

Callanish

CEILIDH DANCE INSTRUCTION

Flying Scotsman

Formation: 5 Couples per set. Two lines, men on one side, ladies on other. Couple number 1 nearest the band.

Music: 6/8 or 9/8 jigs.

Bars: **Description**

1-8: Ladies join hands and lady number 1 lead the line round the back of the 1st man and then zigzag in and out down the line of men and back up to their original places.

9-16: Men join hands and man number 1 lead the line round the back of the 1st lady and then zig-zag in and out down the line of ladies and back up to their original places.

17-24: Top couple set forward and join hands and side step down the middle of the lines using long steps the back up to join the end of the set using small steps.

25-32: All couples now join hands and side step down for 8 and back for 8, resulting in a new top couple.

Repeat ad lib.