

## List of Basic and Intermediate Steps and Formations

### Basic Steps:

Skip change of step  
Pas de Basque  
Slip step  
Strathspey travelling step  
Strathspey setting step

### Intermediate Steps

Highland schottische step  
The Glasgow Highlanders step

### Basic Formations:

Advance and retire  
Hands round  
Turns  
Hands across  
Leading, dancing down and up  
Rights and lefts  
Casting  
Back to back  
Turn corners and partner  
Set to corners  
Set to and turn corners  
Stepping up and down  
Promenade, Allemande  
Poussette (quick time)  
Figure 8, half Figure 8  
Reels of 3 and 4 (side, across, diagonal)  
Grand chain  
Ladies' chain

### Intermediate Formations

The Rondel  
The Knot  
Reels of 3 on opposite side and own side  
Corners pass and turn  
Double triangles  
Rights and lefts for 3 couples  
Poussette right round (Strathspey poussette)  
Half poussette  
Set to corners and partner (Hello-good bye)  
Set and link  
Set and link for 3 couples  
Set and rotate  
Men's chain

## Class Descriptions

### **Basic**

This class is for dancers who are still mastering the Basic Steps and Formations (listed above). This class will teach and improve the Basic Steps and Formations, understanding of the set formation and orientations, handing, eye contact, musical phrasing, deportment and covering.

The goals for this class are for dances to become more comfortable dancing the basic steps, dancing simple dances from talk throughs only and to develop the ability to smoothly transition between steps and formations. Each day, the steps and formations covered will focus on those in that evening's party program.

### **Intermediate**

The Intermediate class requires a working knowledge of all the Basic Steps and Formations (listed above). Anyone attending this class must be able to dance a simple dance from a talk through only and have achieved some degree of continuity between Basic Formations.

This class will work on improving the Basic Steps and Formations and learning and improving the Intermediate Steps and Formations (listed above) with a focus on teamwork, handing, eye contact, phrasing, deportment, and covering. Each day, class may include the intermediate formations in that evening's party program.

The goals for this class are for the dancers to improve their ability to dance the Basic and Intermediate Steps and Formations, increase their awareness of phrasing and covering, and increase their ability to dance more complicated dances from a talk through only.

**Advanced**

The High-Impact Advanced class requires dancers to have proficiency in dancing all the Basic and Intermediate Steps and Formations (listed above) and to be skilled in step and formation transitions. This class will also require good physical stamina.

This class will focus on perfecting the Intermediate and Steps and Formations and as well as introducing more advanced or unusual steps and formations.

The goals of this class are to expand the repertoire of advanced formations and dances; to polish individual technique with continuing emphasis on teamwork, phrasing, covering; and to increase the quality dancing of physically demanding formations and dances.

**Experienced Social**

This is a class for intermediate and advanced dancers who wish to increase their formation and dance repertoires in a social setting. Those attending the class need to know and be able to dance all Basic and Intermediate Steps and Formations (listed above).

**Teacher's Choice**

This is a class for intermediate and advanced dancers who wish to increase their formation and dance repertoire. The dances are typically ones that would not be in a regular country dance class. The class might explore a theme or the dances of a single deviser; involve unusual patterns, formations, and steps; etc. Those attending the class need to know and be able to dance all basic and intermediate steps and Formations (listed above).

The teacher for that day's class will announce at lunch what will be taught in class that afternoon.

**Technique & Critique**

This class is for dancers who wish to improve their dancing and want personal critique of their individual dance technique. Attendees need to know and be able to dance all Basic and Intermediate Steps and Formations (listed above).

The goal of this class is for dancers to improve their individual dancing technique and style.

Attendance for this class is limited and requires a dancer to sign up at the beginning of the session.

**Tonight's Easy Dances**

This class is for everyone who wishes to practice some of the easier dances on the evening's program. Each class will consist of the easy dances from that evening's program. The purpose of this class is to increase the enjoyment of the evening dance party and is especially recommended to those in the Basic Class.

The Easy Dances will be notated on the evening program.

**Tonight's Tricky Dances**

This class is for everyone who wishes to practice some of the more difficult dances on the evening's program. Each class will consist of the tricky dances from that evening's program. The purpose of this class is to increase the enjoyment of the evening dance party and is recommended for those in the Intermediate and Advanced classes who are unfamiliar with the tricky dances for that evening.

The Tricky Dances will be notated on the evening program.