

APPENDIX A: TEACHING CLASS SYLLABUSES

LEVEL 1 SYLLABUS

This Level introduces new dancers to the elementary formations and the steps of Scottish Country Dancing. They will obtain a degree of sociability and feeling for the dance and learn dances incorporating these elements.

STEPS including foot positions and characteristics of each step

- Skip Change of Step
- Slip Step
- Pas de Basque with emphasis on rhythm
- Strathspey Travelling
- Common Schottische (Strathspey Setting)

FORMATIONS

- Advance and Retire – 2, 4 bars
- Allemande
 - for 2 couples
 - for 3 couples
- Back to back
- Bow and Curtsey
- Casting
 - 1, 2 or 3 places, Off or Up
 - Cast Off for 4 steps and up for 4 steps
 - Cross Over and Cast Off
 - Set and Cast Off/Up
 - Turn and Cast Off
- Corner Formations
 - Identifying corner positions
 - Turning corners
- Cross Over – 2 bars
- Figure of 8
 - on the sideline
 - across the dance
 - Half figure of 8 across the dance
- Grand Chain for 4 couples
- Hands Across
 - Four hands across and back
 - Four hands across half-way round
 - Three hands across
- Hands Round/ Hands Round and Back (circle in jig, reel and strathspey time)
- Ladies' Chain
- Lead

- Down the Middle and Up
- Down the Middle and Up followed by Cast Off
- Dance, nearer hands joined
- Poussette for 2 couples in reel and jig time
- Promenade
 - for 2 couples
 - for 3 couples
- Reels of 3
 - on the sidelines - Right Shoulder/Left Shoulder (6, 8 bars)
 - across the dance – Right Shoulder/Left Shoulder
 - mirror
- Reels of 4 on the sidelines
- Rights and Lefts
 - for 2 couples (8 bars)
 - Half Rights and Lefts – 4 bars
- Stepping Up or Down
- Turns
 - 1 hand
 - 2 hands (strathspey only) – 2, 4 bars

NOTE: Not all of these formations may be taught in any one year

MUSIC

- Difference between a Reel and a Jig

TECHNIQUE/DANCING SKILLS

Level 1 dancers will be introduced to the following concepts and given instruction and practice in them:-

Covering

- Aignment with other dancers who are dancing the same pattern

Teamwork

- Dance with different partners
- Supporting couples need to remain alert!
- Proper use of hands and arms
- Eye contact

Dance Etiquette

- Able to do a dance from a walkthrough
- Wait for the dance to be called
- Join at the bottom of sets as they form
- Dance only dances within capabilities
- Counting off
- Listen to briefing/teacher

Posture

- Thank partner and set

Progression

- Upright carriage with good balance

Spirit of the Dance

- In standard 2, 3, and 4 coupe dances
- Connecting to the music which encourages the enjoyable sociable movement of dance

Before moving to Level 2, the dancer:

- Should expect to dance at Level 1 for more than one year
- Should be able to carry out the full Level 1 syllabus with confidence
- Should obtain the recommendation to move to the Level 2 class from his/her current teacher