

Callanish

CEILIDH DANCE INSTRUCTION

Highland Schottische

Formation: couples in a circle around the room, ladies on the outside, men on the inside, joined in ballroom hold with partners.

Music: Schottische.

Bars: **Description**

1-2 Men with left foot, ladies with right, point toe in 2nd, bring foot up in front of shin (3rd aerial), point in 2nd and bring foot up behind calf (3rd rear aerial). Bounce on supporting foot on each of these four beats.

3-4 Step onto that foot, close other foot behind, step onto the original working foot again, and close original supporting foot behind calf.

5-8 Repeat 1-4 with other leg.

9-10 Repeat 3-4 (ie step, close, step, hop).

11-12 Repeat 7-8 (ie 9-10 in other direction).

13-16 Polka as in Canadian barn dance - step, hop, step, hop - rotating clockwise and following line of dance anticlockwise around the room.

Repeat ad lib.