

Guidelines for the Elementary Class

These steps and formations **make up the criteria** for people who have been through a Beginners' programme. The dancers should already have had some experience of the music, skipping, Skip-Change and a few simple formations - see the Beginners' Guidelines.

They are now ready to begin learning the formations and steps listed below:-

Elementary

Skip-Change of Step

Concept of Progression

Turn RH, Cast Off,

Down and Up for 6 and Cast Off

Cross and Cast and ...

Rights and Lefts

2 Couple Allemande

Three hands Across

Right shoulder Reels of Three

Symmetrical Reels of Three

Turn Corner, Partner...

Left Shoulder Reel after Turn Corners

Reels of 4 on the sides

3 and 4 couple Chains

Strathspey Travelling Step

Strathspey Setting Step

Pas de Basque

Pas de Basque while travelling and turning

Poussette

Petronella turn

Balance in line and Petronella Turn

Set to Corners only

Set to Corners followed by Right Shoulder Reels of 3

Set To and Turn Corners

Left shoulder Reels of 3 after Set to and Turn Corners

Strathspey Setting travelling and turning

Medleys

Aspects of dancing also need to be paid attention to:-

Footwork - positions

Transitions between one step/formation and another

Hands - shake hands, men and ladies presentation, for turning

Phrasing - fitting the steps to the musical phrases and the formations

Teamwork and Covering

Dancing with your partner

Music - being able to distinguish reels, jigs and strathspeys by listening

Ruary Laidlaw

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