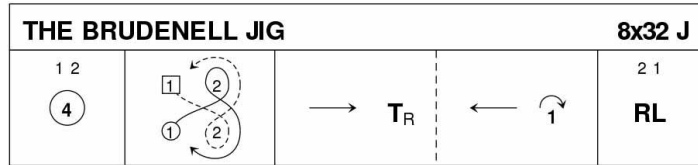


Scottish Dancing Fitness – April 18, 2021

THE BRUDENELL JIG (J8x32) 2C (4C set)

- 1- 8 1s+2s circle 4H round & back
 9-16 1s dance Fig of 8 round 2s
 17-24 1s lead down for 2 bars, turn RH,
 lead up & cast to 2nd places
 25-32 2s+1s dance R&L

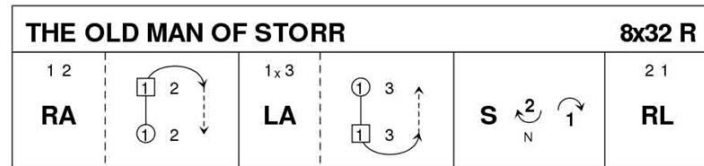


Brenda Burnell, RSCDS Graded Book 2.3

2C/4C longwise set.

THE OLD MAN OF STORR (R8x32) 3C (4C set)

- 1- 8 1s+2s dance RH across, 1L followed by partner
 casts 1 place & 1L crosses to 2nd place opposite
 sides
 9-16 1s+3s dance LH across, 1L followed by partner
 casts down 1 place & 1L crosses to 3rd place own
 side
 17-24 1s set, dance up to top & cast to 2nd place
 25-32 2s+1s R&L



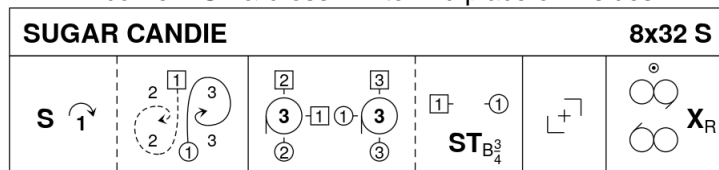
Roy Goldring, 1980, RSCDS Childrens Book .6

3C/4C longwise set.



SUGAR CANDIE (S8x32) 3C (4C set)

- 1- 8 1s set & cast 1 place, cross passing LSh & cast RSh
 round their 1st corner into centre ending BtoB (Lady
 facing up, Man down)
 9-16 1L circle left with 2s & 1M with 3s, turn to face
 partner & set, 3/4 turn partner 2H to end facing 1st
 corners
 17-24 1s turn 1st corner RH, partner LH, 2nd corner RH,
 partner LH & end facing 1st corners
 25-32 1s dance Reel of 3 on opposite sides passing 1st
 corner LSh & cross RH to 2nd place own sides

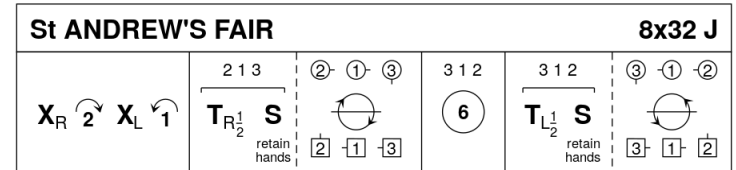


RSCDS Book 26.9

3C/4C longwise set.

ST ANDREW'S FAIR (J8x32) 3C (4C set)

- 1- 8 1s cross RH, cast 2 places, cross LH below 3s &
 cast up to 2nd place own sides
 9-16 2s+1s+3s 1/2 turn RH retain hands & all set (M face
 down & L up) 2L leads Ladies across & down own
 side **while** 3M leads Men across & up
 17-24 3s+1s+2s circle 6H round & back
 25-32 3s+1s+2s 1/2 turn LH retain hands & all set (M face
 up & L down) 2L leads Ladies across & up own side
while 3M leads Men across & down

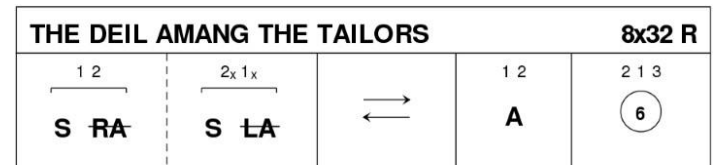


R Goldring, 1980, RSCDS 5/1982

3C/4C longwise set.

THE DEIL AMANG THE TAILORS (R8x32) 3C (4C set)

- 1- 8 1s+2s set & dance RH across 1/2 way,
 set & dance LH across 1/2 way back to place
 9-16 1s lead down the middle & back to top
 17-24 1s+2s dance Allemande
 25-32 2s+1s+3s circle 6H round & back

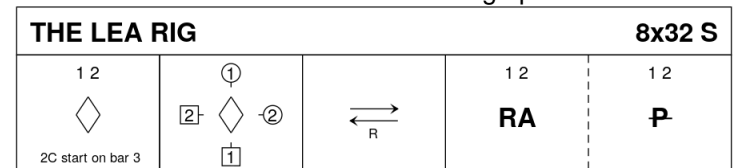


Davies Collection, RSCDS Book 14.7

3C/4C longwise set.

THE LEA RIG (S8x32) 2C (4C set)

- 1-16 1s dance full Petronella figure back to place **while**
 2s step up bars 1-2, set bars 3-4, then follow 1s.
 2s petronella turn to 2nd place on bars 15-16
 17-24 1s lead down centre of set & back to top
 25-32 1s+2s dance RH across once round &
 1/2 Diamond Poussette to change places



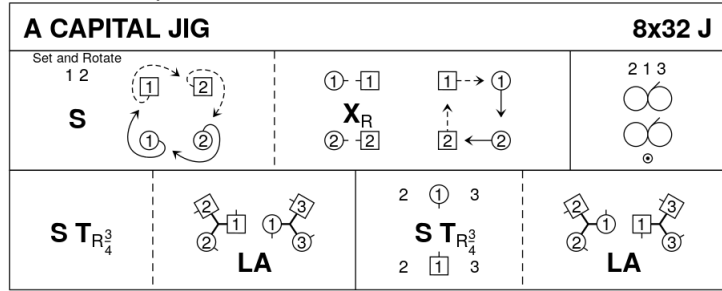
RSCDS Book 21.5

2C/4C longwise set.

Scottish Dancing Fitness – April 18, 2021

A CAPITAL JIG (J8x32) 3C (4C set)

- 1- 8 1s+2s Set & Rotate & end 1s facing up, 2s down:-
Set, rotate singly & dance on 1 place clockwise,
change places RH on sides & dance on 1 place to
own sides (1s in 2nd place facing up)
- 9-16 1s dance reels of 3 on own sides (RSh to 2s)
- 17-24 1s set & turn 3/4 RH to face own sides, 1s dance LH
across (1L with 2s, 1M with 3s) to end 2nd place
opposite sides
- 25-32 1s set & turn 3/4 RH to face opposite sides, 1s
dance LH across (1M with 2s, 1L with 3s) ending
2nd place own sides

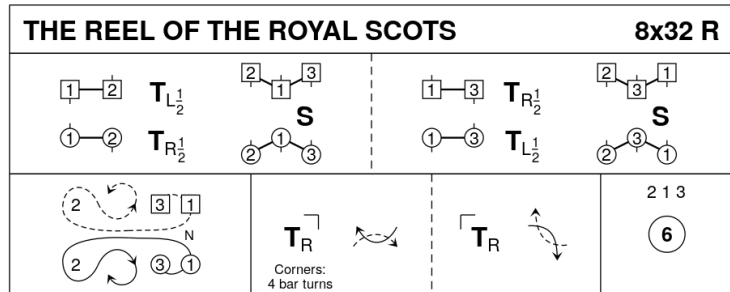


Tine Mackay, RSCDS 5/2009

3C/4C longwise set.

THE REEL OF THE ROYAL SCOTS (R8x32) 3C (4C set)

- 1- 8 1s 1/2 turn 2s on sides (1M RH - 1L LH) to face out,
2s+1s+3s set, 1s 1/2 turn 3s on sides (1M LH - 1L
RH) end 3s facing out & 2s+3s+1s set
- 9-16 1s followed by 3s dance up between 2s, cast down
1 place, dance in & 1s cast up to 2nd place
3s end in 3rd place
- 17-24 1s turn 1st corners RH, pass partner RSh
turn 2nd corners RH & cross passing partner
RSh to 2nd place own sides
- 25-32 2s+1s+3s circle 6H round & back

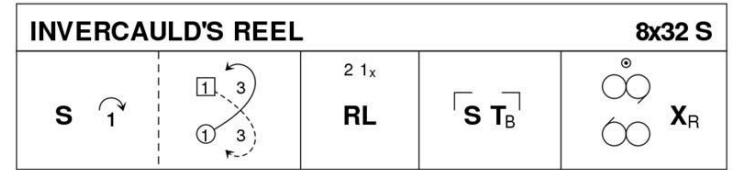


Roy Goldring, 1983, RSCDS Leaflet 7

3C/4C longwise set.

INVERCAULD'S REEL (S8x32) 3C (4C set)

- 1- 8 1s set, cast 1 place & dance 1/2 Figs of 8 round 3s
- 9-16 2s+1s dance R&L, 1s end facing 1st corners
- 17-24 1s set & turn 1st corners, set & turn 2nd corners
- 25-32 1s dance reels of 3 on sides giving LSh to 1st
corners & cross to places



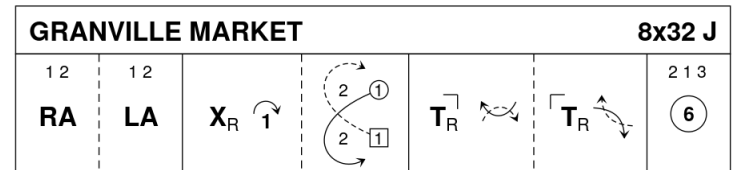
Alexander Bowman, 1758, RSCDS Book 11.10

3C/4C longwise set.

2 1x 3
ARANDEL

GRANVILLE MARKET (J8x32) 3C (4C set)

- 1- 8 1s+2s dance RH across & LH back
- 9-16 1s cross RH & cast 1 place, 1s dance 1/2 Fig of 8
around 2s & end facing 1st corner
- 17-24 1s turn corners RH & pass RSh to face 2nd corners,
1s turn 2nd corners RH & pass RSh to end 2nd
place own sides
- 25-32 2s+1s+3s circle 6H round & back

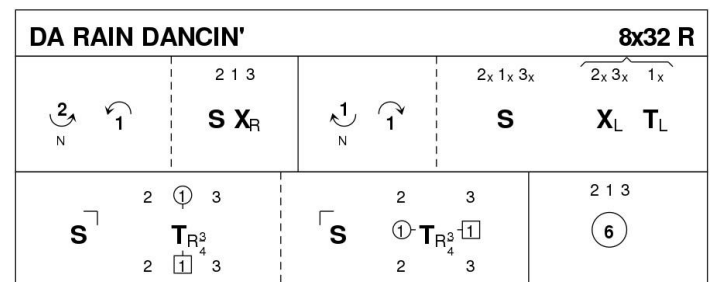


Elinor M Vandegriff, RSCDS Graded Book 2.18

3C/4C longwise set.

DA RAIN DANCIN' (R8x32) 3C (4C set)

- 1- 8 1s dance down below 3s, cast up round 3s to 2nd
place own side, 2s+1s+3s set & cross RH
- 9-16 1s dance up round 2s & cast down to 2nd place
opposite sides, 2s+1s+3s set, 1s turn LH to face 1st
corners **while** 2s & 3s cross LH
- 17-24 1s dance 'Hello-Goodbye' setting with 1st corners &
3/4 turn RH to face 2nd corners, 1s dance 'Hello-
Goodbye' setting to 2nd corners & 3/4 turn RH to
end 2nd place own side
- 25-32 2s+1s+3s circle 6H round & back



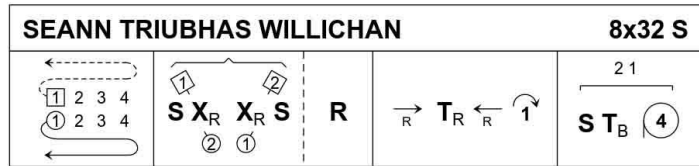
Ron Wallace, 1991, Whiteadder Collection

3C/4C longwise set.

Scottish Dancing Fitness – April 18, 2021

SEANN TRIUBHAS WILLICHAN (S8x32) 2C (4C set)

- 1- 8 1s cast & dance down behind own lines, turn outwards & dance back to top
 9-16 1L+2M set & change places RH while 1M+2L change places & set; repeat
 17-24 1s lead down for 2 steps, turn RH, lead up to top & cast to 2nd place
 25-32 2s+1s set & turn partner 2H opening out to circle 4H round to left

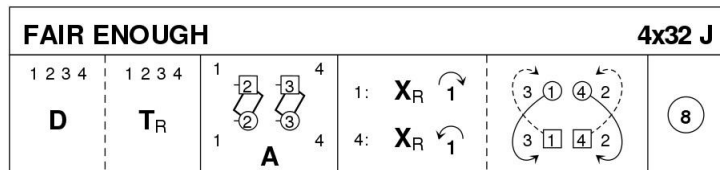


Thomas Wilson, 1816, RSCDS Book 27.9

2C/4C longwise set.

FAIR ENOUGH (J4x32) 4C set

- 1- 8 All 4 couples DoSiDo. All turn partners RH, 2s+3s end in middle facing up in allemande hold, 1s+4s end on sides
 9-16 2s+3s dance allemande
 17-24 1s+4s cross RH, cast down/up (3s & 2s step up/down) & 1s+4s dance 1/2 Figs 8 round end couples (1s round 3s, 4s round 2s)
 25-32 All circle 8H round & back

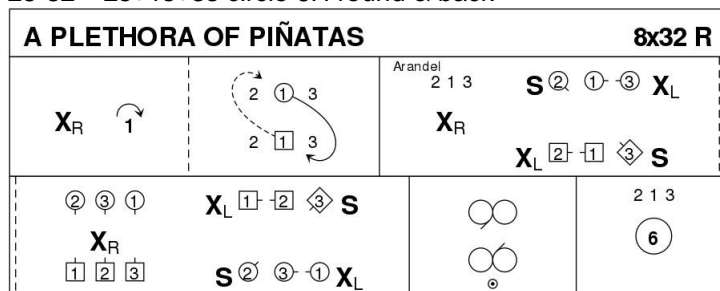


Liza Halpenny, 2014, RSCDS Book 51

4C/4C longwise set.

A PLETHORA OF PIÑATAS (R8x32) 3C (4C set)

- 1- 8 1s cross RH, cast 1 place, 1L dance half Fig of 8 with 2s while 1M dance half Fig of 8 with 3s
 9-16 2s+1s+3s dance Arandel
 ` 9-12 All cross RH, 2L+1L also 1M+3M change places on sides LH while 2M+3L (1st corner persons) set to each other
 ` 13-16 All cross RH, 1L+2L also 3M+1M change places on sides LH while 2M+3L (1st corner persons) set
 1s omit polite turn
 17-24 2s+1s+3s dance RSh reels of 3 on sidelines with 1M passing 2M RSh and 1L passing 3L RSh
 25-32 2s+1s+3s circle 6H round & back

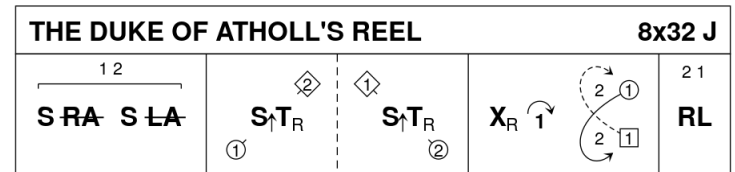


Tom Halpenny, 2014

3C/4C longwise set.

THE DUKE OF ATHOLL'S REEL (J8x32) 2C (4C set)

- 1- 8 1s+2s set, dance 1/2 RH across, set & dance 1/2 LH across back to places
 9-16 1M+2L set advancing & turn RH back to places, 1L+2M set advancing & turn RH back to places
 17-24 1s cross RH, cast to 2nd place & dance 1/2 Fig of 8 round 2s to 2nd place on own sides
 25-32 2s+1s dance R&L

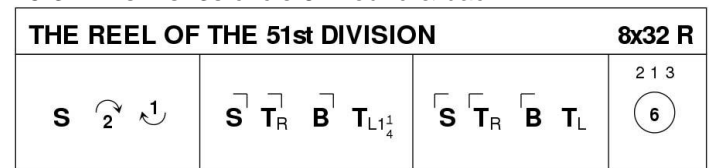


Skillern, 1776, RSCDS Book 16.3

2C/4C longwise set.

THE REEL OF THE 51ST DIVISION (R8x32) 3C (4C set)

- 1- 8 1s set & cast below 3s, lead up to face 1st corners
 9-16 1s set & turn 1st corners RH to balance in diagonal line, set & 1s turn LH to face 2nd corners
 17-24 1s set & turn 2nd corners RH to Bal-in-Line, set & 1s turn LH to 2nd place own sides
 25-32 2s+1s+3s circle 6H round & back

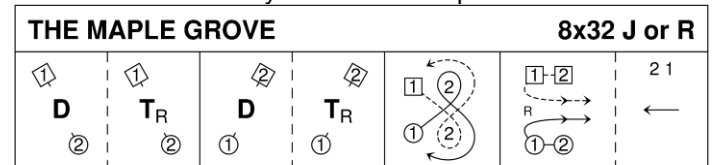


Jimmy Atkinson & Peter Oliver, 1940, RSCDS Book 13.10

3C/4C longwise set.

THE MAPLE GROVE (J8x32) 2C (4C set)

- 1- 8 1W+2M dance back to back then turn RH
 9-16 1M+2W dance back to back then turn RH
 17-32 1s dance Fig of 8 round 2s
 25-32 1s followed by 2s lead down the middle, 2s followed by 1s lead back up



Liza Halpenny, 2008

2C/4C longwise set.

SHIFTIN' BOBBINS (R8x32) 3C (4C set)

- 1- 8 1s cross RH to double triangle position with 2s+3s & set, 1s cast up to top & dance down until they are between 2s & 3s
 9-16 1L dances RH across with 2M+3M while 1M dances LH across with 2L+3L, 1s followed by 2s+3s dance down centre
 17-24 3s followed by 2s+1s dance up & 3s+2s cast down to places, 1L dances LH across with 2M+3M while 1M dances RH across with 2L+3L
 25-32 1s dance up to top & cast down to 2nd place opposite side, 1s dance 1/2 Fig of 8 around 2s to end in 2nd place on own sides

Scottish Dancing Fitness – April 18, 2021

SHIFTIN' BOBBINS **8x32 R**

Roy Clowes, Ormskirik Book 6 3C/4C longwise set

NEW YEAR JIG (J8x32) 3C (4C set)

- 1- 8 1s dance Fig of 8 on own sides (pass 2s RSh to start). 1L ends facing out
- 9-16 Reels of 3 on sides (1s+2s pass RSh to start). 1L end facing out
- 17-24 1L followed by 1M dances behind 2L, up between 2s, behind 2M, across set to 2nd place own side (2s step up 23-24)
- 25-32 1s+3s dance RH across. 2s+1s dance LH across. 1L finishes facing out, ready to start again

NEW YEAR JIG **8x32 J**

Maureen Robson, 1995, RSCDS Book 51 3C/4C longwise set.

THE MONTGOMERIES' RANT (R8x32) 3C (4C set)

- 1- 8 1s cross RH & cast down to 2nd place (2s step up), cross LH & 1L casts up **while** 1M casts down
- 9-16 1s dance reels of 3 across, 1L with 2s (RSh to 2M) & 1M with 3s (RSh to 3L)
- 17-24 1s NHJ (Lady on Mans left) set to 2L & turn inwards to set to 3M, set to 3L & turn inward & set to 2M. End facing own 2nd corner (1L pull back LSh to face down)
- 25-32 2s+1s+3s dance reels of 3 on opposite sides 1s giving RSh to 2nd corner, 1s cross RH to 2nd place own sides

THE MONTGOMERIES' RANT **8x32 R**

Castle Menzies, 1749, RSCDS Book 10.1 3C/4C longwise set.

BLACK DONALD (J8x32) 2C (4C set)

- 1- 8 1s+2s Allemande Right (adv for 2, give RH to ptrn & Lady turns under M's arm, Lady dances back to place **as** Man retires), 1s+2s dance RH across
- 9-16 1s+2s dance Allemande Left (repeat giving LH) & dance LH across
- 17-24 1M followed by partner casts 1 place, crosses up & casts round 2L to end on own sides in 2nd place
- 25-32 2s+1s dance R&L

BLACK DONALD **8x32 J**

Derek Haynes, 1991, Carnforth 2 2C/4C longwise set.

CIRCLE (OSLO) WALTZ (W4x32) (single circle)

- 1- 16 Taking hands, all advance for one, retire for one; then men pass the woman on their left across to their right (in two bars). Repeat three times. Finish facing new partner, holding both hands.
- 17-24 All balance toward the center, balance away from the center; turn toward the center to circle away from partner (finish facing, both hands). Balance away from the center, balance toward the center; turn away from the center to circle away from partner. Finish facing, ballroom hold.
- 25-32 Step-close-step toward the center, step-close step away from the center. Partners waltz in a small circle for four bars. Finish opened out into single circle with woman on right side of partner.

SYMBOLS		
Top of Set is on Left 2, 4 & 8 bar Phrase Boundaries Ladies' Path Men's Path Ladies' Path Men's Path	2 1 x 3 Dancing Couples (x = Crossed Over) 1, 2, 3, 4th Corners Simultaneous Movements Sequence Leading Man Half Figure	Advance, Retire Advance & Retire Down and Up Cast Off, Up (1, 2 places) Lead Down, Up Long cast (4 bars)
One Hand Joined Both Hands Joined Promenade Hold Allemande Hold Make Arch	Circle, 4 Hands Round & Back Circle Left, Right Chase Clockwise, Anti-clockwise Reels of 3, 4 (1C entry shown)	Ladies' Chain Men's Chain Turn 1st Corner, Partner, 2nd Corner, Partner Clap Petronella
A Allemande B Balance in Line D Do-si-do (Back to Back) DT Double Triangles HS Highland Schottische LA RA Left, Right Hands Across	P Poussette PROM Promenade R Repeat RL Rights & Lefts S Set T Turn X Cross	Suffixes: B Both Hands L Left Hand R Right Hand N Nearer Hand X Crossed Hands ♦ Petronella ↑ Advancing ↻ Rotating