

## Pinewoods Scottish Sessions Class Description 2018

### Fundamentals: Tonight's Easy Dances

We recommend this choice for dancers who would like to practice the steps and formations involved in the easier dances on the evening program (those marked with a [E] in this Gazette and on the posted programs). The goal is to help participants enjoy those dances and to assist them in improving their technique. This class is taught by the evening MC.

### Intermediate: Technique and Repertoire

The goals of this class will be to improve performance of the steps and formations in List One, to introduce those from List Two, and to refine transitions. Dancers will also have the opportunity to explore the social aspects of dancing, such as teamwork, handing, eye contact, musical phrasing, deportment, and covering.

### Advanced: Technique Focus

This is a physically demanding class that expects a high level of proficiency in dancing. Participants should be able to execute all steps and formations at a high standard, and perform smooth transitions. The focus will be on perfecting all aspects of technique in Lists One and Two, while introducing more advanced or unusual formations. The aim is to expand the dancer's repertoire of advanced material and to polish individual technique with continued emphasis on teamwork, phrasing, and covering.

### Advanced: Repertoire Focus

Geared toward dancers with an advanced level of knowledge and experience, this class places less emphasis on individual steps and technique. While expanding dancers' repertoire with interesting and challenging dances, teachers will focus on such essential skills and etiquette as teamwork, phrasing, covering, handing, and eye contact.

### Morning Social

This class is for all dancers who wish to expand their repertoire of dances and formations in a social setting. Attendees are expected to dance all steps and formations in List One with little or no teaching.

### Technique & Critique

This class is for dancers who wish to improve their dancing, this class will offer one-on-one critique from a member of the teaching staff. Attendees should be able to dance all the steps and formations in List One. Attendance is limited. Please sign up on the sheets posted at the beginning of the session.

Teacher's Choice invites teachers to do something a little different. Helen selected some of her favorite dances to share with us. Andrew's class has a theme of Four Weddings and a Funeral on Tuesday (Session 2), and will feature some of his own compositions on Friday (Session 2). Linda is going to teach some of her favorite Ceilidh dances on Saturday (Session 1), and dances with unusual figures on Wednesday (Session 2).

### Introduction to Teaching SCD Workshop: Are you an enthusiastic Scottish Country dancer?

Have you considered teacher training to share your love of dancing with other dancers? If you have, Helen Russell will take you behind the scenes and share with you some insights into what it is like to teach Scottish country dancing. In her workshops, Helen will cover dance analysis, use of voice, and briefing in Session 1, and teaching basic techniques and dances in Session 2. Although this workshops are geared toward those who would like to learn more about teaching SCD, experienced teachers are also welcome to observe.

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Tonight's Tricky Dances taught by the evening MC, is for everyone who wants to practice the trickier dances on the evening program (those marked with a [T] in this Gazette and on the posted programs). The class is recommended to dancers in the Intermediate and Advanced SCD classes who are unfamiliar with the evening's tricky dances.

Highland Dancing, an athletic performance style of dance. Attendees of all ability and experience levels are welcome and should be prepared for aerobic exertion in the form of repetitive hopping and jumping.

Cape Breton Step Dancing features close-to-the-floor, rhythmic steps that are commonly danced to jig-, strathspey-, and reel-time tunes. Scottish, Gaelic-speaking immigrant communities in Nova Scotia have been fostering this percussive dance form, now referred to as Cape Breton step dancing, since the early 19th Century. Cape Breton steps may be performed solo or be integrated into social set dances. Step dancing is a form practiced by dancers of all ages, who develop personal preferences of steps and presentation in close relation to tune structures.

Pinewoods Reel Demystified is a class specifically focused on the fun but relatively complicated Scottish country dance *Pinewoods Reel*. It was written for and debuted at Pinewoods Scottish Sessions by John Bowie Dickson in 1968 and is danced during each session's Highland Ball.

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### **LIST ONE**

#### FORMATIONS

- stepping down & up
- hands round
- turn partner
- lead/dance down & up
- hands across
- casting
- rights & lefts
- advance & retire
- back to back
- figures of 8
- balance in line
- promenade for 2 and 3
- allemande for 2 and 3
- set to corners
- set to & turn corners
- grand chain
- ladies' chain
- reels of 3 (across & on the side)
- reels of 4 (on the side & diagonal)
- turn corners & partner
- poussette (in 'reel and jig time)

#### STEPS

- skip change of step
- pas de Basque
- slip step
- strathspey traveling step
- strathspey setting step

### **LIST TWO**

#### FORMATIONS

- the rondel
- set & link for 2 and 3
- set & rotate
- crossover reels of 3
- corners pass & turn
- double triangles
- rights & lefts for 3
- poussette in strathspey time
- set to corners & partner (hello-goodbye setting)
- the knot
- men's chain

#### STEPS

- Highland Schottische, Glasgow Highlanders and other Highland steps