

## RSCDS: - CARLISLE AND BORDER BRANCH – Advanced Class Aims and Approach (October 2018)

We wish to ensure that the advanced class is welcoming and not exclusive, but that it fulfils its purpose so this note is to set out clearly the aims of the class and the skills required for dancers to join us.

### The aim of the class

To provide a monthly class for advanced level dancers who are keen to improve their technique and individual all-round performance as well as rising to the challenge of more complicated dances.

### What do we mean by Advanced?

*This is set out by RSDCS for St Andrews Summer School as follows:-*

#### **Advanced**

*Dancers should be sufficiently competent and confident to dance steps in rhythm to a reasonable standard and to dance all the formations listed without a recap:*

*hands round, cross and cast, allemande (2 and 3 couple), reels of 4, casting, grand chain, turns, figure of eight, turn corner partner, poussette in reel and jig time, set and cast, ladies' chain, men's chain, hands across, rights and lefts, advance and retire, set to corners, double triangles, reels of 3 (R and L shoulder, 6 and 8 bars), leading, promenade, corner chain, back to back and crown triangles.*

The class will continue the development of accurate footwork and dancing formations to a high standard as well as handing, phrasing, transitions and teamwork. It will aspire to teach other formations such as *rondel, strathspey poussette, set and rotate, targe, tournee, set to corner and partner, espagnole, spoke, spurtle, knot and set and link.*

*We are very fortunate in our area to have a good number of teachers to share the teaching of our advanced class session. We follow the principle of only the designated teacher for the session giving instruction.*

### This year the teachers have agreed the following:-

- ✚ Dancers who are at advanced level (or above) as per the RSCDS guidance above are very welcome to join the class. If you are interested in joining us, please consult your class teacher before attending, it maybe that you can discuss what you need to learn to enable you to come.
- ✚ The Advanced class will usually take place on the third Sunday of each month (excluding December, June, July, August) from 13.45 till 16.15 (hall will be open at 13.30).
- ✚ We aim to cover technique throughout the class with a stronger focus in the first half
 

The basic structure of the class will be	13.45 to 14.45 ish .....more focus on dancing
	15 minute tea break
	15.00 to 16.15.....more focus on dances
- ✚ All members must be prepared to dance to the best of their ability and to accept feedback/critique of their dancing. This will be carried out sensitively.
- ✚ The teachers will aim to focus on improving DANCING (i.e. how we dance) with emphasis on steps, accurate formations, use of hands, counting, phrasing and covering.
- ✚ There will be the opportunity to dance well-known and simple dances to a high standard, as well as learning more challenging/ interesting dances not usually included on social programmes.
- ✚ Long term, it could be an objective of the group to create a pool of advanced dancers to promote Scottish Country Dancing by way of demonstrations.