

Guidelines for the Intermediate Class

These are **guidelines** for the **formations** and **steps** for Intermediate dancers.

You can see from the criteria below that they are **variations** on the basic formations listed in the Elementary programme

Reels/Jigs/Strathspeys

Intermediate

Promenade for 4 couples
Circles - to the left or right only for four steps
Arches - Rondell
Double Figures of 8
Slip Step Across the Dance
Rights and lefts - one step to each side
Half Rights and Lefts
Chains - Ladies' Chain
Chains - Half
Allemande - The Knot - 2 couple
Allemande - The Knot - 3 couple
Allemande - 3 couple
Allemande - 4 couple
3 Hands Across - Interchange
Reels of 3 - Half
Reels of 3 - Diagonal
Reels of 3 - Dancing couple and One Other Dancer
Reels of 3 - One or more couples using Promenade Hold
Reels of 3 - Crossing Over
Reels of 3 - "Inveran"
Corners - Right hand, pass partner right shoulder
Corners - Corner Pass
Corners - Chain
Reels of 4 - Half
Reels of 4 - Diagonal
Pas de basque - on the spot, turning, travelling
Pas de Basque Coupé

Pousette - 3 couples
Pousette - 4 couples
Petronella - Half
Balance in Line With Corners
Set to Corners, Set to Partner ...
Double Triangles
Crown Triangles
Set and Link - 2 couples
Set and Link - 3 couples
(See next page)

Strathspey Setting Steps and Formations

Strathspey Travelling Step
Strathspey Setting Step
Glasgow Highlanders Setting Step
Highland Schottische
Pousette Right Round
Half Pousette

Other aspects of dancing

Footwork - positions
Transitions between one step/formation and another
Hands
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, 5th October 2007