

## THE DANCING PROFICIENCY ASSESSMENT SYLLABUS (REVISED)

1. The DPA is aimed at and available to all members of the RSCDS; it is not just for those who aspire to become teachers.
2. Preparing for the DPA provides an opportunity for members of the RSCDS to improve the standard of their dancing and to have that achievement recognised.
3. The grade and level achieved may be used as a guideline for dancers when deciding which level of class to attend at Summer School. Guidance on this will be provided in the DPA syllabus notes and in the Summer School class criteria.
4. The revised DPA allows entry at three different levels.
5. The levels are progressively more demanding in terms of difficulty of dances, formations and required level of performance.
6. Level 1 is an introductory level for those who have not completed the Medal Tests for Young Dancers. The content of level 1 is accessible to competent adult dancers and presents a significant challenge.
7. Level 2 is more demanding, containing more difficult transitions and links between formations and would be valuable preparation for dancers considering becoming teachers in the future.
8. Level 3 is more exacting than level 2 and demands an even higher standard of dancing.
9. Candidates may apply to be assessed at any level. It is not necessary to start at level 1, or to have achieved level 2 before entering for assessment at level 3.
10. The degree of preparation necessary, the content and the assessment criteria will be explicitly defined and shared with the candidates.
11. It is a requirement for candidates to attend a taught course of a minimum of five hours, in preparation for each assessment. This course is not intended to teach the dances and the technique required, merely to polish the presentation of the dances prior to assessment. Such courses will be run at Summer School, at day or week-end courses or as a series of classes in Branches, Affiliated Groups and other organisations. Candidates are responsible for learning the dances and ensuring that their own dancing is as fault free as possible before the course.

### The Test Dances

#### At Level 1

1. The dances contain a limited number of basic formations (See assessment criteria).
2. Candidates will prepare and dance three dances

Lady Catherine Bruce's Reel J 32 (Graded Book)

The Sailor R 32 (Book 24)

Sugar Candie S 32 (Book 26)

## The Assessment Criteria

1. At all levels, the following grades will be available:- Fail, Pass, Credit, Distinction.
2. Candidates may re-sit at the same level as many times as they wish in order to improve their grade.

Assessment will be based on:

1. Performance of three set dances
2. Dancing two sets of 16 bars (or two sets of two 8 bar phrases) one in strathspey time and one in quick time to demonstrate formations or steps, specified by the assessor. The formations will be selected from the list of required formations for the appropriate level. These exercises will help to confirm the grades achieved after seeing the dances and will enable the assessors to distinguish between the award of e.g. a credit or a distinction.

Required formations for level 1

(References to the Manual of Scottish Country Dancing are given in brackets)

Advance and retire (4 bars) (6.1.1)  
Allemande for two couples (6.2.1)  
Back to back (6.3)  
Balance in line (6.4)  
Casting (6.5)  
Grand chain for three couples (6.6.2)  
Turn corners and partner (6.7.1)  
Cross over (6.8)  
Double triangles (6.10)  
Figure of eight across the dance (6.12.2)  
Four hands across and back (6.13.1)  
Hands round and back (reel/jig time) (6.14.1)  
Hands round and back (strathspey) (6.15.1)  
Hands round (strathspey) (6.15.2)  
Lead down the middle and up (6.17.1)  
Petronella turn (6.18)  
Poussette for two couples (reel/jig) (6.19.1)  
Promenade for two couples (6.21.1)  
Promenade for three couples (6.21.2)  
Basic reel of four (across the dance) (6.22.2)  
Basic reel of three (on the sidelines) (6.23.1)  
Basic reel of three (across the dance) (6.23.2)  
Reels of three (after turn corners and partner) (6.23.10)  
Basic rights and lefts for two couples (6.24.1)  
Stepping up or down (6.32)

Entry Fees

Level 1        £15 \*

\* Concessionary rates of £12 are available for those under 21 and for students in full time education up to the age of 25 at the time of sitting the assessment.

### Dancing Proficiency Assessment, levels 2 and 3

#### 1. Level 2

1. Dances contain a greater range of more demanding formations, more difficult transitions between steps and harder links between formations.
2. Candidates will prepare six dances and will dance three (one jig, one reel and one strathspey) during the assessment. The three dances will be chosen by the assessor/s at the time of assessment. Each couple may be required to dance different dances.

Todlen Hame	J 32
The Starry Eyed Lassie	J 32
Inverneill House	R 32
College Hornpipe	R 32
The Gentleman	S 32
Argyll Strathspey	S 32

#### 2. Required formations for Level 2

All the requirements for level 1 plus the following:

Three couple Allemande (6.2.2)

Ladies' Chain (6.6.5)

Set to and turn corners (6.7.2)

Set to corners (6.7.3)

Set to corners and partners (hello goodbye) (6.7.4)

Half double figure of eight (6.12.5)

Hands across (6.13)

Hands round in jig or reel (6.14.2)

Knot for two couples (6.16.1)

Knot for three couples (6.16.2)

Poussette right round in strathspey time (6.20.1)

Reel of four across with progression (6.22.4)

Diagonal reels of four (6.22.5)

Half reel of four (6.22.6)

Half reel of three (6.23.3)

Reels of three after set and turn corners (6.23.7)

Reels of three after set to corners and partner (6.23.9)

Rondel (6.25)

Set and rotate (6.28)

Spoke (6.30)

Spurtle (6.31)

Tournée (6.36)

### 3. Level 3

Candidates will prepare twelve dances, and will dance three (one jig, one reel and one strathspey) during the assessment. The three dances will be chosen by the assessor/s at the time of assessment.

Summer Wooing	R32
Loch Leven Castle	R32
Portnacraig	R32
The Clansman	R32
Old Nick's Lumber Room	J32
Major Ian Stewart	J32
The Chequered Court	J32
A Trip to Aberdeen	J32
The Sands of Morar	S32
The Moment of Truth	S32
Camp of Pleasure	S32
Auld Lang Syne	S32

### 4. Required formations for Level 3

All formations described in The Manual of Scottish Country Dancing.

### 5. The Assessment Criteria

1. At all levels, the following grades will be available:- Fail, Pass, Credit, Distinction.
2. Candidates may re-sit at the same level as many times as they wish in order to improve their grade.

Assessment will be based on:

- i) Performance of three set dances
- ii) Dancing two sets of 16 bars (or two sets of two 8 bar phrases) one in strathspey time and one in quick time to demonstrate formations specified by the assessor, taken from the list of required formations for the appropriate level. These exercises will help to confirm the grades achieved after seeing the dances and will enable the assessors to distinguish between the award of e.g. a credit or a distinction.
- iii) Attached in Appendix 1 is a list of 16 bar exercises from which the assessors will choose.

### 6. Fees

Level 1	£15*
Level 2	£15 *
Level 3	£15 *

\* Concessionary rates of £12 available for those under 21 and for students in full time education up to the age of 25 at the time of sitting the assessment.

## Appendix 1

This list of exercises is to be shared with tutors and candidates for the DPA

### Exercises to be set for DPA level 1

In R/J

1. 1<sup>st</sup> and 2<sup>nd</sup> couples advance and retire. 1<sup>st</sup> and 2<sup>nd</sup> couples dance back to back, followed by four hands across and back.
2. 1<sup>st</sup> and 2<sup>nd</sup> couples set and cross over by the right hand, set and turn partners by left hand into a two couple promenade. 1<sup>st</sup> and 2<sup>nd</sup> couples dance a two couple promenade.
3. 1<sup>st</sup> couple lead down the middle and up, followed by 1<sup>st</sup> and 2<sup>nd</sup> couples dancing poussette
4. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples dance a three couple grand chain followed by a right shoulder reel of three on own sides.
5. 1<sup>st</sup> couple, starting from back to back in middle facing 1<sup>st</sup> corners, turn corner, partner, corner, and passing partner by the right shoulder finish back to back in middle facing own sides. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples dance double triangles. 1<sup>st</sup> couple finish on own side in 2<sup>nd</sup> place.
6. 1<sup>st</sup> couple lead down the middle and up, crossing over to finish back to back, 1<sup>st</sup> man facing 2<sup>nd</sup> woman and 1<sup>st</sup> woman facing 2<sup>nd</sup> man. (2<sup>nd</sup> couple have moved up to 1<sup>st</sup> place on bars 3 and 4) Dance a reel of four across, 1<sup>st</sup> couple finishing back to back, having passed left shoulders, facing as for the start of the reel.
7. 1<sup>st</sup> couple dance eight bars of the Petronella figure to finish on opposite sides in 1<sup>st</sup> place. 1<sup>st</sup> couple cross over, giving right hand, cast off one place and turn partner by the right hand once round.

Strathspey [Do not use 2 and 5 together]

1. 1<sup>st</sup> and 2<sup>nd</sup> couples advance and retire (4 steps) and dance back to back. 1<sup>st</sup> couple set and cast off one place. 1<sup>st</sup> couple set and cast up one place (2<sup>nd</sup> couple stepping up and down)
2. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples start from centre and dance a 3 couple promenade followed by right shoulder reels of 3 on their own sides.
3. 1<sup>st</sup> and 2<sup>nd</sup> couples dance an allemande. 2<sup>nd</sup> couple and 1<sup>st</sup> couple dance four hands round and back
4. 1<sup>st</sup> and 2<sup>nd</sup> couples dance four hands across and back followed by 1<sup>st</sup> and 2<sup>nd</sup> couples setting twice on the sidelines and turning partners once round both hands for four bars
5. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples dance a three couple grand chain followed by a 3 couple promenade.
6. 1<sup>st</sup> and 2<sup>nd</sup> couples dance right hands across, left hands across, followed by 4 hands once round to the left and turn partners by the right hand for 4 bars
7. 1<sup>st</sup> couple turn by the right hand and cast off one place (2<sup>nd</sup> couple step up). 1<sup>st</sup> couple turn by the left hand for four bars to 2<sup>nd</sup> place on own side. 2<sup>nd</sup> and 1<sup>st</sup> couple dance rights and lefts, 1<sup>st</sup> couple finish facing 1<sup>st</sup> corners.

## Exercises to be set for DPA level 2

In R/J time [Do not use 3 and 5 together]

1. 1<sup>st</sup> and 2<sup>nd</sup> couples advance and retire, dance back to back and dance 4 hands round and back
2. 1<sup>st</sup> couple lead down the middle for 3, up for 3, cross over and cast off into 2<sup>nd</sup> place (2<sup>nd</sup> couple step up), 1<sup>st</sup> and 2<sup>nd</sup> couples dance a Ladies' Chain
3. With 3<sup>rd</sup> couple at the top, 1<sup>st</sup> couple in 2<sup>nd</sup> place and 2<sup>nd</sup> couple in 3<sup>rd</sup> place, dance a 3 couple allemande, 1<sup>st</sup> couple finishing at corners, 1<sup>st</sup> couple set and turn corners and finish between them.
4. 1<sup>st</sup> and 2<sup>nd</sup> couples dance set and rotate, followed by four hands across and back.
5. 1<sup>st</sup> and 2<sup>nd</sup> couples dance a 2 couple allemande, 1<sup>st</sup> couple finishing facing 1<sup>st</sup> corners. Set to corners, 1<sup>st</sup> couple finishing in sidelines between corners and turn partner one and a half times by the right hand.(N.B. not to be used with exercise 3)
6. In a three couple set, 1<sup>st</sup> couple turn by the right hand, cast off one place, turn by the left hand, finishing in the middle, retaining left hand with partner and joining right hand with 1<sup>st</sup> corner in a diagonal line. Dance the spoke. 1<sup>st</sup> couple finish facing 1<sup>st</sup> corners.
7. 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> couples, giving hands on the sidelines, set twice. Dance six hands round to the left half way with eight slip steps. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples, giving left hands, turn once round in four bars, finishing facing anticlockwise. Chase half way round the set to own sides in four bars.

In Strathspey time

1. 1<sup>st</sup> couple followed by 2<sup>nd</sup> couple lead down middle, 1<sup>st</sup> couple, followed by 2<sup>nd</sup> couple lead up the middle (2<sup>nd</sup> couple having divided). 1<sup>st</sup> and 2<sup>nd</sup> couples dance the Rondel.
2. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples dance reels of three on the sides, 1<sup>st</sup> and 2<sup>nd</sup> men passing right shoulders to begin, 1<sup>st</sup> and 2<sup>nd</sup> women passing left shoulders to begin, followed by a three couple knot.
3. 1<sup>st</sup> and 2<sup>nd</sup> couples dance a two couple knot finishing with 1<sup>st</sup> couple facing 1<sup>st</sup> corners, 1<sup>st</sup> couple dance a full diagonal reel of four with 1<sup>st</sup> corners. 1<sup>st</sup> couple finish facing 2<sup>nd</sup> corners, having passed left shoulders with partner.
4. In a four couple set, 1<sup>st</sup> couple starting back to back in the middle, 1<sup>st</sup> woman facing 2<sup>nd</sup> man and 1<sup>st</sup> man facing 2<sup>nd</sup> woman, dance the spurtle.
5. 1<sup>st</sup> couple turn by right, cast off one place, turn by left to face 1<sup>st</sup> corners. Set to corners and partner finishing in sidelines on own side.
6. 1<sup>st</sup> and 2<sup>nd</sup> couple dance a double figure of 8 followed by a tourn e
7. Starting from the sidelines, 1<sup>st</sup> and 2<sup>nd</sup> couples dance a reel of four across the set with progression, followed by rights and lefts.

## Exercises to be set for DPA level 3

### In R/J time

1. 1<sup>st</sup> couple cross over, cast off one place (2<sup>nd</sup> couple step up) and dance a half ladies' chain, followed by a half men's chain. 2<sup>nd</sup> couple turn partner once and a half for four bars with the right hand, while 1<sup>st</sup> couple turn once round with the right hand.
2. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> couples dance rights and lefts for three couples. All three couples turn by the right hand for four bars.
3. 1<sup>st</sup> couple, starting by facing 1<sup>st</sup> corners, dance a corner chain followed by six hands round and back.
4. 1<sup>st</sup> and 2<sup>nd</sup> couples dance set and link. 1<sup>st</sup> and 2<sup>nd</sup> couples set and cross over giving right hands. 1<sup>st</sup> and 2<sup>nd</sup> couples dance the spiral.
5. 1<sup>st</sup> and 2<sup>nd</sup> couples dance the en rond to change places. 1<sup>st</sup> couple dance crown triangles, 1<sup>st</sup> couple starting by setting advancing to be back to back in the centre of the set, woman facing up and man facing down. Finish with 1<sup>st</sup> woman hands joined and setting with 3<sup>rd</sup> couple, 1<sup>st</sup> man hands joined and setting with 2<sup>nd</sup> couple.
6. 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> couples, with hands joined on the sidelines, advance and retire and dance six hands once round to the left with eight slip steps. With hands joined on the sidelines, all three couples set (right foot, left foot), step up, set (right foot, left foot), step down.

### In Strathspey time

1. 1<sup>st</sup> couple start back to back in middle facing 1<sup>st</sup> corners and dance a half diagonal reel of four with 1<sup>st</sup> corners, and, passing left shoulder in middle, dance half diagonal reel of four with 2<sup>nd</sup> corners. 1<sup>st</sup> couple finish in 2<sup>nd</sup> place on opposite sides. Dance three couple set and link twice.
2. With hands joined on the sidelines, 1<sup>st</sup> and 2<sup>nd</sup> couples set, dance a petronella turn in tandem, set, cast back to own place by pulling back right shoulder. Dance a two couple knot.
3. 1<sup>st</sup> and 2<sup>nd</sup> couples dance poussette right round followed by the tourbillon.
4. 1<sup>st</sup> and 2<sup>nd</sup> couples dance right hands across, followed by left hands across, followed by Highland Schottische poussette.
5. 1<sup>st</sup> couple dance a figure of eight on sidelines, starting by dancing in and down. 1<sup>st</sup> couple finish with both hands joined, 2<sup>nd</sup> couple having stepped in below them and joined both hands. 1<sup>st</sup> woman and 2<sup>nd</sup> man are back to back and 1<sup>st</sup> and 2<sup>nd</sup> couples are in a diagonal line. 1<sup>st</sup> and 2<sup>nd</sup> couples dance a half poussette. 1<sup>st</sup> and 3<sup>rd</sup> couples dance a half poussette.
6. 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> couples, starting with hands joined in promenade hold facing up in the centre of the set, dance promenade for three couples followed by cast off one place. 2<sup>nd</sup>, 1<sup>st</sup> and 3<sup>rd</sup> couples dance a knot for three couples.