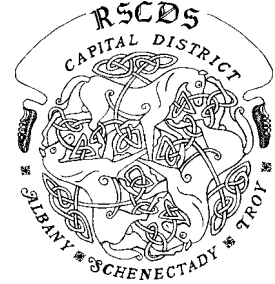


The Capital District NY Scottish Country Dancers
Albany Class of the RSCDS Boston Branch



NY Capital District Fall Frolic

November 4th & 5th, 2023

Music by
Peter Macfarlane (Fiddle) & Beth Murray (Piano)

Saturday: Workshops and Potluck at Newbitz House:

1:00 – Capital Intrigue w/ David Wasson

2:15 Party Review with Musical Notes 🎵 🎵

5:00 Potluck

7:15 Fall Frolic Ball – CM Fine Arts

Sunday: 10:30 Brunch – Newbitz House

12:00 Tea Dance – Newbitz House

For more information and to RSVP:

Barbara Bemis – Math.maniac.1@gmail.com

Lois New – Loisscd@gmail.com – (518) 852-5274

Newbitz House: [85 Mann Blvd., Halfmoon, NY, 12065](#)

CM Fine Arts: [17 Executive Park Dr, Halfmoon, NY 12065](#)

Event Fee: A donation of \$30 will help cover musicians and hall fees.

Paypal.me/FallFrolic or Check/Cash at door

COVID Notice: If you are feeling unwell, please do not attend. We will dance with you in spirit.



**Capital District (Albany, NY) Class of the Boston Branch
RSCDS**

Fall Frolic Ball

Saturday, November 4, 2023

7:15 PM

Music by Peter Macfarlane and Beth Murray

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Slow Simmer	32 J	3c	StrathsBabes
Fair to Middlin'	32 S	3c	Polly Birdsall
The Westminster Reel	32 R	2c	RSCDS Book 45
The Custom Builder	32 J	3c	Sue McKinnell
Barbara's Strathspey	32 S	3c	RSCDS Book 46
Ardmore Junction	32 R	3c	Reeladelphia

Intermission

Seton's Ceilidh Band	64 J	4c set	Bruce Fordyce Mem. Coll.
Kinfaun's Castle	32 S	5c set	Carnforth Collection 4
Muddy Dog Run	32 R	3c	A Shortcut to Happiness
Albany on Cloud Nine	32J	3c	Charles Liu
Mrs Hamilton of Wishaw	32 S	3c	RSCDS Book 23
Norma's Garden	32 R	3c	Spark O' Water

Intermission

Best Set in the Hall	32 J	3c	RSCDS Book 46
Miss Gibson's Strathspey	32 S	3c	RSCDS Leaflet Dances
The Falls of Rogie	32 R	3c	Alexander Dances 1
The Fools of Rogie	32 R	4c set	Glasspool / Hall



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Slow Simmer J32 · 3/4L Pam Stephens: StrathsBabes ·

- 1–8 Reel of 3 on opposite side
9–16 Reel of 3 on own sides – 1s face 2s on sidelines.
17–24 1s+2s R&L - start RH on sides.
End with LH turn half round and face up in promenade hold.
25–32 Allemande

Fair To Middlin' -- (S8x32) 3/4L - Polly Birdsall

- 1-8 1M & 2W cross (RH) and set **WHILE** 1W & 2M set and cross
1W and 2M lead their partners in a chase clockwise ½ way
(back to original places) (1W & 2M remain facing out) (1 2 3)
9-16 1M & 2W flow into RSh parallel reels of 3 on own side of the dance
17-24 1s lead down for 2 bars, face each other, set, lead up to the top,
and cast off on own side to 2nd place, 2s stepping up (2 1 3)
25-32 2s+1s dance poussette right round

The Westminster Reel R32 · 2/4L Jeremy Hill: RSCDS Book 45

- 1-8 1M+2L turn (RH), 1L+2M turn (RH) 1½ times end facing partner
ready for diagonal reel of 4
9-16 1s+2s dance diagonal reel of 4, finish in original places
17-24 1s+2s Set & Rotate :
25-32 2s+1s dance R&L

The Custom Builder J32 · 3/4L Sue McKinnell

- 1-8 1s turn (RH) & cast (2s step up);
1s turn (LH) 1½ times to 1L facing her 1st corner with 1M behind her
9-16 1s dance Alternating Tandem ½ RSh reel of 3 with 1st corners;
1s dance Alternating Tandem ½ LSh reel of 3 with 2nd corners
17-24 1s dance Alternating Tandem ½ RSh reel of 3 with Man's 1st corner (pstn)
1s dance Alternating Tandem ½ LSh reel of 3 with Man's 2nd corner (pstn)
25-32 1s dance down between 3s & cast up,
1s dance up between 2s & cast to 2nd place, own sides

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Barbara's Strathspey S32 · 3/4L Sue McKinnell: RSCDS Book 46

- 1-8 1s set & cast 1 place (2s step up),
1s dance ½ Fig of 8 (1M round 2s, 1L round 3s)
- 9-16 2s+1s+3s set & 1s cross passing RSh,
2M+1M also 1L+3L turn RH 1½ times on sides
- 17-24 1s+2s+3s dance 3 couple Bourrel:
- 25-32 All chase clockwise ½ way, all ½ turn partners (RH) & twirl to places. 2 1 3

Ardmore Junction R32 · 3/4L Dan Blim: Reeladelphia

- 1-8 1s+2s+3s dance a Grand Chain (1s cross to start) At end, 1M faces out
- 9-16 1s (1M leading) cast off 2 places and cross (2s step up)
1M casts up as 1W dances up middle. 2s+1s ½ RHA (1,2x,3),
- 17-24 1s (1W leading) cast off 2 places and cross (2s step up)
1W casts up as 1M dances up middle. 2s+1s ½ LHA (1,2,3),
- 25-32 1s+2s Poussette (2,1,3)

Break

Seton's Ceilidh Band J64 · 4/4L Fordyce Morison's Bush Collection

- 1-8 1s cross (RH) & cast 1 place (2s step up),
dance down between 3s (3s step up),
cast down behind 4s to 4th place (4s step up)
- 9-16 3s+4s+1s dance mirror reels of 3 on opposite sides
(1s in/up, 4s out/down, 3s in/down)
- 17-24 1s cross (RH) & cast up 1 place (4s step down),
lead up between 3s (3s step down),
cast up behind 2s (2s step down) to 1st place own sides
- 25-32 1s dance mirror reels of 3 on own sides (1s in/down, 2s out/up, 3s in/up)
- 33-40 1s cross (RH) & cast down 1 place (2s step up);
1s give RH to partner & LH to 1st corners,
Bal-in-Line & 1s turn partner (RH) to give LH to 2nd corners
- 41-48 Bal-in-Line & 1s dance out, cast down behind 3s, meet & lead up to top,
crossing to 1st place own sides to face down (2s step down on 45-46)
- 49-60 1L+2L & 1M+2M change places (RH) on sides & 2s+1s cross over (LH);
repeat with 3s & 4s until reaching the bottom of the set 2x 3x 4x 1x
- 61-64 All turn partners (RH) 1½ times

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Kinfauns Castle S32 · 5/5L *Derek Haynes: Carnforth 4*

- 1-8 2s+4s dance full diagonal RSh reels of 4 with 1st corners
(passing partner LSh to start)
- 9-16 2s+4s dance full reel of 4 with 2nd corners
(dancing LSh round partner to face 2nd corners)
- 17-24 2s+4s dance Figs of 8 on sides, dancing in front of dancer on left
(Ladies down, Men up) & meet ready for a ½ Poussette
- 25-32 1s+2s also 3s+4s dance ½ Diamond Poussette,
1s+4s also 3s+5s dance ½ Diamond Poussette to end 2 4 1 5 3

Muddy Dog Run R32 · 3/4L *Holly Boyd: A Shortcut to Happiness* ·

- 1–8 1s dance down. 1W pass under 1M's left arm to change places.
1s dance up to face 1st corners
- 9–16 1s and corners dance corners pass and twirl. 1s face 3rd corner position
- 17–24 1s dance Hello/Goodbye with petronella turn into 2nd place opp side 3x, 1x, 2x
- 25–32 3s+1s+2s chase clockwise halfway and turn partner (RH) 2, 1, 3

Albany On Cloud Nine J32 3/4L *Charles Liu*

- 1- 8 1s set, cast (2s step up). 1s set and turn (RH), finish facing out own side
- 9-16 1s dance ½ RSh reel of 3 on own side (give RSh to 3rd corner)
1s pull RSh back, 1M facing up, 1L facing down; dance ½ Double Triangles
- 17-24 1s dance ½ RSh reel of 3 across (1L with 3s at top, 1M with 2s at bottom)
1s pull RSh back facing own side, dance ½ Double Triangles
1s finish in 2nd place on opposite sides, facing clockwise
- 25-32 3s+1s+2s chase halfway clockwise. All turn partner (RH) (or with a birl)

Mrs Hamilton of Wishaw S32 · 3/4L *John Drewry: RSCDS Book 23*

- 1-8 1s set, dance down below 3s, cast up round 3s & dance to top facing out
WHILE
Bar 3: 2s set, dance down below 3s then cast up round 3s to 2nd place
Bar 5: 3s set, dance in & down touching hands & cast back to 3rd place,
facing out
- 9-16 Reels of 3 on sides (1s cast down, 2s dance in/up, 3s cast up to start)
Bar 11: 1s cross (RH) to 3rd place opp side & continue reel
Bars 15-16: 1s lead up (RH) & ½ turn to finish NHJ facing down,
2s finish in middle facing up, 3s in 3rd place, on the sides.
- 17-24 1s+2s dance the Rondel. 1s finish in 2nd place, facing down
- 25-32 2s+1s+3s dance Grand Chain. 2 1 3

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Norma's Garden R32 · 3/4L Lydia Hedge: Spark O' Water

- 1-8 1s dance down 2 place, cast up round 3s, dance up to the top
1s cast to 2nd place, own side (2s step up 7-8)
- 9-16 1s dance Diag R&L (Man down, Lady up). (3) 1 (2)
- 17-24 3s+1s+2s dance Set+Link for 3 couples twice. 2 (1) 3
- 25-32 2s+1s+3s set, 1s turn 1½ (RH) to 2nd place, own side, 2s+1s+3s set

Break

Best Set in the Hall J32 · 3/4L Helen Greenwood: RSCDS Book 46

- 1-8 1s set & 1L, followed by 1M, casts below 3s.
1L crosses & casts up to face her 1st corner
WHILE 1M dances up the middle to face his 1st corner
- 9-12 1s set to 1st corners & dance RSh round each other into 3rd corner (pstn)
WHILE 1st corners dance in & turn right about to face their original position
- 13-16 1s+1st corner person set & 1st corner persons dance RSh round each other
into diag opp corners
WHILE 1s dance in & pivot to right to face 2nd corners
- 17-24 1s repeat bars 9-16 with 2nd corners
1s end by passing RSh to 2nd place, opposite sides. (3)(1)(2)
- 25-32 3s+1s+2s chase clockwise ½ way & turn partners (RH)

Miss Gibson's Strathspey S32 · 3/4L Derek Haynes: The Leaflet Dances

- 1-8 1s+2s set, turn partners (BH) opening out into 4H round to the left
- 9-16 1s+2s dance the Knot, 1s turning (LH) to end facing 1st corners
- 17-24 1s turn 1st corners (RH), partner (LH), 2nd corners (RH) & partner ¾ (LH)
finishing in middle, facing opposite sides ready for ...
- 25-32 1s dance RHA, (1M with 3s & 1L with 2s), pass partner RSh
& dance LHA with other couple. 1s end in 2nd place

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The Falls of Rogie R32 · 3/4L *Jean Attwood: Alexander Dances 1*

- 1-8 1s cross (RH) & cast 1 place, (2s step up)
1s cross (RH) & cast to the right (Man up, Lady down). Face 2nd corner
- 9-16 1s dance ½ LSh reels of 3 across (1M with 2s & 1L with 3s),
set in lines across & all change places (RH) with opposite person
- 17-24 2s+1s+3s chase clockwise ½ way,
1s dance in & turn 1¼ (RH) to face 1st corner positions
AS 2s & 3s continue to chase on to places (as bar 16)
- 25-32 1s dance ½ reel of 4 with 1st corners, passing RSh,
dance ½ reel of 4 with 2nd corners & cross, passing RSh,
to 2nd place own sides

The Fools of Rogie R32 · 4/4L *Terry Glasspool & Sue Hall ·*

Start (1,2,3x,4x)

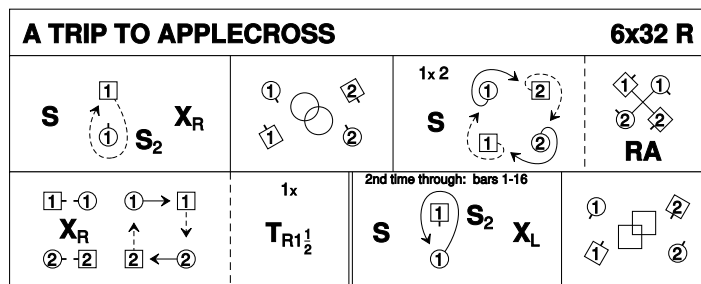
- 1-8 1s+4s cross (RH), cast inward (2s+3s step to ends); 1s+4s cross (RH),
1M(leading)+4W & 4M(leading)+1W dance RSh round 1M/4W positions
into
- 9-16 2s+(1M+4W) & 3s+(4M+1W) ½ LSh Reels of 3 across,
(LSh to 1W/4M positions (no lead-change), into facing lines of 4 across ;
All set and cross with opposite up/down
[now (3M,1W,4M,3W) facing (2W,1M,4W,2M)]
- 17-24 2s+3s chase clockwise to bar 17 positions
WHILE{8} 1s+4s chase clw ½, ¾ RHA
Finish: 1s & 4s in tandem, W leading, facing 4W/1M places
- 25-32 1s+4s, W always leading, ½ diagonal Reel of 4 on 1st diagonal,
pass RSh up/down; ½ diagonal Reel of 4 on 2nd diagonal
Finish in middle (2,4,1x,3x)

Albany Fall Frolic 2023 Workshop I, Capital Intrigue

1 A TRIP TO APPECROSS R32 · 2/3L

Nicola Scott: RSCDS 50 10 · Crib: E-cribs · Diagram: Keith Rose's Diagrams

- 1- 1C set | 1M set twice **while{4}** 1W dance Rsh round P and back to place | 1c cross RH (1W face up) (1x,2)
- 9- M-chain up/dn
- 17- 1st half of Set&Rotate ; RHA
- 25- 2nd half of Set&Rotate (2,1x) ; 1c turn RH 1½ (or R elbow pivot turn) (2,1)



Nicola Scott, 2013, RSCDS Book 50.10

2C/3C longwise set.

Bar 1-16 2nd time through

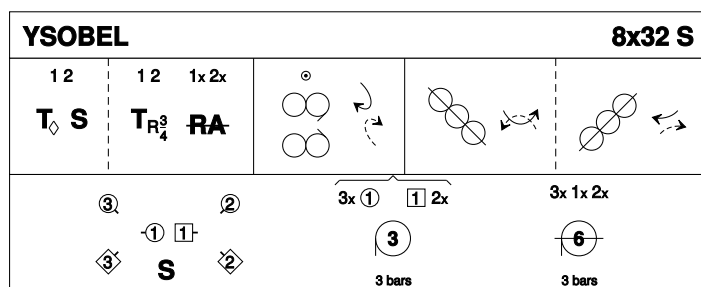
- 1- 1C set | 1W set twice **while{4}** 1M dance Lsh round P and back to place | 1c cross LH (1M face up) (1x,2)
- 9- L-chain up/dn

On [3-6] alternative: Highland setting steps

2 YSOBEL S32 · 3/4L

John Drewry: RSCDS LIII 11 · Crib: E-cribs · Diagram: Keith Rose's Diagrams

- 1- 1c+2c Petronella and set ; turn ¾ RH, ½RHA (2,1)
- 9- 2c+1c+3c mirror Reels3 on opposite sides, 1c crossing down through 3c to start, 1c finish facing 2crs and 2c+3c loop into place
- 17- ½Reel4 with 2cnrs, pass Lsh, ½Reel4 with 1cnrs, at end 1c pass Lsh to stand BtoB, facing M up, W down, corners face in diagonally
- 25- 3c+1M & 1W+2c Set, Circle3 L ; break (1c leading) into ½ Circle6 (to 2,1,3)



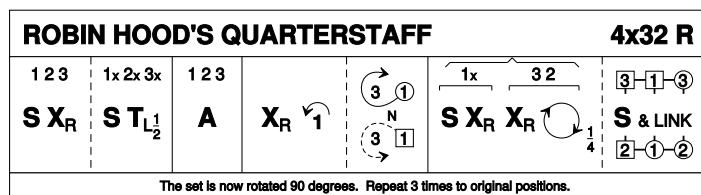
John Drewry, 1973, RSCDS Book 53, Bankhead Book 5

3C/4C longwise set.

3 ROBIN HOOD'S QUARTERSTAFF R32 · 3/3L

Jenny Bradley: The Gaudry Group · Crib: E-cribs · Diagram: Keith Rose's Diagrams

- 1- All set and cross RH ; all set | Turn P LH ½ to centre facing up
- 9- 3C Allemande (3,2,1)
- 17- 1c cross RH | cast up (2c down) ; dance up between 3c and cast off to 2pl (3,1,2)
- 25- 1c set and cross RH **while{4}** 2c+3c cross RH and chase one position clw ; Set and Link3



The set is now rotated 90 degrees. Repeat 3 times to original positions.

Jenny Bradley, The Gaudry Group

3C/3C longwise set.

The set has now turned 90 deg clw, (3,1,2)

repeat 3 times