

As a reminder, when you applied we asked you to choose your Dancing Level, to help us approximate class size and expectations. Use your dancing level to pick the best Class I offering for you!

### **Dancing Level and Goals**

- **Beginner:** I am a dancer with little to no prior experience of Scottish Country Dancing and look forward to joining in! (*Recommended class: Essential Skills*)
- **Capable:** I want to learn or review common steps and figures such as Rights and Lefts, Turn Corners and Partner, Set To and Turn Corners, and Reels of Three and Four. I'd like to focus on social aspects of dancing, such as teamwork, handing, and eye contact. (*Recommended class: Essential Skills*)
- **Competent:** I'd like to improve my performance of footwork and common figures and would also like to expand into slightly more demanding steps and figures, such as Highland Schottische setting, Double Triangles, Set and Link, Corners Pass and Turn, and Set and Rotate. I'd like to work on smoothing transitional flow between formations and on musical phrasing, deportment, and covering. (*Recommended class: Essential Skills or SCD Conditioning*)
- **Proficient (High Impact Technique):** I have all the common formations at my fingertips, and can execute travelling and setting steps at a high standard. I regularly make smooth transitions between changing steps and figures. I am looking for physically demanding classes expecting fluency in formations and strong form in dancing. (*Recommended Class: Any!*)
- **Proficient (Low Impact Social):** I have a lot of experience with all the steps and formations in the standard repertoire of Scottish Country Dancing. I'd like to learn interesting and spatially challenging dances, and reinforce my group skills such as teamwork, phrasing, covering, handing, and eye contact. (*Recommended Class: Any!*)

### **Some Standard Steps and Formations of Scottish Country Dancing:**

#### *Formations:*

Hands Across

Casting

Rights and Lefts

Back to Back

Balance in Line

Figures of Eight

Reels of Three and Four

Crossover Reels of Three

Promenade

Allemande

Grand Chain

Ladies' Chain  
Mens' Chain  
Poussette and Poussette Right Round  
Turn Corners and Partner  
The Rondel  
Set and Link for Two and Three  
Set and Rotate  
Set to Corners and Partner (Hello-Goodbye Setting)  
Double Triangles  
The Knot

*Steps:*

Skip Change of Step  
Pas de Basque  
Slip step  
Strathspey Travelling  
Strathspey Setting  
Highland Schottische Setting  
Glasgow Highlanders' Setting