

Harrow and District Caledonian Society Dance Class – Wednesday 11th March 2020

**We suggest that dancers follow their own warm-up routine before joining in the dancing.
Information sheets outlining warm-up guidance are available at the class or on the website**

Our classes comprise a range of difficulty of dances from more straightforward to more complex/challenging.

Dances in darker font are less complex and suitable for all class members – please ensure all our newer members can participate

(Any dances shown in fainter type are more challenging dances for the more experienced class members)

More experienced dancers should ensure that less experienced dancers get a chance to dance during the dances printed in darker font

£2.50 members £3.00 visitors (reduction for juniors) Spring term season ticket £30

We suggest you provide your own drinking cup for the interval to reduce our use of plastic disposables

CORONAVIRUS/COVID19 advice from RSCDS website www.rscds.org/blog/coronavirus:

Good practice for staying healthy

It may seem obvious, but a few precautions can go a long way to stop germs from spreading:

Wash your hands prior to and directly after attending a dance class

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

Put used tissues in the bin straight away

Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available

Try to avoid close contact with people who are unwell and please do not attend a dance, a class or other activity if you are feeling unwell.

watford ball 21/3

RAVEN'S DANCE, THE (J8x32) 3C (4C set) www.youtube.com/watch?v=N02L_V0xgNQ&t=7

Derek Haynes Carnforth Collection 5

- 1- 8 1s+2s dance double Fig of 8 (1s cross down & 2s out & up to start)
9-16 1s cross down to dance reflection reels of 3 on opposite sides
& end facing down (Lady on Mans right)
17-24 1s (Lady leading) dance an Alternating Tandem RSh reel of 3 across with 2s (RSh to 2M)
& end in centre facing down
25-32 1s dance down between 3s, cast up 1 place (opp sides),
lead up between 2s, cross & cast to 2nd place own sides

watford ball 21/3 West MACS 25/4

MR IAIN STUART ROBERTSON (R8x32) 3C (4C set) www.youtube.com/watch?v=uzEQ37h66pg

Barbara de Winton RSCDS Book 42

- 1- 8 1s set advancing & turn 2H to face down & give nearer hand to 2s (2s face up), 1s+2s set & 1s turn 2s on sides with nearer hand
9-16 1s followed by 2s (who dance up to follow) dance down for 3 bars, 1s dance to top **as** 2s divide & follow,
1s cast to 2nd place & 2s to top & face out
17-24 2s+1s+3s dance reflection reels of 3 on sides (1s in & down to start, all joining hands where possible) 2s & 3s ending with a loop
25-32 1s dance ½ reels of 3 across (Lady with 2s & Man with 3s), 1s dance ½ reels of 3 across (Man with 2s & Lady with 3s)

watford ball 21/3

SILVER GREY, THE (S3x32) 3C set www.youtube.com/watch?v=mWtepyYQKTM&t=36s

Roy Goldring Graded & Social Dances 2

- 1- 8 s+2s+3s set, cross RH, set & cross back RH
9-16 1s+2s+3s circle 6H round & back,
1s & 3s remaining in the middle facing up/down
17-24 1s+3s dance ¾ R&L,
1s cast to 2nd place opposite sides **as** 3s cross over LH
25-32 1s dance ½ Fig of 8 round 3s,
1s followed by 3s dance up between 2s & cast, 1s to 3rd place & 3s to 2nd place

watford ball 21/3

EARL OF MANSFIELD, THE (R4x48) 4C set www.youtube.com/watch?v=uMWILFKz6Zk

John Drewry SCD Leaflet 15

- 1- 8 1s+2s circle 4H round & back
9-16 1s+2s also 3s+4s face on sides, all set & change places RH, all set & change back RH
17-24 1M reel of 3 with 2s (LSh to 2L) picking up partner in prom hold to complete reel as 3M dances similarly with 4s,
1s+3s end on Men's side
25-32 3s followed by 1s dance down below 4s, 3s cast, in & lead up to top,
cross & cast back to place while 1s cast up & turn LH to face 1st corners
33-40 1s turn 1st corners RH pass partner RSh, turn 2nd corner LH, pass LSh to end 2nd place in centre facing up
41-48 1L+2L+3L dance RH across (on side) as 1M+2M+3M LH across,
1s followed by 3s dance down to 4s & Ladies dance LH across as Men RH across to end 2 3 4 1

I N T E R V A L

spring dance 18/4 milton keynes 14/3, watford ball 21/3

FIRST RAIN OF SPRING, THE (J3x32) 3C www.youtube.com/watch?v=BWav3IqMXWg

Wouter Joubert RSCDS Book 49

- 1- 8 1s dance down, cast up round 3s, meet, dance up to 1st place facing out. 1s+2s ½ turn (Men LH, Ladies RH)
9-16 2s+1s dance double Figs 8 (1s cross up, 2s cast to start)
17-20 1s+3s ¾ turn RH into line up/down in middle facing partner & set
21-28 1s+3s dance ½ Celtic Reel:-
21-22 1s+3s pass partner RSh
23-24 1M+3L dance clockwise **while** 1L+3M dance ¾ round each other LSh to face partners in line across
25-26 1s+3s pass partner RSh
27-28 1L+3M dance clockwise **while** 1M+3L dance ¾ round each other LSh to face partners in line up/down set
29-32 3s+1s ¾ turn partners RH to sidelines & 2s+3s+1s set

PTO for final three dances of the class programme ...

Contd from overleaf

spring dance 18/4 West MACS 25/4 rscds london garden dance 4/7

MISS ELEANOR (S3x32) 3C set www.youtube.com/watch?v=AiXD4Mhkwg4&t=20

Ann Dix RSCDS Book 49

- 1- 8 Mirror reels of 3 on sides (1s start by going in and down)
9-16 1s set and cast off,
turn RH to face out and cast to their right, ready for
17-24 3 couple Bourrel
' 1M+3L also 2M+1L set advancing diag and $\frac{3}{4}$ turn 2H to line up/down middle & twirl to face own partners
while 3M and 2L chase anticlockwise to face partner
All set to partner and turn 2H to own sides 3 1 2
25-32 Circle 6 hands round and back

Spring dance 18/4

IRISH ROVER, THE (R8x32) 3C (4C set) www.youtube.com/watch?v=RSyUYGjcWWk www.youtube.com/watch?v=GQC8WQawW_g&t=5 James Cosh 22 SCDs

- 1- 8 1s dance down below 3s & cast up to 2nd place own sides
1L dances RH across with 2s **while** 1M dances RH across with 3s
9-16 1s dance $\frac{1}{2}$ diagonal reel of 4 with 1st corners,
 $\frac{1}{2}$ reel with 2nd corners **& $\frac{1}{2}$ turn LH in centre to face 1st corners (NB at bar 16)**
17-24 1s dance reels of 3 across giving LSh to 1st corners
ending in 2nd place own sides
25-32 1s dance Diag R&L (1M crossing down & 1L crossing up to start)

west macs 25/2

INCHMICKERY (J5x32) 5C set www.youtube.com/watch?v=60uojLsvxFU

Roy Goldring 14 Social Dances

- 1- 8 1s+2s circle 4H round to left,
1s dance in & cast to 3rd place
9-16 1s dance RH across (Lady with 3s & Man with 4s), pass RSh
& dance LH across with other couple
17-24 1L+2M **also** 1M+5L turn RH,
1L+5M **also** 1M+2L turn LH (
1s end 3rd place own side)
25-32 1s dance in & cast to 5th place,
5s+1s circle 4H round **to right.** 2 3 4 5 1

CORONAVIRUS/COVID19 advice from RSCDS website www.rscds.org/blog/coronavirus:

Good practice for staying healthy

It may seem obvious, but a few precautions can go a long way to stop germs from spreading:

Wash your hands prior to and directly after attending a dance class

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

Put used tissues in the bin straight away

Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available

Try to avoid close contact with people who are unwell and please do not attend a dance, a class or other activity if you are feeling unwell.
