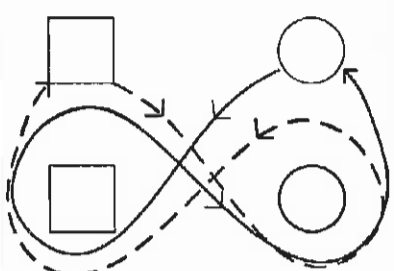

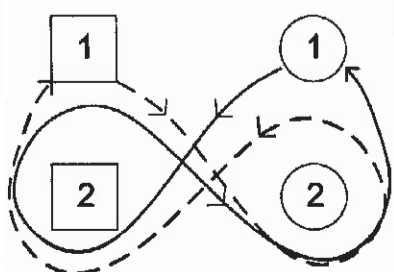


ORGANISATION	MUSIC	CONTENT	TEACHING POINTS
All in a space, using the whole room	Bars 16 16 8 8 8	WARM UP SUGGESTIONS 1. Listening – walking, keeping in time to the music. 2. Think of making a pattern on the floor as you travel. 3. “Draw” the shape of a number on the floor as you travel eg 2,5,7 etc. 4. Walk the shape of an 8. 5. Dance the shape of an 8 with 8 skip change of step.	<ul style="list-style-type: none"> Starting and stopping with the music. Travel in different directions, avoiding others. Make the steps fit the shape. Start and finish at the same spot. Be at the halfway point in 4 steps.
In 2-couple sets  TOP	Bars 8 8 8 8	STEP PRACTICE Skip change of step and slip step 1. 1st couple with RH joined, lead down for four steps, turn towards each other and lead back to original places. 2. 2nd couple repeat no. 1. Figure of eight 3. Couple in 2nd place dance a figure of eight around couple in top place who stand still, girl passing in front to begin. Circles 4. Circle round and back in groups of two couples.	<ul style="list-style-type: none"> Right foot leads on bar 1 and bar 5. Dance on the balls of the feet, heels off the floor, feet turned out. When crossing, the girl (dotted line) goes in front of the boy. Be in partner’s place on bar 4 (fourth step). Repeat with other couple walking then dancing. Hands joined above waist height, elbows slightly bent. Slow down slightly when changing direction.

ORGANISATION	MUSIC	CONTENT	TEACHING POINTS
2 couple set  It is sometimes best to practise the 2 couple allemande in a 3 couple set, 3rd couple acting as ‘markers’ and to keep the size of the set Each couple should practise being 1st couple	Bars 1 2-3 4 5 6 7-8	FORMATION PRACTICE Allemande for 2 couples 1st and 2nd couples dance a step diagonally out to the right. Both couples dance across the set towards the boys’ side and turn to face down. Both couples dance down the boys’ side. Both couples turn to face across the set, side by side on the boys’ side. 1st couple are now below 2nd couple. Both couples dance into the middle, boy bringing the girl round under her right arm to face him. Both couples release hands and dance 2 steps backwards to own side, having changed places. The whole progression takes 8 skip change of step (8 bars).	<ul style="list-style-type: none"> Walk the formation in promenade hold to establish the pattern – RH in RH, LH in LH. Bar 1 - allemande hold – starting in promenade hold, RH in RH, LH in LH, the boy lifts his right arm over his partner’s head to just above her right shoulder, with left hands held in front at waist height. At the same time, they take a (small) step out to the right. 2nd couple follow 1st couple until bar 5. Bar 4 - both couples face down. Bar 5 - both couples face in. Bar 6 - both couples dance in and face partners in the middle of the set. Bar 8 - 1st couple are now in second place. Repeat with a new 1st couple leading.
Dance in 2 couple sets before progressing to 3 couple then 4 couple sets 	Bars 1-8 9-16 17-24 25-32	DANCE INSTRUCTIONS – Lady Catherine Bruce’s Reel 1st couple lead down the middle for 4 steps, turn towards each other and lead up for 4. Finish in the middle of the set facing up, 2nd couple stepping in behind 1st couple on the last bar. 1st and 2nd couples dance the allemande to change places. 1st couple dance a figure of 8 round the 2nd couple who stand still. 2nd and 1st couples dance a circle round and back. In a 4 couple set, 1st couple will dance 3 times – with 2nd couple, then 3rd couple, then 4th couple, to finish at the foot of the set. On the third time through, when 1st couple are dancing with 4th couple, the new top couple also start.	<ul style="list-style-type: none"> The couple leading down and up take RH. In a 4-couple set, on the third turn of the dance there are two allemandes, one for the two couples at the top and one for those at the foot of the set. This needs careful phrasing and co-ordination – see DVD.