

This warm up dance is a French Canadian folk dance there are videos on SCDDDB one is obviously as the original folk dance but subsequent videos are biased to RSCDS technique

La Bastringue

1RR · R32

Form Big Circle, W on L of M

- 1- All A&R to centre ; repeat
- 9- Circle L ; Circle R, finish NHJ with P
- 17- M swings W once under his L arm and into 2 fast turns R in ballroom hold, finish facing cclw RR, W outside
- 25- All promenade in waist hold, at end form circle, M finding a new P on his L

BALLATER REEL (R8x32) 2C (4C Set)

John S Trew Let's All Dance

- 1- 8 1s lead down & back to top
- 9-16 1s+2s dance Allemande
- 17-24 2s+1s dance R&L
- 25-32 1s dance Fig of 8 round 2s

SPICE IT UP (J3x32) 3C set

Merrill Heubach Nova Scotia Collection 2017

- 1- 8 1s lead down & back up remaining in middle, 2s & 3s step in ready for ...
 - 9-16 1s+2s+3s dance allemande
 - 17-24 3s+2s (top 2 couples) Set+Link; 3s+1s (bottom 2 couples) Set+Link
 - 25-32 2s+1s+3s set, cross RH & chase clockwise 1/2 round to own side. 3 1 2
- Note: Dance also works as 3 couple in 4C set - progression is 3 1 2 4*

SUGAR CANDIE (S8x32) 3C (4C set)

RSCDS Bk 26

- 1- 8 1s set & cast 1 place (2s step up); 1s cross passing LSh & cast RSh round their 1st corner into centre ending BtoB (Lady facing up, Man down)
- 9-16 1L+2s & 1M+3s circle 3H round to left, turn to face partner & set, 1s 3/4 turn partner 2H to end facing 1st corners
- 17-24 1s turn 1st corner RH, partner LH, 2nd corner RH, partner LH & end facing 1st corners
- 25-32 1s dance 6 bar LSh reel of 3 on opposite sides (pass 1st corner LSh), 1s cross RH to 2nd place own sides

A JIG FOR DENISE (J8x32) 3C (4C set)

A Dix Reel Friends Bk 3

- 1- 8 1s dance reflection reels of 3 on own sides (between 2s to start) ending 1s & 3s in middle 1s facing down & 3s facing up
- 9-16 1s+3s dance R&L up/down ending in own places
- 17-24 1s cast 1 place to dance 1/2 Fig of 8 up round 2s & cross RH
- 25-32 2s+1s+3s circle 6H round & back

THE BLACK BEAR (R8x32) 3C (4C set)

Ian C J Galbraith Berkhamsted Golden Jubilee

- 1- 8 1s+2s set & dance RH across 1/2 way, set again then 2s turn LH to sides while 1s turn LH to face 1st corners
- 9-16 1s dance 'Hello-Goodbye' setting finishing with Petronella turn to end facing 3rd corner
- 17-24 1s dance 1/2 Diag reel with 3rd cnrs, pass RSh to dance 1/2 Diag reel with 4th corners ending 2nd place own sides
- 25-32 1s dance Diag R&L (Man down, Lady up). 2 1 3

THE SHELTERED COVE (S8x32) 2C (4C set)

Margaret Zadworny Aye Afloat

- 1- 8 1s set & cross RH, 1s+2s change places LH on sides & set facing down/up
- 9-16 2s+1s dance Ladies' Chain
- 17-24 1s lead down (2 steps) & back up above 2s, cross & cast 1 place
- 25-32 2s+1s dance Diamond Poussette

THE SCALLYWAG (J8x40) 3C (4C set)

Jennifer Kelly RSCDS Bk 52

- 1- 8 1s dance in & cast (2s step up); 1s turn 1.1/4 LH to face 1st corners
- 9-16 1s set to corners, turn corner RH to end 1L between 2s facing 2L & 1M between 3s facing 3M. 1/2 LSh reels of 3 across ending in lines of 3 across facing down/up
- 17-24 All Adv+Ret; 1s dance RSh round each other to face 3rd corner pstns
- 25-32 Repeat 9-16 ending with 2s+3s facing in & 1s facing each other up/down
- 33-40 1s set advancing joining RH, set with Lady turning under Man's arm. 1s face up RH joined, lead up, cross & cast. 2 1 3

PERTSHIRE LAD (J8x32) 3C (4C set)

Anne Thorn Magic Of Music 2

- 1- 8 1s lead down for 3 steps, lead up to top & cast to 2nd place (2s step up 7-8)
- 9-16 2s+1s+3s dance reels of 3 on sides (2s cast down, 1s in/down, 3s out/up to start)
- 17-24 1s turn 3s (Ladies LH, Men RH), 1s turn 2s (Ladies RH, Men LH)
- 25-32 2s+1s+3s Adv+Ret & turn partner RH

THE REEL OF THE ROYAL SCOTS (R8x32) 3C (4C set)

Roy Goldring RSCDS Leaflet Dances 27

- 1- 4 1s 1/2 turn 2s on sides (1M RH - 1L LH) to 1s in centre BtoB facing out, 2s+1s+3s set,
- 5- 8 1s 1/2 turn 3s on sides (1M LH - 1L RH) to 3s in centre BtoB facing out & 2s+3s+1s set
- 9-16 1s followed by 3s dance up between 2s, cast down 1 place; 1s dance down between 3s & cast up to 2nd place, 3s loop into 3rd place
- 17-24 1s turn 1st corners RH, pass partner RSh turn 2nd corners RH & cross passing partner RSh to 2nd place own sides
- 25-32 2s+1s+3s circle 6H round & back