

Virtual Lesson 25/3/2020

Warm up: **Charlestown Chaser** (this one's for Andrew) <https://my.strathspey.org/dd/dance/8202/>

Watch the video, see how the dancers take exactly 8 bars to complete the chase back to place, and how straight the lines are. On bars 8-9 First couple flows straight into the slip down and back.

You'll see that bars 28-30 are different. The instructions say "step, together, step, together" before the clapping, but I (in common with quite a few other teachers) can't resist using the movement to teach stepping up "step, cross, step together"

Find a full length mirror and practice both – first step together, and then step cross, so that you can feel the difference. Don't forget to go the other way as well, as if you were stepping down.

Skip change practice.

- Basic rhythm – two on the right, two on the left gallop
- Try to start each step with a hop – alternate left and right
- Start in 1st position – heels together, toes turned out
- Try to feel 3rd position – back instep closes to front heel
- Now look up ahead, not at your feet.

As last week. Now think about advance and retire. Forward for two then back for two.

Hop step, close step, hop, back, close back.

Try to maintain the turnout while going backwards – I find that really difficult

Now to put it into a dance – **Jig to the Music** <https://my.strathspey.org/dd/dance/13618/>

There are two videos, have a look at them both. The animation takes a bit of getting used to. Men are on circular bases while the ladies are square. You can see the covering well in the animation, and how the dancers end back on the sidelines between turns. The dancing, covering etc in the "reasonable" version isn't bad, but can you hear the shuffling feet!

You have advance and retire and dos a dos which use the retiring step, try to get the hop in at the start of the step.

Step practice – strathspey

<https://www.youtube.com/watch?v=ykCf1wmYETk> Here's some strathspey travelling and setting for you, nice strong yet elegant steps, watch how they make the transition from travelling to setting and vice versa. When they are shown from behind you see how at the hop in the setting the other foot points to the floor before beginning the next step. Have a go in front of the mirror.

Formation practice: 3c allemande

Watch <https://www.youtube.com/watch?v=Yzb2grFV2PA>

Seems to cover it. Last two bars are of course skip change retiring as we've practiced.

I think you did a two couple allemande with Lindsey the week I was away in the Rakes of Glasgow

Dance: Byron Strathspey <https://my.strathspey.org/dd/dance/894/>

We've done this in class a few times, but maybe not this year.

Probably best to watch the tabards video or the animation. If you watch the Murrough Landon one, beware the hand holds in the 3 hands across – high fives not approved, we need a shake hand hold please!! I was also sidetracked in this video wondering what sort of sandwiches were being brought in!

Note how all three couples cover in the 1st 8 bars, the petronella turn moves forward and to the right, then keep that r shoulder pulling back till you face up and down. Worth practicing from both the man's and the lady's side.

See how the 2s lead the hands across, lady with 1s and man with 3s, and all end back in place after 4 bars ready to repeat with L hand at the other end before 2s meet facing 1L for the reel of 3 – we looked at that last week.

As the reel finishes the 1s continue through their original place to come in behind the 2s for the 3c allemande. 3s need to step in to be ready for this after their 8 bars off.

Dance Tribute to the Borders <https://my.strathspey.org/dd/dance/6701/>

Surbiton Caledonian is having a dance of the day to watch while we can't dance, and this is from last week. It looks like there's a lot going on but there's nothing there we can't do in class – it's just holding it all together.

Lots of great videos or an animation to watch, I like the Russian one (ladies in white dresses). Lets break it down

1 – 8 Straightforward start, 1s cross RH and cast, then turn RH to face 2nd man in promenade hold. The lady has to do an extra turn to finish shoulder to shoulder with her partner – the same as in the lead down and turn that we had in Brudenell Jig last week.

9 – 16 Half a reel of 3 with 2m and 3M, then half a reel of 3 with 3L and 2L. Note how the 2s and 3s move straight away to start the reel, passing r shoulder or dancing out to the R to start. A half reel is an S shape. 1s finish in the centre facing 2L position

17 – 24 1s set to each corner, turning a ¼ turn to the right each time. As they set to 2M position 2s and 3s set advancing to be ready for

25 – 32 our old friend the 3c allemande.

So nothing there we couldn't do. Well done

Something to finish – the **Gay Gordons** <https://my.strathspey.org/dd/dance/7546/>

Is that Andrew Nolan in the demonstration quality video?

Go on, have a polka, you know you want to. Then a nice glass of wine. Well done.