

Unit 1 Question Bank

Revised July 2014

Based on Manual 3rd Edition May 2013

Unit 1 Examinable areas of the Manual Third Edition

Sections included in Unit 1 exam	
Chapter	Section
Ch 1~ The Scottish Country Dance ~ Historical Background	All sections
Ch 2 ~ The RSCDS	All sections
Ch 3 ~ The Scottish Country Dance	All sections
Ch 4 ~ Use of music in teaching dance	4.1
	4.5 Be able to name a tune suitable for using when teaching each of the 5 main steps.
	4.6 Be able to: <ul style="list-style-type: none"> • name the different types of reels, jigs and strathspeys • name a tune or dance, whose lead tune is an example of each type of reel, jig and strathspey
	4.7
	4.7.4 exclude for exam purposes the metronome table on page 5
	4.8 Include up to, but not including, <i>Publishing and Composition</i> section on page 62 Be able to <ul style="list-style-type: none"> • name main instruments used • name two players / composers from 18th & 19th centuries • name two players / composers from 20th century

Ch 5 ~Steps	5.1, 5.2, 5.3, 5.4.1, 5.4.2, 5.4.3, 5.5, 5.5.1, 5.5.2
Ch 6 ~ Hands and Handing section	All formations except for those exclusions listed on two page
Ch 8 ~ Essential skills and further advice	8.1
Ch 6 Hands and Handing section	The following formations are EXCLUDED from Unit 1
	6.2.3, 6.2.4, 6.2.5, 6.2.6, 6.2.7, 6.2.8
	6.5.2
	6.7.10, 6.7.11, 6.7.12
	6.8.2, 6.8.4, 6.8.7
	6.10
	6.12
	6.14.6
	6.16.3
	6.17.3.1, 6.17.3.2
	6.18
	6.21.2, 6.21.3, 6.21.4, 6.21.5, 6.21.6, 6.21.7
	6.22.3
	6.24.8, 6.24.9, 6.24.10, 6.24.11
	6.25.11, 6.25.12
	6.26.5
	6.30.2
	6.31
	6.32
	6.33
	6.35
	6.36
	6.37

Unit 1 – History section

- 1 List three ways the Society seeks to promote and maintain standards. [3 marks]
- 2 What did the Society do to affect the revival of Scottish Dancing?
Give three examples. [3 marks]
- 3 Write a brief history of the development of the RSCDS. [5 marks]
- 4 The popularity of strathspey country dances declined in the 19th century
Who revived this form of dance? [1 mark]
- 5 There are around 170 Branches of the RSCDS. Where were the first
two formed? [2 marks]
- 6 How many Management Committees report to the RSCDS Management Board?
Name them. [1 mark]
[3 marks]
- 7 The country dances of the 17th and 18th century were part of an international
repertoire of country dancing. Later in the 18th century, these dances developed
their own distinctive Scottish characteristics.
Name three of these distinctly Scottish characteristics. [6 marks]
- 8 As the tradition of country dancing in Europe diminished in the late 19th
century, four critical factors helped to maintain its popularity in
Scotland. Name 3 of these factors. [6 marks]
- 9 What were the Assembly Rooms and what was their significance in
Scottish country dance history? [3 marks]
- 10 Each of the following dates marks a significant event in the history
and growth of the RSCDS. Give the event associated with each of
these dances.
i) 1923
ii) 1927
iii) 1951 [3 marks]
- 11 List the ways in which the work undertaken by the RSCDS since 1923
has fulfilled its stated objectives. [6 marks]
- 12 In which year did King George VI confer upon the Society the title
'Royal'? [1 mark]
- 13 Who is the patron of the Society? [1 mark]

- 14 List 3 of the current objects of the Society. [6 marks]
- 15 Who are the two people credited with being co-founders of the Scottish Country Dance Society? [2 marks]
- 16 Give the year of the initial meeting of the Society. [1 mark]
- 17 Which King conferred the title 'Royal' on the Society and in what year? [2 marks]
- 18 List 3 ways which show the French influence in Scottish country dancing. [3 marks]
- 19 Describe factors affecting the historical development of Scottish country dancing, from the eighteenth century. [5 marks]
- 20 Name the three committees which report to the Management Board of the RSCDS [3 marks]
- 21 What is the difference between a Branch and an Affiliated Group? [2 marks]
- 22 What is the difference between a member and a delegate within the RSCDS? [2 marks]
- 23 Write a brief history of the Society giving the important dates in its development. [5 marks]
- 24 Describe the Management Structure and Administration of the Society. Use a diagram to illustrate your answer. [5 marks]
- 25 What did Dr. Milligan mean by "controlled abandon" when describing Scottish Country Dancing? [3 marks]
- 26 List 3 characteristics which define the country dance. [3 marks]
- 27 Explain what was meant by the following types of Country Dances, which were danced in 18th century Scotland.
- i) Scotch dances, include the names of two such dances [2 marks]
 - ii) Reels [2 marks]
- 28 List the reasons why the country dance continued to flourish in Scotland in the 19th century while declining in popularity in Europe. [3 marks]
- 39 List 3 dances that predate the formation of the Society subsequently published by the RSCDS. [3 marks]
- 30 List 3 formations featured in the Scottish country dances of the 18th century, which are still danced today. [3 marks]

Unit 1 Technique section

1. Describe pas de bas basque in detail. Include:
 - i) rhythm [1 mark]
 - ii) explanation of the parts of the step, including foot positions [8 marks]
 - iii) what is meant by to “set” and to set “twice” [1 mark]
 - iv) three points to observe [3 marks]

2. Describe in detail, the following:
 - i) Slip step
 - a) rhythm [1 mark]
 - b) names of foot positions [2 marks]
 - c) two points to observe [2 marks]
 - ii) Skip change of step
 - a) rhythm [1 mark]
 - b) explanation of the parts of the step, including foot positions [8 marks]
 - c) three points to observe [3 marks]

3. Describe strathspey setting step in detail. Include:
 - i) rhythm [1 mark]
 - ii) description of the parts of the step, including foot positions [8 marks]
 - iii) definition of to “set” [1 mark]
 - iv) three points to observe [3 marks]

4. Describe concisely the basic movement in one bar of music, during a strathspey step:
 - i) First beat
 - ii) Second beat
 - iii) Third beat
 - iv) Fourth beat [8 marks]

5. Provide details of the travelling step, to explain:
 - i) how the initial impetus is given to the step
 - ii) how the full body height is achieved on the second beat
 - iii) why the second reach on bar 3 should be a long step
 - iv) what the position of the moving leg and toe is, during the fourth beat
 - v) where the moving foot is at the point of the hop, on the supporting foot [5 marks]

6. List the three basic steps in reel and jig time and state which foot positions each step uses
- i) slip step [2 marks]
 - ii) skip change [3 marks]
 - iii) pas de basque [3 marks]
7. How can good foot positions be achieved? [5 marks]
8. Give three reasons why the giving of hands is important [3 marks]
9. Describe the usual way of progressing in a three couple dance, danced in a four couple set. [2 marks]
10. List three ways in which good team work is achieved [3 marks]
11. In the giving of hands, the words “lead” and “dance” were formerly used interchangeably. Now each of these terms has a distinctive meaning in Scottish Country Dancing. Explain what each term means. [2 marks]
12. State four ways in which dance etiquette could be encouraged in Scottish Country Dancing. [4 marks]
13. List five important features you would expect to see in a well performed Scottish Country Dance. [10 marks]
14. Describe progression in two couple dances in four couple sets, three couple dances in four couple sets and round the room dances. [6 marks]
15. Describe three significant components of teamwork, in the general appearance of the dance. [6 marks]
16. Name two situations in Scottish Country Dancing, where hands are given, palms upward. [2 marks]
17. Describe the standard hand holds, for each of the following formations:
- i) allemande [3 marks]
 - ii) double triangles [3 marks]
18. Draw a diagram of the usual way a four couple longwise set, is shown in Scottish country dance Books. [2 marks]

19. Explain how the giving of hands adds to the character of Scottish Country Dancing. [7 marks]
20. List three practices in the giving of hands, with examples of when they occur. [3 marks]
21. Name three main types of Scottish Country Dances. [3 marks]
22. Scottish Country Dances fall mainly into three types: longwise, round the room and square.
- i) Draw a diagram of the starting positions in a square set, as shown in Scottish Country Dance books. [2 marks]
- ii) For a standard four couple longwise set, draw a diagram showing the position of the dancers in two couple dances, for each of the following:
- a) at the end of the first time through [2 marks]
- b) at the end of the second time through [2 marks]
- c) at the end of the third time through [2 marks]
23. "Good phrasing is the hallmark of a good dancer". Describe two ways in which a dancer can show good phrasing. [2 marks]
24. List two different formations in which slip step is used. [2 marks]
25. Technique helps to maintain the character of Scottish Country Dancing.
List four aspects of technique. [4 marks]
26. State the reasons for giving hands. [3 marks]
27. List the general rules for and give five examples of, the giving of hands. [8 marks]

Unit 1 - Formations section

Formations – candidates must be able to :

- describe with words and diagrams the starting position, the finishing position, the shape and phrasing of any of the formations detailed in Chapter 6 (see examinable areas listing) for all the dancers involved
- specify the step or steps used and any adjustments to the step
- describe the use of the hands

(Chapter 6 of the Manual)

1. Give a general definition and a detailed description of Grand Chain for three couples.

Include:-

- | | | |
|------|--|-----------|
| i) | definition | [3 marks] |
| ii) | steps used and number of bars and starting position. | [3 marks] |
| iii) | correct description of each bar. | [6 marks] |
| iv) | correct ending. | [1 marks] |
| v) | use of hands | [3 marks] |

2. Give a general definition and detailed diagrams of a Poussette for two couples in reel or jig time.

Include:-

- | | | |
|------|---|------------|
| i) | definition | [3 marks] |
| ii) | diagrams to illustrate <ul style="list-style-type: none"> • starting position • the position at the end bars 1 to 6 | [7 marks] |
| iii) | use of hands | [2 marks] |

3. Give a general definition and detailed description of a Poussette for two couples in reel or jig time.

Include:-

- | | | |
|------|--------------|------------|
| i) | Definition | [3 marks] |
| ii) | Description | [10 marks] |
| iii) | Use of hands | [2 marks] |

4. List the type and number of steps to be used, in the following formations:

- | | | |
|-------|---|-----------|
| (i) | Set and Link – Strathspey Time | [2 marks] |
| (ii) | Hands Round and Back in Reel and Jig Time | [2 marks] |
| (iii) | Set to and Turn Corners in Strathspey Time. | [2 marks] |

5. Describe in detail,
- (i) Allemande for three couples in Reel and Jig Time [8 marks]
 - (ii) Poussette Right Round in Strathspey Time, stressing accurate phrasing. [8 marks]
6. Describe the **ENTRY** into Reels of Three, after:
- (i) Turn Corners and Partner [2 marks]
 - (ii) Set to Corners and Partner [2 marks]
 - (iii) Set To and Turn Corners. [2 marks]
7. List essential points regarding use of hands / arms in the following formations:
- (i) The Knot for Two Couples [4 marks]
 - (ii) Tournée [4 marks]
 - (iii) Poussette for Two Couples, Reel and Jig Time. [4 marks]
8. Using clearly labelled diagrams for **each** formation, give the 8 bar phrasing for
- (i) grand chain for three couples [10 marks]
 - (ii) Strathspey poussette [10 marks]
 - (iii) allemande for two couples [10 marks]
9. Give a complete bar by bar description of the formation *Set to corners and partner*. [8 marks]
 Include three diagrams. [3 marks]
 State either of the points in the Manual's Note about the ending of the formation. [1 mark]
10. Describe *Basic set and link for two couples*. [2 marks]
 State three points about handing for set and link as given in the Manual. [3 marks]
11. For a 2 couple allemande:
- i) Describe the hand-hold. [2 marks]
 - ii) Use diagrams, as shown in the Manual, to illustrate the path of both couples during bars 1 and 2, during bar 3, during bar 4, during bars 5 and 6 and the end of bar 6. [5 marks]
 - iii) Describe the final two bars. [2 marks]
12. Describe the 8 bars of a Men's Chain, using diagrams to show the starting positions of the dancers and their positions at the end of bar 4 [10 marks]
13. i) List the different forms of promenade. [5 marks]
 ii) Describe the hand hold in promenade. [2 marks]

14. Reels of four can be danced across the set starting from the sidelines.
- i) Either describe in words or use diagrams to illustrate the entry and ending of such a reel. [4 marks]
- ii) Either describe in words or use a diagram to show the ending for such a reel with first couple progressing one place. [2 marks]
15. i) Which steps are used in set and link for two couples? [4 mark]
- ii) When is this formation not used as a method of progression? [2 marks]

16. In the following table write the number of steps used by the dancing couple in each of the formations listed in the left-hand column. Leave blank those boxes where a particular step does not appear in the formation.

[18 marks]

Formation	Skip change of step	Slip step	Pas de basque	Strathspey travelling-step	Strathspey setting-step
Reel time poussette for two couples					
Strathspey grand chain for three couples					
Strathspey set to and turn corners					
Reel time half double figure of eight					
Strathspey reel of three after set to and turn corners					
Set and rotate in jig time					
Rights and lefts in jig time for three couples					

17. Describe the movements, as indicated below, bar by bar in the *basic* reel of four across the dance starting with first couple back to back in the centre facing second couple in top place. Assume the dancers finish in the starting position. (Candidates may use the margin to draw diagrams but should note that marks are allocated only for the description)
- | | |
|--------------|-----------|
| Bars 1 and 2 | [4 marks] |
| Bars 3 and 4 | [4 marks] |
| Bars 5 and 6 | [4 marks] |
| Bars 7 and 8 | [3 marks] |
18. During a *non- progressive* reel of four across the dance beginning from the sidelines (first couple in top place, second couple in second place) the start of the reel is slightly modified. Draw two diagrams to show the dancers' position and direction of movement on
- (i) bar 1
(ii) bar 8 when returning to original places on the side lines.
Mark the top of the set; show men as circles and woman as squares.
Note: no description is required [6 marks]
19. Draw two diagrams showing the relative positions of first, second and third couples ready for the entry into reels of three with corners.
Mark the top of the set; show men as circles and women as squares and indicate the initial direction of the dancers' movement with an arrow.
Note: no description is required
- | | |
|------------------------------------|-----------|
| i) After set only to corners | [3 marks] |
| ii) After turn corners and partner | [3 marks] |
20. List the type and number of steps to be used, in the following formations:
- | | |
|---|-----------|
| (i) Set and Link – Strathspey Time | [4 marks] |
| (ii) Hands Round and Back in Reel and Jig Time | [2 marks] |
| (iii) Set to and Turn Corners in Strathspey Time. | [4 marks] |
21. i) State the reasons for stepping up or down [2 marks]
ii) Describe stepping up or down [6 marks]
iii) How is the step modified to assist a casting couple? [2 marks]
22. Describe the phrasing for each bar for:
- | | |
|---|------------|
| i) strathspey pousette. Draw diagrams showing the end of bar 1 and end of bar 4. | [10 marks] |
| ii) allemande for two couples. Draw diagrams showing the path during bar 3 and the path during bar 4. | [10 marks] |

23. Describe how the hands are given in the following formations:
- i) Four hands across [2 marks]
 - ii) Poussette in reel and jig time [2 marks]
 - iii) Promenade [2 marks]
24. For the strathspey half-poussette describe
- i) How many bars of music are required for the half poussette? [1 mark]
 - ii) What is the main step used to dance the half poussette? [1 mark]
 - iii) On which foot does each dancer start? [2 marks]
25. For Ladies' Chain describe:-
- i) which hands are given on bars 1-2 and 5-6; [1 mark]
 - ii) which hands are given on bars 3-4 and 7-8 [1 mark]
 - iii) how hands are given [2 marks]
26. What steps and how many of each step are used in the following formations?
- i) reel time - set and rotate [4 marks]
 - ii) strathspey time - set and link for two couples [4 marks]
 - iii) jig time -set and cast off one place followed by four hands round to the left [6 marks]
 - iv) strathspey time - rights and lefts for three couples [2 marks]
27. Describe how the first couple enter into reels of three after the following figures
- i) set to corners [2 marks]
 - ii) set to and turn corners [2 marks]
 - iii) set to corners and partner [2 marks]
28. Describe in words the bar by bar phrasing for a two couple allemande. [8 marks]
29. Describe in words the phrasing of bars 1, 2, 3 and 4 of a three couple allemande. [4 marks]
30. List three differences between a standard poussette in reel / jig time and a standard strathspey poussette right round. [3 marks]
31. There are four formations danced by 1st couple and their corners which are often followed by 1st couple dancing reels of three on the sides with their corners.
List these four formations and state how 1st couple enter each reel. [12 marks]
32. Explain the differences in phrasing of Promenade for 3 couples and Promenade for 4 couples. [8 marks]

33. Give precise descriptions of the following:

- i) Hands round in reel/jig time – 4 bars of music [4 marks]
- ii) Cross over in strathspey time – 4 bars of music [4 marks]
- iii) Rights and Lefts in strathspey time – 4 bars of music [4 marks]

34. i) Name 5 formations which are methods of progression. [5 marks]
 ii) State the bar number/s during which progression takes place in each formation [5 marks]

35. For the formations “Set to and Turn Corners” followed by “Reels of Three” in quick time, describe the following for each formation:

- i) the steps used [2 marks]
- ii) hand and arm positions [7 marks]
- iii) phrasing [5 marks]

36. List three differences between a Ladies Chain and a Men’s Chain.

Ladies Chain

Men’s Chain

- 1.....1.....
- 2.....2.....
- 3.....3.....

[3 marks]

Unit 1 - Music section

1. Certain speeds for reel, jig and strathspey are recommended.
 - i) Describe in words what the ideal tempo for a dance is. [4 marks]
 - ii) List four factors which affect it. [4 marks]
2. Explain what is meant by the musical term “tempo”. [1 mark]
3. What is meant by the “Scotch snap” in the music? [2 marks]
4. Name two famous Scottish fiddlers who lived in the eighteenth century. [2 marks]
5. List the five basic steps we use in Scottish country dancing (3 quick and 2 slow), giving the most suitable type of music we use when dancing them. [10 marks]
6. List six from the variety of instrumental accompaniment (solo or group) used to accompany Scottish country dancing, from the nineteenth to the twenty-first centuries. [6 marks]
7. Name one other type of tune, apart from a reel, used for dancing reels. [1 mark]
8. Name one alternate type of tune used for strathspeys, other than a traditional tune. [1 mark]
9. The Society recommends learning certain steps to a particular rhythm. Which rhythm is recommended for the following steps?
 - i) Skip change of step [1 mark]
 - ii) Pas de basque [1 mark]
 - iii) Slip step [1 mark]
10. Describe the importance of the tempo of the dance music. [4 marks]
11. The strathspey has become a musical form in its own right but today, two other forms of music are often used for dancing strathspeys. What are these? [2 marks]
12. “Music is the stimulus of the dance and dance should be the physical expression of the music.” Which solo instruments have been and are used to provide this stimulus? [4 marks]
13. Give three reasons why music which is too fast is detrimental to good dancing. [3 marks]