

FRAMEWORK FOR INTRODUCING SCOTTISH COUNTRY DANCING TO BEGINNERS

This framework is intended to be a resource to support those teaching Scottish Country Dancing to new dancers. It covers the basic formations and steps, allowing for progression through three levels. The format of the framework is:

- A suggested sequence for teaching steps
- A suggested sequence for teaching formations, in three levels
- A table of RSCDS published dances which include the listed formations

The framework is not intended as a prescriptive list of steps and formations, but as a guide that can be adapted to suit the needs and ability of the class and local context.

It should be remembered, when teaching SCD to beginners, that the emphasis should be on having fun and giving a sense of achievement. Over a period of time the class will develop a thorough working knowledge of the basic formations and the steps required to perform them. The learning of individual dances is a natural progression developing from the understanding of the steps and formations.

It is important to note that many formations are found in Ceilidh dances which can be incorporated into lesson plans particularly as warm-ups and cool downs.

Recommended reading for teachers –

- The RSCDS Manual of Scottish Country Dancing
 - An introduction to warming up and cooling down for Scottish Country Dancing
 - Index to Formations and Movements
- (All Published by the RSCDS)

SUGGESTED SEQUENCE FOR THE TEACHING OF SCD STEPS

- Slipping step.
- Skip change of step forward.
- Skip change of step backwards.
- Pas de Basque on the spot.
- Strathspey travelling step forwards.
- Strathspey setting step.
- Pas de Basque moving forwards, backwards and turning.
- Strathspey travelling step backwards.

Bow and curtsy should be taught as and when necessary

The four basic foot positions should be introduced and revisited when teaching each step.

SUGGESTED SEQUENCE FOR THE TEACHING OF SCD FORMATIONS

The table below lists basic formations in a suggested teaching sequence. A table of RSCDS dances incorporating the above list of formations is available as a separate document. Both formation and dance lists are not prescriptive and dances from other sources would also be suitable. The dances are organised by the level of the formations included. This does not necessarily indicate the overall level of difficulty of the dance. Teachers will need to use their own judgement when selecting dances suitable for their class and the formations they are teaching.

Level 1	
1	Hands round
2	Turn partner with right or left hand
3	Lead down the middle and up
4	Hands across
5	Casting
6	Stepping down and up
7	Crossing and casting
8	Rights and lefts
9	Advance and retire
10	Back to back
11	Figure of eight on the side line and in a square set
12	Figures of eight across the set
13	Lead down the middle and up and cast off
Level 2	
14	Promenade for two and three couples
15	Allemande for two and three couples
16	Half Rights and Lefts
17	Hands across halfway
18	Half figure of eight
19	Set to other dancer
20	Set and cross
21	Set and cast off
22	Grand chain
23	Ladies' chain
24	Turn with two hands; set and turn with one and two hands
25	Pas de Basque turn as in Petronella
Level 3	
26	Reel of three
27	Reel of four
28	Reel of three on opposite side, then on own side of the dance
29	Turn Corners and pass partner
30	Turn corners and partners
31	Balance in line
32	Double triangles
33	Set to corners
34	Set and turn corners
35	Poussette in fast time
36	Strathspey half Poussette