

The Cumberland Square Eight

Formation: four couples arranged around a square set. Head couples facing and backs to the band. Others are side couples.

Music: 64 bar jigs

Bars: Description

- 1-8: Head couples take ballroom hold and dance across the set, men passing back to back, then dance back again, ladies passing back to back.
- 9-16: Side couples do same
- 17-24: Head couples do RH star and back with LH
- 25-32: Side couples do same
- 33-40: Head couples basket
- 41-48: Side couples do same
- 49-56: All join hands and circle round to the left for eight
- 57-64: Take promenade hold with partner (right hand in right, left in left, both in front of you) and dance anti-clockwise once round the set.

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

Bars: Description

- 1-8: Join up in a circle of 6 and circle round to the left for 8 and back to the right.
- 9-12: The person in the middle balances to the person on their right, then turns them once round right hand. 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 or "reel of three" if no hands.
- 25-28: In the lines of three, advance towards each other stamp, stamp, stamp. Retire, stamp, stamp, stamp
- 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.

Ceilidh Dances

The Britannia Two-step

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

Music: 32 bar Jigs, Polkas or Marches

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 four.
- 3-4: Repeat 1-2 with the opposite feet.
- 5-8: Skip forward for eight, then backwards for eight.
- 9-10: Set on the spot facing forwards for eight
- 11-12: Still setting, the man raises his arms and the ladies turn underneath.
- 13-16: Skip forward for eight, then backwards for eight.

The Canadian or Highland Barn Dance

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

Music: march or schottische.

Bars: Description

- 1-2: Starting with the outside foot, walk forward for three steps and jump (or kick).
- 3-4: Walk backwards for three steps and jump.
- 5-6: Skip sideways away from your partner (men towards the centre of the room, ladies towards the edge) for three and clap.
- 7-8: Return to partner and take hands with partner.
- 9-12: Keeping hold of hands skip sideways to the man's left, lady's right for four then back again.
- 13-16: Use remaining music to polka anti-clockwise round the room.

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, into the middle and out
- 5-8: Repeat.
- 9-12: Drop hands, ladies in and back.
- 13-16: Men advance, turn round and walk out to the next lady clockwise (the one who was on their left; the one who is now to the right of their partner as they view).
- 17-24: All spin with new partners
- 25-32: Hands crossed in front (right to right and left to left), ladies on the outside, promenade anti-clockwise around the room.

Lucky Seven

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

Music: 32 bar Reels or Jigs.

Bars: *Description*

- 1-8: Hands joined in a circle; circle round to the left (16 steps).
- 9-16: Advance into the centre and retire twice.
- 17-24: Dance a grand chain around the circle, starting giving right hand to partner, left hand to the next person, right to the next, and so on until you reach "seven". When you reach seven, do not pass, but stop with that person. Men are travelling anti-clockwise, ladies clockwise.
- 25-32: Spin that new partner, finishing back in the large circle, lady on the right, ready to start again.

The Military Two-step

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

Music: 32 bar Jigs, Polka or Marches

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 both hands, bounce on both feet, then kick the right foot across the body (to the left), followed by the left foot across the body (to the right).
- 11-12: The man raises his left hand and the lady turns underneath (dropping the other hand).
- 13-16: Polka around the room.

The Flying Scotsman

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: 32-bar Reels

Bars: *Description*

- 1-8 1st lady, followed by 2nd and 3rd ladies, dances across the top of the set, behind 1st man and weave back to place
- 9-16 Gents do same
- 17-24 1st couple join both hands and gallop down the room for 8, then back up again TO THE BOTTOM OF THE SET.
- 25-32 Spin your partner.

The Gay Gordons

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

Music: Marches

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.

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 rotating clockwise and following line of dance anticlockwise around the room.

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.

Strip the Willow

Formation: Longwise sets of 4 couples

Music: 9/8 double jigs

Bars: Description

- 1-8 1st couple spin RH.
- 9-20 1st lady turns 2M LH, partner RH, 3M LH, partner RH, 4M LH.
- 21-24 Spin with partner RH to the end of the phrase.
- 25-36 1st man turns 4L LH, partner RH, 3L LH, partner RH, 2L LH.
- 37-40 Spin with partner RH to the end of the phrase.
- 41-52 1st lady works down men, while 1st man works down ladies, turning 2C LH, partner RH, 3C LH, partner RH, 4C LH.
- 53-56 Spin with partner RH to the end of the phrase.

Orcadian (or Shetland) Strip the Willow

Formation: Couples in a long line down the room

Music: 6/8 or 9/8 double jigs

Bars:	Description
1-8	1st couple spin RH.
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, ...

When 1st couple reach the bottom, they spin to the end of the phrase, then join the side lines.

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, and 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.

The Sausage Machine

Formation: Longwise sets of 4 couples, facing

Music: 32-bar 4/4 reels or 6/8 jigs.

Bars: Description

- 1-8: 1st couple cast behind their lines to below 4th couple, turn once round by the right hand, and cast back up behind their lines to original place.
- 9-16: 1st couple with 2nd couple, and 3rd couple with 4th couple dance RH star and back with the LH.
- 17-24: Hold hands in a circle. First couple dance down under an arch made by fourth couple, then cast back up to the top, making an arch over the others (the sausage). Other dancers follow as appropriate. Keep hands joined throughout this movement!
- 25-32: 1st couple cast behind the lines to the bottom of the set (below 4th couple) and swing

Strip the Willow Square

Formation: Square set

Music: 48-bar jigs

Bars: *Description*

- 1-8 Heads take ballroom hold, gallop across 8 steps, men pass back to back; gallop back, women passing back to back.
- 9-16 Sides do same
- 17-32 Head men strip the willow using elbow turns: turn each other 3/4 round by right elbow, turn the woman they're facing (that's the one on their right when they started) by the left elbow, turn each other, the woman who was opposite them, each other, the woman who was on their left, each other, own partner. Always right arm to each other, left to others.
- 33-40 All circle left and right.
- 41-48 Balance twice and swing partner.

La Russe

Formation: Square Sets

Music: La Russe

Bars: *Description*

- 1-8 Pass left shoulder with partner to meet next person of opposite sex, who should be coming towards you; balance and swing.
- 9-16 Face partner (who should be coming towards you already), balance once or twice and swing.
- 17-24 Top couple keep swinging.
- 25-32 Top couple promenade inside set, successively greeting 2s 3s and 4s (nodding/bowing/...), ending in place.
- 33-40 Top Couples and Bottom couples cross, bottoms arching, partners change places; cross back and change places again.
- 41-48 Repeat bars 1-8
- 49-56 Circle left all the way (16 steps).
- 57-64 Promenade back to place (anti-clockwise).

Ninepins

Formation: Square set +1 to be the ninepin

Music: 32 bar jigs/reels

Bars: *Description*

- 1-8: Heads couples gallop across and back (ninepin tries to dodge)
- 9-16: Sides do same
- 17-24: Ninepin briefly swings each woman (or man, if appropriate) in turn and that person moves to centre. End with all 4 women (or men) in centre plus the ninepin.
- 25-32: All the five people in the middle circle L while the four outside circle R. Caller stops music suddenly and the people in the middle compete to grab a partner.

The Swedish Masquerade

Formation: couples around the room in heading anti-clockwise, nearer hands joined, ladies on the outside.

Music: The Swedish Masquerade

Bars: *Description*

Slow march

- 1-8 With nearer hands joined, walk slowly along the line of dance
- 9-16 With nearer hands joined, walk slowly against the line of dance back to starting point

Waltz

- 17-20 With nearer hands joined, facing along line of dance, balance away from partner and back towards partner twice.
- 21-24 Waltz along line of dance.
- 25-32 Repeat bars 17-24.

Polka

- 33-36 With nearer hands joined, facing along line of dance, balance away from partner and back towards partner twice.
- 37-40 Polka along line of dance.
- 41-48 Repeat bars 33-40.

The Veleta

Formation: couples around the room facing each other, both hands joined, ladies on the outside, men with backs to centre.

Music: waltzes.

Bars: *Description*

- 1-2 Step to the side along line of dance (man with left foot, lady with right) and swing other leg across. Step back and swing other leg across.
- 3-4 Step, close, step to the side along line of dance.
- 5-8 Repeat in the opposite direction.
- 9-12 Step, close, step to the side along line of dance and then back again.
- 13-16 Take ballroom hold and waltz along the line of dance.

The Virginia Reel

Formation: Longwise sets of 4 couples

Music: American Reels

Bars: *Description*

- 1-8 All advance and retire, then turn partners RH.
- 9-16 All advance and retire, then turn partners LH.
- 17-24 All advance and retire, then do-si-do passing right shoulders.
- 25-32 All advance and retire, then do-si-do passing left shoulders.
- 33-40 1st couple join both hands and gallop down the middle and back.
- 41-48 1st couple, followed by 2nd, 3rd and 4th couples cast off to the bottom; 1st couple make an arch and the other three couples dance up to new positions.

Bridge of Athlone

Formation: 5 couple long-ways sets

Music: 48 bar jigs

Bars: Description

- 1-8 Lines forward and back; lines cross (men make arches)
- 9-16 Lines forward and back; lines cross (women make arches)
- 17-24 Tops gallop down 8 steps and back
- 25-32 Tops cast out and all follow; Tops make arch at bottom and others go through
- 33-40 All except Tops face down and make arch. Top woman up tunnel, Top man up outside; then man down tunnel, woman outside
- 41-48 all swing

Four Around Four

Formation: 4 couple long-ways.

Music: 32-bar reels

Bars: Description

- 1-8: Men lead around backs of women
- 9-16: Women lead round men
- 17-24: Top couple gallop to bottom and back
- 25-32: Top couple cast to bottom, others move up, all swing

Clopton Bridge

Formation: 4 couple long-ways

Music: 32 bar hornpipes (step-hop)

Bars: Description

- 1-8: 1st man and 4th woman arm R and L
- 9-16: 1st woman and 4th man arm R and L
- 17-24: 2nd and 3rd couples do right hand star, left hand star
- 25-32: 1st couple swing down middle (or walk down with a nice swagger step), all swing.

Grandfather's Clock

Formation: Square set

Music: Grandfather's clock or 48 bar march/jigs.

Bars: Description

- 1-8 Heads do-si-do their opposite, then cast out, go outside set, come back in through nearest side and return to place.
- 9-16 Head women dance ladies chain.
- 17-32 Sides do same
- 33-40 Women do RH star holding partner's hand (star promenade) for 4 bars, going once round. Then leave that partner in his place and carry on round the star for 3 places to a new partner.
- 41-48 Balance twice and swing new partner.

Five-penny Bit

Formation: Square set with an extra couple in the centre facing top couple.

Music: 32 bar jigs/ reels

Bars: Description

- 1-8: 5s and 1s RH star; 5s and 3s RH star
- 9-16: reels on sides - 5th man starts a reel with the 2s and 5th W likewise with the 4s
- 17-24: 5s collect themselves in the middle and set right and left to the 1s, arch through (5s make arch); the 1s turn right and set right and left to the 2s, then arch through...
- 25-32: ...continue with the 2s setting to the 3s and arching through, then the 3s to the 4s, leaving the 4s in the middle facing up to restart the dance with the old 5s.

Waves of Tory

Formation: 5 couple long-ways

Music: 48 bar jigs

Bars: Description

- 1-8 Lines forward and back; top 2 couples do right hand star while bottom couple right hand turn
- 9-16 Lines forward and back; top 2 couples do left hand star, while bottoms left hand turn
- 17-24 Tops gallop down 8 steps and back
- 25-32 Tops cast out and down make arch all follow and through arch
- 33-48 Complete circuit of dip & dive, started by the bottom couple diving. *If you're at an end you always go under.* Stop when back to where you started.

The Willow Tree

Formation: 8 couple set

Music: 48 bar jigs

Bars: *Description*

- 1-8 1s gallop to bottom; 1st man returns with bottom woman, leaving 1st woman behind
- 9-16 1st woman and bottom man gallop up set; bottom man returns with his own woman
- 17-32 End couples strip the willow to middle (i.e. past 3 couples), then form an arch of 4 in the middle of the set (others make space)
- 33-48 Sides cast (top subset casts down, bottom subset casts up) through arches to place; swing if time.

Lucky Seven

Formation: Circle

Music: 32 bar jigs

Bars: *Description*

- 1-8: All circle left for 16 steps. (Caller may have to count these aloud at first.)
- 9-16: All into middle for 4 steps and back out; repeat.
- 17-24: Grand chain. Swing 7th one.

Maggie Mixer

Formation: Circle mixer. Gents in middle facing partners on outside. Start with couples facing anti-clockwise

Music: 32 bar marches

Bars: *Description*

- 1-8: Holding inside hands go forward 8 steps; take ballroom hold and chassay 2 steps on, then 2 back
- 9-16: Do same the other way
- 17-24: Counter-marching. ALL TURN LEFT to face partner and march 8 steps in the direction you're facing. (Men and women will be going opposite ways: men anti-clockwise, women clockwise). All turn round and march back to partner.
- 25-32: Do-si-do partner; ALL LOOK LEFT and swing person on L diagonal who becomes new partner.

Cornish Six-Hand Reel

Formation: Start all in one line across the room facing down, men on left of partner as usual.

Music: 32 or 64 bar marches

Bars: *Description*

- 1-8 All go 8 steps forward; balance R and L twice, still facing down.
- 9-16 Turn individually, 8 steps up, balance R and L twice facing up. Turn to face partner.
- 17-32 Six-hand reel, all the way. Start passing right shoulders. End the reel when you face your partner again for the second time.
- 33-40 Right hand turn partner; left hand turn partner. (slow turns.)
- 41-48 Do-si-do partner; 2-hand turn partner. All face towards 1s (the couple on the caller's right).
- 49-64 Double cast (1s turn left and all follow); 1s arch at the end and all go through to progressed places. Swing if time. End facing down.

La Bastringue

Formation: 3 couple long-ways

Music: La Bastringue

Bars: *Description*

- 1-8: 1s and 2s right hand star; same four face neighbour (1s down, 2s up) and balance R and L, then 2s arch and 1s go under
- 9-16: 1s and 3s left hand star; face neighbour, balance right and left, 3's make an arch and 1s go under
- 17-24: 1's strip the willow to finish *improper* at the top -
- 25-32: 1s cross passing right shoulders, go down outside (rest moving up), all do 2 hand turn with partner, swing / gypsy / whatever.

OXO Reel

Formation: 6 couple long-ways

Music: 32 bar jigs/reels

Bars: *Description*

- 1-8: Lines forward and back. Tops gallop to bottom.
- 9-16: Lines forward and back. 2s gallop to bottom.
- 17-24: Top 2 couples circle L; bottom 2 couples circle R; middle 2 right hand star. (OXO) Then back the other way.
- 25-32: 2nd couple (now at bottom) gallop to top; all swing.

Pop Goes the Weasel

Formation: Large Long-ways

Music: Pop Goes the Weasel

Bars: *Description*

- 1-8: 1s make a circle with 2nd woman, circle left once and a half (so 1s are now in 2nd W's place); 1s make an arch and pop 2nd W through it to her place.
- 9-16: 1s repeat with the 2nd man.
- 17-24: 1s walk down the set, dance back to place.
- 25-32: All swing to change places.

Circassian Circle

Formation: Circle mixer. Gents on left.

Music: 32 bar jigs or reels

Bars: *Description*

- 1-8: Into the middle 4 steps and out 4 steps, twice.
- 9-16: Women go into middle, clap, and come back out; men do the same, turning to face partner as they come out.
- 17-24: All swing with partner, ending facing round the dance.
- 25-32: Promenade 8 steps anticlockwise.
- If you want to make the dance progressive, in B2 tell the men to pass on to woman in front at end of promenade.

Circle Waltz

Formation: Circle mixer. Big circle OR small circles of 4 or 5.

Music: Waltz

Bars: *Description*

- 1-16: Take hands round the circle and balance in and out; women let go of partner's hand and move forward and round to the right one place (men stepping back) to reform the circle. Do all this four times.
- 17-32: The 4th person is your new partner. Take inside hands (or both), sway in, sway back, sway in and turn all the way round. Do the same again outwards - sway out, sway in, sway out and turn. Ballroom hold: chassay 2 steps in and 2 out. Waltz on round circle, then reform the circle and start again.

Blaydon Races

Formation: Big Circle

Music: Blaydon Races

Bars: *Description*

- 1-8: Into the middle 4 steps and out 4 steps, twice.
- 9-16: Take ballroom hold and chassay 2 steps into the middle and 2 out; again.
- 17-24: Promenade 8 steps round the circle, men moving on to new partner on the last few steps.
- 25-32: Balance and swing with new partner; end with woman on right of man to reform circle facing in.