

NEW for 2020, RSCDS Lockerbie with support from RSCDS Carlisle and Borders.

### Monthly **INTERMEDIATE Class/Workshop**

2.00 - 4.30pm on the 4th Sunday of the month (see below for dates), commencing in January, 2020.

Venue : Longtown Community Centre, Arthuret Road (at the junction with the A7, from J44 of M6), Longtown, Carlisle, CA6 5SJ

Cost per session : £4.00

The teacher this year will be Gillian Hardstone (RSCDS Lockerbie), and we will be dancing to recorded music.

Dates for 2020 will be :

4 Spring sessions

Jan 26th 2020

Feb 23rd 2020

Mar 22nd 2020

Apr 26th 2020

3 Autumn sessions

Sept 27th, 2020

Oct 25th, 2020

Nov 22nd, 2020

Come and improve your dancing, and your confidence on the social dancefloor !

We will be working on **technique** (including **footwork** and **phrasing** as key aspects), more complex but common **formations**, and drawing on the RSCDS **core repertoire** of dances, especially those popular on general dance programmes.

We look forward to seeing you there !

Here is a reminder of the Aims of the Class, and the Criteria for participation :

#### **The aims of the class**

To provide a class for Intermediate level dancers who are keen to improve their technique and individual all-round performance as well as rising to the challenge of more complicated formations and dances than they have encountered as Beginners/Improvers. We aim to introduce dancers to more of the 'Core Repertoire' of Scottish Country Dancing than might always be possible at a weekly class, so that dancers are better equipped to attend social dances. We hope to help bridge the 'knowledge, experience and confidence gap' for dancers who wish to progress from Nice and Easy Dances to 'normal' dance programmes.

#### **What do we mean by Intermediate?**

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

hands round (circle), hands across (wheels), cast, set and cast, cross and cast, turns (RH, LH, 2H), advance and retire, leading (up and down), back to back, rights and lefts, allemande (2 and 3 couple), promenade (2 and 3 couple), grand chain, ladies' chain, corners chain, figures of eight, reels of 4, reels of 3 (basic R and L shoulder, 6 and 8 bars), poussette in reel and jig time, double triangles.

The class will help dancers to develop more accurate footwork and to dance formations to a good standard. We will teach handing, phrasing, transitions between steps and formations, and introduce teamwork and covering. We will teach formations such as set to corners, turn corner partner corner partner, set to corner and partner, set to and turn corners, men's chain, strathspey poussette (all-round or diamond) and strathspey half-poussette, set and rotate, espagnole, knot (2 and 3 couple), and set and link (2 and 3 couple); and will consolidate/develop reels of 3 (R and L shoulder, 6 and 8 bars) and reels of 4.

Dancers who are at Intermediate level (or above) as per the guidance above are very welcome to join the class. If you are interested in joining us but are not sure whether you are yet at that level, please consult your class teacher before attending. It may be that you can discuss what you need to learn with your teacher to enable you to attend this class in future.

### **The Plan**

The emphasis in the first half of the class will be on "dancing" (steps, technique, formations) and in the second half we will put that dancing into practice, and teach dances from the RSCDS Core Repertoire

All members must be prepared to dance to the best of their ability throughout the class, and to accept feedback/critique of their dancing. This will be carried out sensitively. Constructive individual feedback will be available if desired.

The teachers will 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 higher standard, as well as learning more challenging/ interesting dances that are often included on general social programmes.