

Dances for March 31, 2025

Ardbrae Dancers of Ottawa

Video: Sunshine and Sweetie's Jig

Sunshine and Sweetie's Jig

RSCDS Book 48

32-bar jig for three couples in a four-couple longwise set

1 – 4 1st and 2nd couples set and dance right hands across halfway round.

5 – 8 2nd and 1st couples set and, giving right hands, cross over.

9 – 12 1st couple and first corners, giving right hands, turn once round. 1st couple finish facing first corners.

13 – 16 1st couple and first corners dance a half diagonal reel of four. On bars 15-16, 1st man, from third place, crosses up to second place on own side and 1st woman, from first place, crosses down to second place on own side.

17 – 20 1st couple and second corners, giving left hands, turn once round. 1st couple finish facing second corners.

21 – 24 1st couple and second corners dance a half diagonal reel of four, passing by the left to begin. On bars 23-24, 1st man, from first place crosses down to second place on own side and 1st woman, from third place, crosses up to second place on own side.

25 – 28 3rd, 1st and 2nd couples dance anticlockwise halfway round the set to finish on the sides in the order 2, 1,3.

29 – 32 1st couple set and, giving right hands, cross over.

Repeat, having passed a couple.

Devised by Mervyn Short, Berks/Hants/Surrey Border Branch.

To celebrate the arrival of the pandas at Edinburgh Zoo in December 2011.

Video: The Triumph

The Triumph

RSCDS Book 1

24-bar reel for two couples in a four-couple longwise set

1 – 8 1st man leads 1st woman down the middle and up and passes his partner in front of him to present her to 2nd man.

9 – 12 2nd man and 1st woman, with nearer hands joined, dance down the middle, 1st man following. 1st woman turns round by the right retaining the 2nd man's left hand in her right hand. She crosses her arms, giving her left hand to her partner. 1st man with his left hand takes the 2nd man's right hand and raises them as high as possible behind 1st woman's head.

13 – 16 1st woman with 1st and 2nd men dances up the middle in triumph. 2nd man returns to original place and 1st couple finish in the middle of the set on opposite sides with both hands joined.

17 – 24 1st couple poussette to the bottom of the set. 2nd, 3rd and 4th couples step up on bars 23-24.

Repeat, having passed a couple.

The Manual of Scottish County Dancing:

Poussette for one couple

This formation is danced by one couple within the set, and is found in The Triumph (Book 1 No.2). 1st couple start in the middle at the top and on opposite sides. At each turn, the man

pulls with his right hand.

Steps 8 setting steps

No of bars 8

Bars

1 1st couple quarter turn to face up and down,

2 progress down the middle,

3 quarter turn,

4 quarter turn,

5 progress down the middle,

6 progress and start turning,

7 turn to own sides,

8 dance backwards to own sidelines.