

Guidelines for the Upper Intermediate Class

This class should cover all of the criteria below like the Intermediate Class, but with an **emphasis on footwork**,

This is the class for those who are aspiring to become Advanced dancers.

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

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