



**The Manual
of
Scottish Country Dancing**

Third Edition

The Royal Scottish Country Dance Society

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5.6.3.2 Transition from travelling to setting

After travelling with the right foot and then the left foot, finish the last travelling step with the right foot in third rear aerial low position before beginning to set.

5.6.4 Change of foot for poussette in strathspey time

A change of foot is required for two of the dancers on entering and leaving strathspey poussette. For these dancers, entering the poussette can be achieved by using a 'coupé' or displacement to enable one travelling step on the left foot to be followed by a setting step on the left foot. At the end of travelling on the left foot, as the right foot comes forward, instead of hopping on the left foot, change weight onto the right foot freeing the left foot. For the two dancers whose last step of the poussette is on the right foot, when this is followed by another step on the right foot, the change can be achieved as follows: instead of placing the left foot in third rear aerial low and hopping on the right foot, the left foot displaces the right foot, freeing it to travel.

CHAPTER 6

Hands and Handing

Introduction

Use of hands

Giving hands is an essential characteristic of Scottish country dancing. Hands are given primarily to add to the social aspect of the dance but also as a help to other dancers, especially on a slippery floor. The shape of formations is emphasised by the correct positioning of hands and arms.

In the basic handhold hands are joined in a 'shake-hand hold', fingers across fingers, with the thumb on the back of the other dancer's fingers.

When hands are given in a formation, they should be raised, but not necessarily joined, at the beginning of the phrase.

The general rule is that hands are given at shoulder height of the shorter dancer, with elbows down. There is no definitive rule about who gives hands to whom and how, but it is generally accepted that a man offers his hand to a woman with the palm upwards.

Use of hands and arms in specific dances

Some of the dances published by the Society have a strong Highland dance influence, for example *Reel of Tulloch*, Book. 3.12, *Round about Hullachan*, Book 5.4, and *Prince Charles of Edinburgh*, Book. 39.9. The instructions may include 'turn as in *Reel of Tulloch*'. By common usage, this has become known as the 'tulloch turn'.

A tulloch turn can be used to turn with the right or left arm. When turning with the right, the two dancers face each other and start with a slight spring forward on to the right foot while linking arms in one of the following ways:



When two men are turning, they use the elbow grip, with the palm of the right hand supporting the underside of the other dancer's right arm just above the elbow. The thumb must not encircle the partner's upper arm. The other arm is raised in second position as in *The Highland Fling*.

APPENDIX I

Date of Publication of RSCDS Books of Dances

The numbered books with music

Book number	First published	Latest version	Book number	First published	Latest version
Book 1	1924	1998	Book 26	1972	1994
Book 2	1926	1998	Book 27	1975	1984
Book 3	1926	2001	Book 28	1977	1981
Book 4	1927	2005	Book 29	1979	1979
Book 5	1929	2006	Book 30	1981	1981
Book 6	1930	2008	Book 31	1983	2009
Book 7	1931	1998	Book 32	1984	<i>out of print</i>
Book 8	1932	1981	Book 33	1985	1985
Book 9	1934	1998	Book 34	1986	2000
Book 10	1935	1994	Book 35	1988	1988
Book 11	1936	1991	Book 36	1990	2006
Book 12	1938	1994	Book 37	1992	1992
Book 13	1945	<i>out of print</i>	Book 38	1994	1994
Book 14	1947	1998	Book 39	1996	1996
Book 15	1949/50	<i>out of print</i>	Book 40	1999	1999
Book 16	1951	1984	Book 41	2000	2000
Book 17	1953	2006	Book 42	2002	2003
Book 18	1955	1984	Book 43	2003	2003
Book 19	1957	<i>out of print</i>	Book 44	2004	2004
Book 20	1959	1959	Book 45	2005	2005
Book 21	1961	2007	Book 46	2010	2010
Book 22	1963	1963	Book 47	2013	2013
Book 23	1967	<i>out of print</i>	Book 48	2014	2014
Book 24	1968	1968	Book 49	2015	2015
Book 25	1970	<i>out of print</i>			

Miscellaneous Dance Books

Book	First	Latest
Book of Graded Scottish Country Dances	1960	2015
Five Traditional Scottish Country Dances for 1965	1965	1994
Four Scottish Country Dances 1978	1978	1983
Scottish Country Dances for Children	1981	1998
Five Scottish Country Dances 1982	1982	1982
The Leaflet Dances	2001	<i>out of print</i>
The Scotia Suite of Scottish Country Dances	2002	2008
Medal Tests for Young Dancers - The Dances	2005	2012
Scottish Dances collected by Mary Isdal MacNab	2007	2007
Miss Milligan's Miscellany of Scottish Country Dances	2007	2007
Books 1 - 6	2008	2008
Books 7 - 12	2009	2009
Book 13 - 18	2010	2010
Books 19 - 24	2012	2012
Books 25-30	2015	2015
The St Andrews Collection of Step Dances vol.1	2009	2013
The St Andrews Collection of Step Dances Vol.2	2009	2013
A Second Book of Graded Scottish Country Dances	2010	2010
A Third Book of Graded Scottish Country Dances	2014	2014
Scottish Country dances for Perth 800	2010	2010
The Kandahar Reel	2010	2010
Magazine Dances 2005 - 2009	2012	2012
A Collection of Dances to Celebrate the Diamond Jubilee of Her Majesty Queen Elizabeth II	2012	2012
Dances to Song Tunes by Hugh Foss	1966	2014
The Imperial Book of Scottish Country Dances Vol.1-3	2014	2014
The Leaflet Dances 1964-1988 & other Dances	2014	2014

Pocket Books

Book	First	Latest
1; 2; 3	1926	2001
4; 5; 6	1930	<i>out of print</i>
7; 8; 9	1945	<i>out of print</i>
10; 11; 12	1941	<i>out of print</i>
13; 14; 15	1950	<i>out of print</i>
16; 17; 18	1956	1984
19; 20; 21	1962	1982
22; Graded Book	1966	1984
Five for 1965; 23; 24	1969	<i>out of print</i>
25; 26; 27	1976	1994
28; Four SCD 1978; 29	1980	<i>out of print</i>
30; SCD for Children; Five Traditional SCD 1982; 31	1984	2002
32; Leaflets	1987	<i>out of print</i>
33; 34; 35	1988	1988
36; 37; 38	1995	1995
39; 40; 41	2001	2001
42; 43; 44; 45	2006	2007

APPENDIX II

RSCDS Publications for Teachers

A full list of The Royal Scottish Country Dance Society's publications is available from headquarters. The following booklets are relevant for teachers and examination candidates:

Prescribed dances for Unit 2, 2015

Notes for Tutors in Conducting RSCDS Examination Courses, 1998

Core programme for Tutors - a synopsis, (extract) 2007

Syllabus for Teaching Beginners, 1993

A selection of core dances, 2008

Muriel A Johnstone: A Guide to Music in Teaching Scottish Country Dancing, 2007

Muriel A Johnstone: Any Good Tune. Scottish Country Dance Music suitable for use in class, 2010

An Introduction to Warming Up and Cooling Down for Scottish Country Dancing, 2008

Index to Formations and Movements in Scottish Country Dances, 2006

Medal Tests for Young Dancers – The Dances, 2012

Standard Terminology for use in the description of Scottish Country Dances, 5th edition, 2015 (available to download from www.rscds.org)

Index to Scottish Country Dances, 2013 (available to download from www.rscds.org)

Jigs & Reels, 2012

Dance Trad, 2015

- * Foss, Hugh *Roll Back the Carpet. We agree to Differ*, Forward Press, Castle Douglas, n.d.
- * Foss, Hugh *Sundry writings anent Scottish dancing*, Dumfries,[n.d.]
- * Hood, Evelyn M *The Story of Scottish Country Dancing. The Darling Diversion*. William Collins Sons & Co., 1980
- * Johnstone, Muriel A *A Guide to Music in the teaching of Scottish Country Dancing*. RSCDS, Edinburgh, 2007
- * Knight, Peter (ed.) *A Guide to Scottish Country Dancing (formerly 'The Collins Book')*, RSCDS, Edinburgh, 2011
- * Lockhart, G Wallace *Highland Balls and Village Halls: a look at the Scot and his dancing*. Luath Press Ltd., Ayrshire, 1985
- * Lowe, Joseph & Allan, Thomas (ed.) *A New Most Excellent Dancing Master: The Journal of Joseph Lowe's visits to Balmoral and Windsor (1852-1860) to teach dance to the family of Queen Victoria* Pendragon Press, 1992
- * MacFadyen, Alastair *An Album for Mrs Ysobel Stewart of Fasnacloich*, The Royal Scottish Country Dance Society, Edinburgh, 1988
- * MacFadyen, Alastair & Adams, Florence H *Dance with your Soul*, The Royal Scottish Country Dance Society, Edinburgh, 1983
- * MacFadyen, Alastair & MacPherson, Alan (eds.) *1923-1998 75th Anniversary Booklet*. The Royal Scottish Country Dance Society, Edinburgh, 1998
- * Mackenzie, Donald Richard *Illustrated guide to the national dances of Scotland*, Stirling Observer Press, Stirling, 1910
- * MacLennan, D G *Highland and Traditional Scottish Dances*, Printed privately by T & A Constable Ltd, Edinburgh, 1952
- * Milligan, Jean C *Won't You Join the Dance? Manual of Scottish Country Dancing*, London, 1951
- * Milligan, Jean C *The Scottish Country Dance, Festival Booklet No. 14*, Glasgow, 1924. Facsimile reprint, Royal Scottish Country Dance Society, Edinburgh, 1986
- * Milligan, Jean C & MacLennan D G *Dances of Scotland, Handbooks of European National Dances*, London 1950
- * Peel, Barbara *Dancing and Social Assemblies in York in the Eighteenth and Nineteenth Centuries*, National Resource Centre for Dance, University of Surrey, Surrey, 1986
- * Sharp, Cecil *The Country Dance Book, Parts 1-6, 1909 & 1934* H Styles, Carshalton, Surrey, 1984

- * Shepherd, Robbie *Let's have a Ceilidh. The Essential Guide to Scottish Dancing*, Canongate Press, Edinburgh, 1992
- * Thompson, J Charles *So You're Going to Wear the Kilt*, Heraldic Art, Arlington, VA, 1979
- * Thurston, Hugh A *Scotland's Dances*, London, 1954. Reprinted by Teacher's Association (Canada), 1984

For general background about dance:

- Rust, Frances *Dance in Society: an analysis of the relationship between the social dance and society in England from the middle ages to the present day*, Routledge and Kegan Paul, 1969.

For social and political background to the 18th and 19th centuries:

- Cockburn, Lord Henry *Memorials of his Time*, Edinburgh, printed 1856. Reprinted 1971 (limited edition) & University of Chicago Press, Chicago, 1974
- Youngson, A J *The Making of Classical Edinburgh*, Edinburgh University Press, 2002