip the Willow

Formation: 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.

Music: 6/8 or 9/8 jigs.

Bars:

Description

1-8 1st couple spin RH.

9-16 1st lady turns 2M LH, partner RH, 3M LH, partner RH, 4M LH.

17-24 Spin with partner RH to the end of the phrase.

25-32 1st man turns 4L LH, partner RH, 3L LH, partner RH, 2L LH.

33-40 Spin with partner RH to the end of the phrase.

41-48 1st lady works down men, while 1st man works down ladies, turning 2C LH, partner RH, 3C LH, partner RH, 4C LH.

49-56 Spin with partner RH to the end of the phrase.

Next couple starts when 1st couple start spinning at the bottom for the last time.

Orcadian (or Shetland) Strip the Willow

Formation: Couples in a long line down the room, men on the right and ladies on the left as viewed from the band. Couples number from nearest the band.

Music: 6/8jigs going into fast reels!!

Bars:

Description

1-8 1st couple spin for 16 beats.

9-... 1st couple work down the opposite line (ie of the people of the opposite sex) turning side person LH, partner RH, next side person LH, ...

17-24 2nd couple spin for 16 beats.

25-... 2nd couple work their way down the lines as 1st couple....

When 1st couple reach the bottom, they spin to the end of the phrase, then join the side lines. A new couple starts every 16 bars.

The Virginia Reel

Formation: Longwise sets of 4 couples or simply two long lines, men on the right and ladies on the left as viewed from the band. Top couples nearest the band.

Music: Reels/American style

Bars:	Description
1-8	All advance (clap clap) and retire (clap clap)
9-16	All advance (clap clap) and retire (clap clap)
17-24	All advance and retire, turning partners with Left Arm.
25-32	All advance and retire, turning partners with Right Arm.
33-40	All advance and retire, then dance back to back left shoulder to left shoulder with partners (do-si-do).
41-48	All advance and retire, then dance back to back left shoulder to left shoulder with partners (do-si-do).
49-56	1st couple join both hands and side slip (skoosh) down the middle and back.
57-64?	1st couple, followed by all other couples cast off to the bottom; 1st couple make an arch and the other three couples dance up to new positions.

Dancers will all have to wait until everyone is through the arch before starting again. Listen to the music and/or the band caller!!

One variation at bars 49-56 is more than one couple join hands (as directed by the band) and skoosh down to the bottom and back up again, followed by the cast and 2 or more arches.

The Flying Scotsman

Formation: 5 Couples per set. Two lines, men on one side ladies on other. Couple number 1 nearest the band.

Music: 6/8 or 9/8 jigs.

Bars	Description
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1-8	Ladies join hands and lady number 1 lead the line round the back of the 1 st man and then zig-zag in and out down the line of men and back up to their original places.
9-16	Men join hands and man number 1 lead the line round the back of the 1 st lady and then zig-zag in and out down the line of ladies and back up to their original places.
17-24	Top couple set forward and join hands and side step down the middle of the lines using long steps the back up to join the end of the set using small steps.
25-32	All couples now join hands and side step down for 8 and back for 8, resulting in a new top couple.

Repeat ad lib.

Hooligan's Jig

Formation: 2 Couples per set. Ladies stand back to back and partners face them. men on the right and ladies on the left as viewed from the band. Couples number from nearest the band.

Music: 6/8 or 9/8 jigs.

Bars:	Description
1-8	Dance with your partner in any way you choose for 16 beats.
9-16	Link arms and spin for 16 beats, but men finish up in middle facing each other!
17-24	The men only dance with each other in any way they choose for 16 beats.
25-32	Men link arms and spin for 16 beats, but finish up facing the opposite lady.
33-40	Dance with your opposite in any way you choose for 16 beats.
41-48	Link arms and spin for 16 beats, but ladies finish up in middle facing each other!
49-56	The ladies only dance with each other in any way they choose for 16 beats.
56-64	Ladies link arms and spin for 16 beats, but finish up facing their original partners.
Repeat ad lib.	

Holds and Steps.

Up/Down In a longwise set, the couple nearest the band is numbered 1, and the other couples are numbered 2, 3, 4 (and 5, ... if appropriate) working down the line. "Up" is towards the band, and "down" is away from the band.

Ballroom hold has the man facing the lady, lady's right hand in man's left, man's right hand on lady's waist, and lady's left hand on man's right shoulder.

Promenade is man's right arm over lady's shoulder with lady holding his hand with her right, man's left hand holding her left in front of them.

Setting

The basic idea of a setting step is to spend two bars admiring your partner (or someone else) while shifting the weight from foot to foot. To be more precise (something alien to the ceillidh dance ethos, but hey!) the step is the pas de basque: