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A message from our Chair



Fig. 1: Branch Chair, Rosamund Rawlings.

Photo: Tim Rylance

It is wonderful to see so many of you back dancing after our enforced interlude. We owe an enormous amount to the committee who held the threads together as event after event had to be cancelled. And who wrestled with the Covid regulations to ensure that we returned to dancing as soon as we could, whilst keeping safe.

In particular I want to thank Alison and Caroline who are now, I hope, enjoying their well-deserved release from the responsibilities they discharged so well.

There is an exciting programme of events for us all to look forward to. A grand Anniversary Ball in March and a Residential Weekend in September as well as our regular Newcomers, Summer, and New Season dances.

The St Monica Trust's Oatley Hall, being in a retirement community, has limits on the numbers attending events and we fear that they might be obliged to cancel planned events at short notice in event of a Covid outbreak. Consequently we have taken the decision to hold the Newcomers and Summer dances at St Peter's Henleaze. We hope to return to holding our dances at St Monica's once the situation is more favourable.

I am pleased to report that the Autumn 2019 Unit 2 and 3 teaching certificate course, taught by Fiona Grant and supported by Bristol branch, was a great success with a 100% pass rate. There were 8 participants, from Bristol, Bath, Chichester, Exeter and Weymouth. Our congratulations to Margaret Chambers and Clive Warren-Smith, and of course to Fiona.

We still have challenges ahead of us. In particular, how to find and welcome new dancers to our group. We are very pleased to have some enthusiastic new recruits join us this term. We hope to find ways of ensuring a steady flow of new dancers and are looking into making more use of digital media to promote Scottish Dancing in Bristol; in addition to our regular advertising in local magazines.

The format of the class on Thursday evenings has been evolving as we explore ways of welcoming our new dancers alongside the more experienced. Please do tell me your thoughts on this and any other aspects of how branch activities are organised.

Rosamund Rawlings

A Celebration

The first intimation we had that something was afoot [not a recognised dancing term] was on the 8th August, 2021 when our Secretary, Caroline emailed us with a plea for new committee members. [We may see later how successful this was] and added the following. "I promised you a celebration and I have a great one for you. On the first night of term Thursday 9th September we will gather at St. Monica's where we will be joined by the Chairman-Elect of the RSCDS William Williamson who will teach the class. During the evening William will be presenting our own Hugh Ferguson with the Scroll of Honour from the Society, the highest honour awarded. We are so thrilled to be able to share with you that this has been awarded to Hugh but it is still under wraps publicly until the Society publishes it. Hugh wants to celebrate with his friends at RSCDS Bristol and we intend to have a fun party evening with cake and fizz and hopefully live music so please make every effort to be there and join the fun. This will be a free evening."

We had a further reminder on 5th September, and eventually Thursday 9th September arrived and we gathered in the evening in the familiar surroundings of the Oatley Hall at St Monica Trust. There were some restrictions imposed by Covid precautions but these do not need to be enumerated here.

It was also a great pleasure to see that the music was to be provided by Ian Robertson on accordion, as he is an old friend of the Branch right back to the 'Sound Company' days in the Westbury Village Hall in 1993. According to my records Hugh with Dalriada first appeared at a Branch dance in 1992, so it was serendipitous that they were both with us for this evening.

William Williamson was MC and teacher for the evening and reassured us that he realised that this was the first dancing for many for well over a year. This meant that he was basically only watching what happened from the waist up – good handing and eye contact in particular. I

did not make a note of the dances but I felt we responded well to his teaching and very well to Ian's playing. It was an absolute joy to have live music again.

At the interval we had the presentation of the Society Scroll of Honour to Hugh by William. This would normally either take place at the Society AGM or just be announced there then presented locally afterwards at a location where it was not reasonable or practicable to expect the recipient to travel to Scotland. Hence we had a news embargo until after the Society AGM on the first weekend in November.



Fig. 2: William Williamson (L) presents Hugh Ferguson (R) with the RSCDS Scroll of Honour, 9th September 2021.

Photo: Bruce Ferguson



Fig. 3: Hugh and everyone are shown the scroll.

Photo: Bruce Ferguson

After the presentation William pinned a Scroll recipient's badge on Hugh's jacket.

This was followed by Hugh's acceptance speech. He had prepared what he wanted to say but found it difficult to manage the microphone and his notes, so Joan delivered it for him.

"Thank you William, I am highly honoured to be receiving this award from the Royal Scottish Country Dance Society. The Scroll of Honour being awarded to me was a complete surprise, and I know I owe a lot to Bristol Branch for putting their nomination to the RSCDS. I am extremely grateful to you all for my award.

My interest in playing music started when I was 11 years old. It was Christmas morning and my younger brother, John, and I were opening our presents from Santa. There was a large one not yet opened and John said, "Hugh what about that one." I said, "It's not mine", and he said, "Well it's got your name on it." Of course, when I did open it, it was an accordion, a 48 bass Crucianelli. My father, who had instigated this, was keen for me to learn and agreed to pay for lessons as long as I would practice for an hour every day.

I was blessed with a great accordion teacher, Chick Kelly who shortly after I started taking lessons with him, formed from his pupils the Coatbridge Accordion Band, age 8 – 14 years. I played 1st accordion in this band and then 1st accordion in his Senior Orchestra of around 18 players. These two accordion bands were soon playing and winning competitions in Dundee, Glasgow, Birmingham and London, as well as playing concerts in Edinburgh, Glasgow and Coatbridge.

Enough nostalgia!

I moved to Leicester after obtaining my degree in 1958. Scotland was on a 3 day working week which meant a great shortage of technical opportunities. In Leicester I became leader of an English Folk Band called 'The Jolly Ploughmen'. This is when I got a taste for putting sets together, building a repertoire and having a lot of fun.

In 1961 Joan and I were married and I had already moved to work in the Manchester area. Here I was discovered by Tom Hall who asked me to join his band, 'The Rattray Band' and I got my first taste of playing great Scottish Country dance music. Many dances and Manchester Scots Nights later Tom moved to Edinburgh and I was forced to start my own Scottish band, 'The Dalriada Scottish Dance Band'. Two musicians who joined me and the band whilst in the Manchester area were Bob Morton [in the dark jacket to the left of William, Figure 2. Ed.] and Bob Diehl, both of whom were students at the time.

During my years in Manchester I played for the Manchester RSCDS Demonstration team run

by Ian Hall, and Joan sang with the choir, Manchester Scottish Singers, also run by Ian Hall.

Manchester RSCDS hosted a class for Dance Teaching Certificates and Joan and I were so lucky to have the most wonderful teacher..... Mrs. Goodyearand thanks to her we were successful.

When I moved for career reasons to the Bristol area in the late 70s I was catapulted into re-forming 'The Jolly Ploughmen' by Brian Salway who organised monthly dances in the Folk House in Bristol and through him and Len Morris, the Adult Education Principal, I agreed to take on tutoring the newly formed 'Play in the Band' class, which I did for 12 years and thoroughly enjoyed doing it, even though when I became a teacher at Millfield School in Street, I had to drive the 36 miles straight to the venue every Thursday night. Joan always said I was a much more relaxed and happy person after these Thursday sessions. That's music for you!

Also during this time, Dalriada started playing for the Bath RSCDS Demonstration Team, which became 'Corryvrechan'. Our band has made lots of trips abroad playing for Scottish Groups and for 'Corryvrechan' - Canada, Slovenia, Hungary, Spain, France, Germany, Belgium, The Netherlands, the Channel Islands, Switzerland, Australia and New Zealand.

At home, in the late 1990s we were extremely privileged to be asked to play for dances for the Queen, Prince Phillip and family at Sandringham, Windsor Castle and Bagshot Park. During the afternoon of our first engagement, before the evening event, Joan and I were asked to rehearse the dances with the Royal Family, which was quite a strain on just the two of us. In fact at this first rehearsal Prince Phillip said as I got ready to play the first chord ..."I think he's nervous" ...I was. Everyone else had wee laugh.

Without the support of my fellow band members, including our daughter Marion, [just to the right of the table, Figure 2. Ed.] over all these years, what we have achieved would not have been possible. My thanks to you all, – you all know who you are.

I'm retired now, but with band members like I've had.....who knows!!

Finally, my thanks to you, Bristol Branch."



Fig. 4: Joan and Hugh acknowledge the very enthusiastic plaudits of the audience. Photo: Bruce Ferguson

We then were served appropriate drinks and cake and Hugh was warmly congratulated by his many well-wishers and we got ready for the rest of the evening.



Fig. 6: The two Bristol Branch Scroll holders, taken completely unawares. Ian and Marion are over Hugh's left shoulder. Keith Henry behind mine.

Photo: Bruce Ferguson



Fig. 7: An attentive class.

Photo: Clive Robinson

There is no doubt whatsoever that this evening was probably one of the most memorable for many attending for many reasons. The fact that we had four sets dancing and many other guests present fully justifies that description.

Principally it celebrated Hugh's very well deserved award from the Society, but also celebrated the Branch's return to dancing at St Monica Trust's splendid Oatley Hall. Both were done with style and certainly with what Peter Wright would have described as 'panache'.

Very many thanks to Joan for the script of Hugh's speech, to the photographers and to all those of the Branch who organised and contributed to the evening.



Fig. 5: Musician, Ian Robertson and MC, William Williamson, absolutely essential contributions to the success of the evening. Photo: Bruce Ferguson

"Now follow that!", one might say, with some justification, but follow that we did. **Ed.**

New Season Dance

9th October, 2021 at St Peter's Church Hall, Henleaze



Fig. 9: Honour your partners.

Photo: Clive Robinson

How wonderful to get together for a proper dance after a gap of 18 months due to Covid 19. There had been some dancing get-togethers during the summer but the last RSCDS-Bristol live music dance had been at the Dawlish weekend the 13th to 15th March 2020 just before the Coronavirus lockdown.

This time the arrangements for the New Season Dance had to be rather different. The dance was held at St Peter's instead of St Monica's and doors & windows were kept open to ventilate the hall. To participate attendees had to have a negative lateral flow test no more than 24 hours before the event and if not vaccinated to wear a mask. Attendees were also asked to use hand sanitizer between dances and to bring their own food and water to minimise risk of transferring any asymptomatic infection.

Margaret Chambers [**MMC**] is now the ticket

secretary and, for the first time, issued tickets online.

In the circumstances it was good to have 38 dancers and there were regularly 7 couple sets so that everyone could take the floor. Dancers were predominantly from Bristol Branch with 6 dancers from further afield. (In 2019 there had been nine 4 couple sets all evening).

Although numbers (38) were less than usual the evening was a great success. Everyone was delighted to be dancing to live music again which was very ably provided by sisters Susan and Shona MacFadyn who had also played for us at our last NSD in October 2019. It was great that they could travel down from Scotland again and give us such a splendid evening. Everyone was very appreciative and had a fun evening.



Fig. 8: Maggie and the Band.

Photo: Clive Robinson

Maggie Kirkup MC'd the evening with her usual expertise and clarity and all dances were walked through or recapped once. The programme was ideal with a good number of familiar favourites to help us all get back to enjoying our dancing after the enforced break. A big thank you to Maggie Kirkup and the Programme Committee.

All in all a splendid evening of music and dancing and an opportunity to catch up with friends and make new acquaintances.

Bristol Branch Chair Alison closed the evening and, on behalf of us all, thanked all those who had contributed to organising the evening with a special thanks to our Musicians Susan and Shona.

David Wells



Fig. 10: Enthusiastic dancers.

Photo: Clive Robinson

Day School and Dance

Nov. 13th. The dancers who attended the Day School were treated to excellent teaching by Nicola Scott and superb music by Phill Jones culminating with a wonderful evening dance.



Fig. 11: The morning class. Photo: Clive Robinson

As usual these days, Covid restrictions were in place with plenty of ventilation and numerous bottles of hand sanitizer. After registration and a hot drink, the morning class was aimed at the less experienced dancers although there was plenty of support from more proficient dancers. [There were 21 dancers present of whom just 4 attended only the morning session. **MMC.**]

Nicola practised the necessary formations and patterns beforehand and this ensured that everyone was comfortable with the movements in the dance. The dances were unknown but well chosen to ensure they were within the ability of everyone.

After a warm up dance we had the wonderfully titled jig "The Golden Sun of Early Spring". There was also an unusual three person dance in a triangular set alliteratively called "While We Were Waiting". There were five dances during the morning and Phill provided an excellent array of tunes.

All too soon the morning class was over and the afternoon class was anticipated during the lunch break. The afternoon class was attended by 35 dancers and it was a lively and enjoyable session. After a warm up dance and a straight forward jig called "Central Park" we moved onto the "Spanish Dance" with an Interlocking Knot and a circle started by moving to the right. Using the right foot to start a circle to the right may sound like

a good idea in strathspey but it does make the change of direction at the end of bar four of the phrase unusual.



Fig. 12: The afternoon class. Photo: Clive Robinson



Fig. 13: An exemplary strathspey step.

Photo: Clive Robinson

The reel "Scapa Flow" provided plenty of interest with a half reel of six and the final dance, "A Gin and Tonic", was written by Nicola's father, Gordon Scott.

Tea was a selection of soup, cheese and fruit. Thanks go to Mike and Sara Jackson for sterling work with the catering throughout the event and to the soup and cake makers.

The evening dance was a collection of well-known dances which all had a walk through. Phill Jones played fabulous sets throughout the evening and there was a wonderful atmosphere as the dancers rushed to make up sets and dance with enthusiasm.

[For the dance, 36 dancers were from Bristol RSCDS, 26 from outside the branch, this included a couple of dancers from a fair distance who came to surprise Phill and his wife Zsófia. It is no surprise that a Day School and Dance attracts more people from elsewhere as the dancing per mile ratio is better, however, 11 "foreigners" attended just 1 session. The early dance finish may have been a factor. **MMC.**]

A big thank you goes to the committee and the helpers for making it all happen.

Alan and Lesley Cottle



Fig. 14: Alan relaxes as Phill plays on. Photo: Clive Robinson

Thanks to Margaret Chambers [**MMC.**] for the statistics. These are interesting, showing that we can manage to attract visitors with an attractive programme and a well-known musician.

An additional really big 'thank-you' is due to Alan as the MC for the evening, and his contribution to maintaining that atmosphere.

Ed.

Secretary's Report 2020-2021

I now have to bring you a Report of the activities of RSCDS Bristol for the year 2020-2021. I am afraid that there is not much to say as this last year has been one of lockdown and little activity. Everyone is aware of the reason for this, well beyond our control. The pandemic wrought its devastation throughout not only our country but the world and we had little option but to sit tight and wait. The amazing scientists discovered not one but several vaccines and the programme of vaccination in the UK has been something to be proud of. We are now on to the boosters for many people.

As we dance in a building that is home to many older people we had no access to the hall even when restrictions were lighter. We did have the use of St. Peter's Church Hall in Henleaze for a few weeks in September until the lockdown was reinstituted and again in May/June for a few weeks for a little more dancing. As I write, in November, we are again allowed in to St. Monica's but as case numbers are rising who knows how long we will be allowed to continue. The situation is still in flux and nothing is secure.

During the year of which I write the committee met frequently on Zoom. At the AGM we welcomed Marion Warren-Smith on to the committee as Dance Secretary and during the year the committee co-opted Tricia Machin as Publicity Officer for one year. We spent much of our time agreeing to cancel events which was disheartening but necessary.

We tried to keep members in the loop and to have some events that would bring people together albeit on screen and not in the same room. We organised three musical evenings wherein our wonderful musician guests gave virtuoso performances on Zoom playing for us and talking us through their musical interests and lives. We started with Chris Oxtoby in December, followed by Ian Robertson in February and finally Phill Jones in April – one for each term. These were very well received by members.

We managed a Summer Fling in July in St. Peter's which was encouraging. A team of three of our teachers ably orchestrated by Pat Fish led us in a warm up and twelve familiar dances to music from CDs. Everyone brought their own tea and ate together. It was good to be back dancing and everyone joined in the spirit of the afternoon even though required to wear a mask!

We had some cause for celebration in the year – Fiona Grant was elected to the Management Board of the RSCDS and also took on the role of editor of the Scottish Country Dancer magazine. We do congratulate her.

We also put in an application for the Scroll of Honour for Hugh Ferguson which was accepted by the Awards committee of the RSCDS and Hugh was duly awarded this prestigious recognition. The actual award of the Scroll took place in Bristol on the first night of our Autumn 2021 term so I am trespassing into the next year's Report territory but I wanted to share again this wonderful evening which lifted all our

spirits so much when we had live music from Ian Robertson and William Williamson, Chairman-Elect of the Society, came down from Scotland to make the award and teach the evening class. It was 'a night to remember', for all the best reasons. We are so proud of Hugh and Joan and so pleased the Award recognises his huge contribution to Scottish dance music.

We have managed to keep membership numbers up – we had 65 members of whom 7 were Bristol only members and 5 Life Members.

We are so grateful for the support of the membership during these difficult times and look forward to brighter times ahead when more dancing can be done. We are preparing in hope for our 60th Anniversary Ball in March 2022 and trust that all who are able to will attend.

Over the last few weeks we have heard the sad news of the death of two of our long standing members who danced with us for many years, Gordon Patterson and Beryl Read. We send all our sympathy and good wishes to Patsy and to Malcolm and their families in their grief. Many members have happy memories of both Gordon and Beryl and we know how hard their loss will be.

A further loss which has just happened is that of Barbara Goulden. The Gouldens have over the years been Bristol only members and have welcomed us to their dances and weekends in Ross. They have attended many Bristol dances and will be familiar figures to Branch members. We extend sympathy and good wishes to Steve and the family.

This will be my last Report as I must now stand down having done one extra year on the committee beyond what was intended due to the Covid situation. I would like to thank all the committee members with whom I have served for their companionship and support and for making the experience fun and merry if challenging at times and especially my two Chairmen Margaret and Alison for all their help and support.

I wish the new committee well and of course I will be around to help in whatever way would be useful to them.

Caroline Dunn, November 2021

Stop Press!

We are planning to run a Tea Dance on Saturday 6th March at St Peter's Church Hall, as a practice for the 60th Anniversary Ball. See our website: <http://www.rscdsbristol.info> **Ed.**

Other News

I am grateful to Cheryl for the following information as I was hoping to try to note what had happened to some people who might have 'gone off the radar' with the hiatus of the pandemic.

She tells me that Peter Collins sadly died a couple of years ago but Joan Phelps, who often partnered him, is still reasonably active, and that Jean Waller who had problems back in 2019, is 'able to get about'.

I was walking back from swimming at the Henleaze Lake in my kilt, as it is easier for changing and a car pulled up alongside me and to my surprise Stuart Grant got out and greeted me warmly. We caught up over a cup of tea. Someone else from a number of years ago is Fiona Thompson who is now working for the Principal at the University of St Andrews. Both wish to be remembered to all who knew them.

Fondly remembered

Under this heading we wish to note that we have had the sad news that we have lost some significant members of our dancing community. Caroline has already mentioned three of them, Gordon Patterson, Beryl Read and Barbara Goulden.

I am afraid that there is one more, namely Gill Day, who many will remember for her succinct and clear recaps as MC at Westbury Scottish Club dances.

Our thoughts go out to all their families in their respective bereavements. Please remember them, and the deceased, with affection.

None, as far as is known, were victims of Covid.

The Committee

Chair: - Rosamund Rawlings

Secretary:- Ruth Davies,
secretary@rscdsbristol.info

Treasurer:- Alan Pinder,
treasurer@rscdsbristol.info

Catering Mike/Sara Jackson

Membership and safeguarding:- Lynn Robinson,
membership@rscdsbristol.info

Dance Organiser:- Maggie Kirkup

Tickets:- Margaret Chambers,
tickets@rscdsbristol.info

Publicity:- Julie Westgarth

assisted by Sadie Ferguson and Anna Knight

Supported by: Webmaster:- Alan Pinder,
webmaster@rscdsbristol.info

Ball Sub-committee

Alison Lunt, Clive and Lynn Robinson, Caroline Dunn, Keith Henry, Andrew Smith

RSCDS Bristol Diary – 2022

Terms:

Spring - 6th Jan - 7th April

Summer - 28th April - 23rd June

Events:

5th Feb - Newcomers -Chris and Julie Dewhurst

6th March - Tea Dance (practice for Ball) to cds

12th March - 60th Anniversary Ball - Colin

Dewar and his band

21st May - Summer Dance – Strathallan SCDB

Summer Fling - date tbc July

Dawlsh W/end 16th - 18th Sept - David Queen

15 October, date tbc New Season Dance

Bath Branch

www.rscdsbath.co.uk

73rd Anniversary Celebration

Saturday 19th March 2022

Westonbirt School, Nr Tetbury, GL8 8QG

Morning School, lunch, Afternoon Tea Dance

Sandy Nixon and Ian Graham Scottish Band

Tickets: mawebb58@gmail.com

Westbury Scottish Club

<http://www.westburyscottish.org.uk>

As a local Affiliated Group, their forthcoming programme is as follows:

Terms:

Spring - 4th January - 29th March, 2022

Events:

Hogmanay Dance 31st December 2021 - Ian Slater

Burns event - 28th January 2022

Beginners' Night - 22nd March, 2022

Party night - 29th March 2022

Spring Dance - 2nd April 2022 - Nicol McLaren

AGM and Charity Dance dates to be confirmed

Livermead W/end: 28th-30th October, William Williamson, Chris & Julie Dewhurst

Dancing in South Wales

<http://www.rscds-southwales.org.uk>

Sat 23 April 2022: (Subject to confirmation)

RSCDS South Wales Ball, Nicol McLaren. Further details from Branch Sec.: Alison Jackson 07811 082510 or jacksonaj@talktalk.net

Sat 25 June 2022: RSCDS South Wales Dance Festival. Further details: Conor Farmer 07812 569744 or conorfarmer52@gmail.com

Llandovery W/end, Friday 21st to 23rd of October 2022

RSCDS Diary

[Winter School 2022](#) Pitlochry, Scotland, 20 Feb – 25 Feb

[Spring Fling 2022](#) Venues TBC, 9 Apr

[Summer School 2022](#) St Andrews, Scotland 24 Jul – 14 Aug

[The Autumn Gathering 2022](#) Glasgow, Scotland, 4 Nov – 6 Nov

Editorial

I thought I had retired as Editor on the basis that there seemed to be an undercurrent that people were not really interested in it in its present format and that a 'blog' on the website would be more help/use. In case the less well informed think I have mistyped 'a blot on the landscape', I haven't. At the same time I have no idea of the form a blog should take or what it involves.

I was recently asked to do a Newsletter about the Scroll Award to Hugh, but, despite the foregoing, thought following the earlier format might serve a purpose.

As a summary of how we have caught up with ourselves and have been brought through the pandemic so far and are planning ahead it might be a bit cohesive and encourage the return of those who have maybe been wary of returning to dancing. That does not imply that they are being anything other than careful and wise.

We all have different considerations to which we react. In fact the advance of the omicron variant is so terrifyingly fast that we may all have to seriously reconsider how we conduct our lives. As Robert Burns wrote in 'To a Mouse', "An' forward tho' I canna see, I guess an' fear!"

Going back to my first paragraph I am very grateful to everyone who has contributed to this issue very promptly and cheerfully, especially Clive with a choice of photographs.

[At the Society AGM held in Perth in early November, the Bristol amendment to the motion (as explained previously to our membership) regarding precedence of the Rules and Procedures over the Trustees Annual Report was passed with a large majority of 70% in favour. The Management committee remits will therefore not be changed to align with the Trustees Report but if needed to be changed will require discussion both in the Management Board and with the members of the committees and subsequently to be confirmed at the next

AGM. We feel this is a much better course of action and are pleased so many delegates supported our amendment. (Thanks Caroline. Ed.)]

Thank you for being members of an active Branch. This is achieved by the support of you, the members, given by fulfilling the Committee posts in accordance with our Constitution. I am still convinced that by so doing we keep the knowledge, of what has to be done to keep it active and healthy, spread through the membership.

Thank you, too, to the teachers, both qualified and aspirant, who keep us on our toes; well some of us more than others!

With Seasonal Best Wishes, keep warm and keep safe. **Andrew Smith**

End notes

Included in the photographs sent by Clive were some of the Thursday class immediately before the Day School.

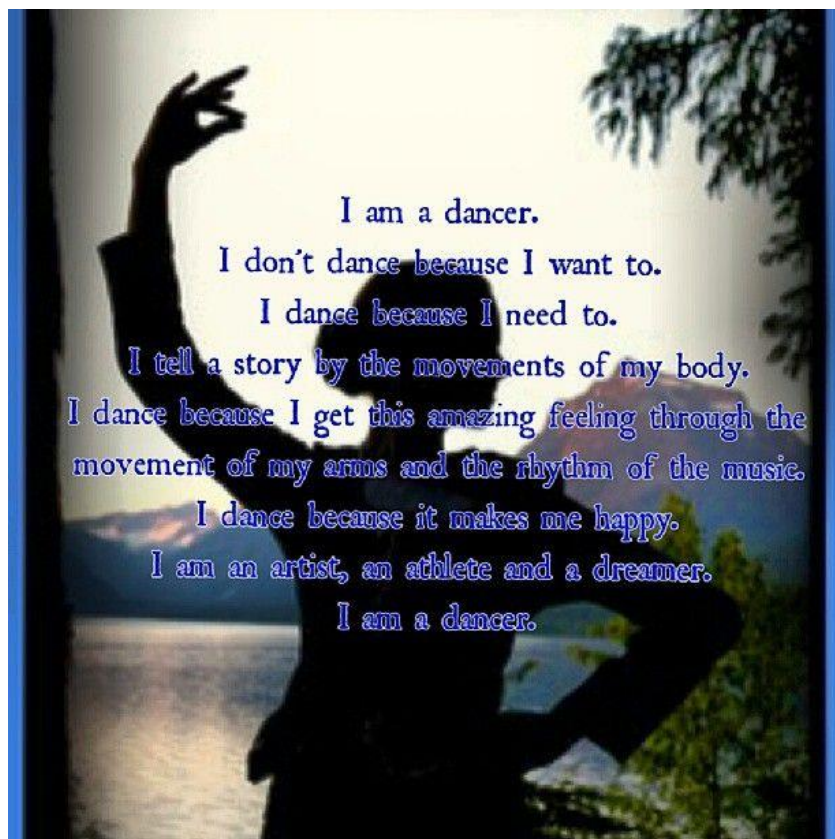
There was one which I would like to share with you, as it has caught a moment of almost absolute symmetry. Nearly always there is a variety of feet positions in the average dance photo, even including the standing people.

I think this one is different because of that.



Fig. 15: "Symmetry" - Thursday Class, St Monica Trust Oatley Hall, 11th November, 2021
Photo: Clive Robinson

There is one more picture which I would like to share with you, kindly sent by Margaret Chambers, with the message "I came across it on Instagram, there is no claim of copyright."



It sums up what being a dancer means to many of us. I think this one is very special. I hope you like it.

In case it is difficult to read here is a transcript:

"I am a dancer.

I don't dance because I want to.

I dance because I need to.

I tell a story by the movements of my body.

I dance because I get this amazing feeling through the movement of my arms and the rhythm of the music.

I dance because it makes me happy.

I am an artist, an athlete and a dreamer.

I am a dancer."

As you can see she is a Highland dancer so the reference to arms means a lot more in that form, but good arms are still very relevant to the country dancing. **Ed.**