

CAPITAL WEEKEND BALL
White Oak Middle School, Silver Spring, MD
APRIL 22, 2023

THE MACHINE WITHOUT HORSES

32 Bar Jig for 3 Couples

RSCDS 12

- 1- 4 1st C set & cast off one place, 2nd C stepping up
- 5- 8 1st & 3rd C right hands across
- 9-12 1st C set & cast up one place, 2nd C stepping down
- 13-16 1st & 2nd C left hands across
- 17-24 1st C, followed by 2nd C, dance down below 3rd C, cast up, dance up to the top, and cast to 2nd place, 2nd C finishing in top place
- 25-32 2nd & 1st C rights and lefts

HOLYROOD STRATHSPEY

32 Bar Strathspey for 3 couples

RSCDS 51

- 1- 8 1st C set, turn right hands to face out and cast, 2nd C stepping up. 1s turn right hands to face out in 2nd place on own sides
- 9-16 Reels of 3 on sides (Man up, right shoulder to 2nd Man, Lady down, right shoulder to 3rd Lady 1st C finish back to back facing 1st corners
- 17-24 1st C dance Corner Pass & Turn
- 25-32 2nd, 1st, & 3rd C hands round & back

CASTLE OF MEY

32 Bar Reel for 3 Couples

RSCDS Diamond Jubilee

- 1- 8 1st C dance Inveran reels with 2nd & 3rd C
- 9-16 1st C & 2nd C dance double Figures of 8. 1st C start by crossing down.
- 17-24 1st C lead down the middle and up, 1st C ending in middle of the set
- 25-32 1st C & 2nd C poussette

JOIE DE VIVRE

32 Bar Jig for 3 Couples

RSCDS 39

- 1- 4 1st C set & cast off to 2nd place, 2nd C stepping up
- 5- 8 1st C dance down between 3rd C & cast up to 2nd place
- 9-12 2nd, 1st, & 3rd C turn partners with right hands
- 13-16 2nd Man, followed by 1st & 3rd men, 3rd Lady, followed by 1st & 2nd ladies, dance clockwise halfway round to finish on opposite sides in order 3,1,2
- 17-20 all dance back to back with partners
- 21-24 Joining hands on the sides, all set & turn right hands halfway round to finish ready for allemande
- 25-32 3rd, 1st, & 2nd C allemande

YSOBEL STEWART OF FISH HOEK

32 Bar Strathspey for 3 Couples

RSCDS 52

- 1- 8 1st & 2nd C dance the Tourbillon
- 9-12 1st C set advancing to 1st corners and turn corners with both hands into lines of 3 across, 1st Lady between 2nd C, 1st Man between 3rd C
- 13-16 1st C set advancing to 2nd corners and turn corners with both hands to end 1st C in 2nd place on opposite sides
- 17-24 1st C pass left shoulders to dance $\frac{1}{2}$ diagonal reel of 4 with 3rd corners, pass left shoulders to dance $\frac{1}{2}$ diagonal reel of 4 with 4th corners. 1st C end in 2nd place own sides
- 25-30 1st Lady with 3rd C (at top) and 1st Man with 2nd C (at bottom) dance 3 hands round to left. 1st C drop left hands and 1st Lady lead 3rd C down ladies' side, 1st Man lead 2nd C up men's side into circle 6 hands halfway round to the left
- 31-32 1st C cross right hands to own sides

THE WIND ON THE HEATH

32 Reel for 3 Couples

Boyd, Vive la Danse!

- 1- 8 1st C set, 1st Lady followed by partner casts 2 places, 1st Lady crosses below 3s, and casts up on Men's side to partner's place while 1st Man dances round 3rd Lady and up the middle to partner's place facing out
- 9-16 1s dance reel of 3 on sides, right shoulders to 2nd C to start
- 17-24 1st Man followed by partner casts 2 places, 1st Man crosses below 3s, and casts up on Men's side to original place while 1st Lady dances round 3rd Lady and up the middle to original place. 1st C set.
- 25-32 1st & 2nd C dance the chain progression:
1st & 2nd C $\frac{3}{4}$ turn right hands, 1st Man & 2nd Lady turn left hands $1\frac{1}{2}$ times while partners chase clockwise $\frac{1}{2}$ way, 2nd and 1st C $\frac{3}{4}$ turn right hands to own sides

SOMETHING IN THE AIR

32 Bar Strathspey for 2 Couples

Stephens, Leaflet

- 1-8 1st C dance a figure of 8 around 2nd C, taking right hands on crossing down initially and left hand when crossing back to own sides
- 9-12 1st Lady & 2nd Man turn left hands $1\frac{1}{4}$ times to finish in a diagonal line facing partners
- 13-16 1st & 2nd C dance a half strathspey poussette
- 17-24 2nd & 1st C set and link, then circle 4 hands once round to the left
- 25-32 1st & 2nd C change places with the Rose Progression as follows:
25-26 1st Man & 2nd Lady face each other and set while 1st Lady & 2nd Man change places giving right hands and face out
27-28 1st Man & 2nd Lady turn both hands halfway and face each other while 1st Lady and 2nd Man progress one place clockwise around the set
29-30 1st Man & 2nd Lady pull back right shoulders and cast into each other's starting places while 1st Lady & 2nd Man turn both hands halfway to face each other
31-32 1st Man & 2nd Lady dance into 2nd/1st places on own sides as 1st Lady & 2nd Man pull back right shoulders and cast, respectively, into 2nd and 1st places on own sides

THE DUKE AND DUCHESS OF EDINBURGH

40 Bar Reel for 3 Couples

RSCDS 39

- 1- 8 All 3 couples advance and retire, turn partners with both hands
- 9-16 1st C cast off one place on own sides, lead down between 3rd C, cast up round them, lead up between 2nd C, cast round them into 2nd place
- 17-20 1st Lady right hands across with 2nd C, 1st Man right hands across with 3rd C, passing right shoulders at the finish
- 21-24 1st Lady left hands across with 3rd C, Man with 2nd C, finishing passing left shoulders to face 1st corners
- 25-32 1st C turn corners and partner
- 33-40 2nd, 1st, & 3rd C hands round & back

INTERMISSION**MY LOVE SHE'S BUT A LASSIE YET**

32 Reel for 2 Couple Sets, round the room

101 Scottish Country Dances

- 1- 8 1st & 2nd C set, change places with person opposite passing right shoulders, set to partner, and change places passing right shoulders.
- 9-16 1st & 2nd C repeat Bars 1-8
- 17-24 1st & 2nd C right hands across, left hands back
- 25-32 Alternate ending: 1st & 2nd C advance & retire. Clockwise-facing couples dance under arches made by the other couple and all advance to meet a new couple,

SUNSHINE AND SWEETIE'S JIG

32 Bar Jig 3 Couples

RSCDS 48

- 1- 4 1st & 2nd C set & right hands across halfway
- 5- 8 2nd & 1st C set & cross giving right hands
- 9-12 1st C turn 1st corners right hands once round, finishing facing corners
- 13-16 1st C half diagonal reel of 4 with 1st corners, finishing by dancing into 2nd place on own sides
- 17-20 1st C turn 2nd corners left hands once round, finishing facing 2nd corners

- 21-24 1st C half diagonal reel of 4 with 2nd corners, passing left shoulders to begin, and finishing in 2nd place on own sides.
 25-28 all chase counter-clockwise halfway round the set
 29-32 1st C set & cross giving right hands

MONYMUSK

32 Bar Strathspey for 3 Couples

RSCDS 11

- 1- 4 1st C turn right hands & cast off one place, 2nd C stepping up
 5- 8 1st C turn left hands 1 1/4 times to finish 1st Lady between 2nd C facing down & 1st Man between 3rd C facing up
 9-12 All set twice, 1st C moving on the last setting step to finish on opposite sides in 2nd place
 13-16 All set twice
 17-24 1st, 2nd, & 3rd C six hands round & back
 25-30 Reels of three on the sides, 1st C beginning by giving right shoulder to person on the right
 31-32 1st C cross over to own sides

STARLIGHT

32 Bar Reel for 3 Couples

RSCDS 44

- 1- 8 1st C giving right hands, cross over and cast off 1 place, 2nd C stepping up. 1st C turn right about with 2 pas de basque steps to finish back to back in the middle. All set as in double triangles
 9-12 1st C dance out and cast to the right round their 1st corners, finishing 1st Man between 3rd C and 1st Lady between 2nd C. Meanwhile, corners advance diagonally for 2 steps & retire for 2 steps
 13-16 1st C turn right about with 2 pas de basque steps to finish back to back in the middle, 1st Man facing down, 1st lady facing up. Corners face up or down and all set as in double triangles
 17-20 1st Lady dance up between 2nd C and cast off to 2nd place on own side, while 1st Man dance down between 3rd C and cast up to 2nd place on own side. Meanwhile, corners advance diagonally and retire
 21-24 1st Man dance right hands across with 3rd C & 1st Lady dance right hands across with 2nd C. 1st C finish facing their 1st corners
 25-32 1st C set to corners and partner, finishing in 2nd place on own sides

DALKEITH'S STRATHSPEY

32 Bar Strathspey for 3 Couples

RSCDS 9

- 1 - 4 1st C, nearer hands joined, set to 2nd Lady & dance 3 hands round with 2nd Lady
 5 - 8 1st C, nearer hands joined, set to 2nd Man & dance 3 hands round with 2nd Man
 9-16 1st C lead down the middle & up, 2nd C stepping up on bars 3-4 of the figure. 1st C finish between 2nd C, 1st Man facing 2nd Lady, 1st Lady facing 2nd Man
 17-24 1st & 2nd C dance a reel of four across the dance. 1st C finish facing 1st corners
 25-32 1st C turn 1st corners with the right hand, partner left hand, 2nd corners right hand, and, giving partner left hand, cross over to own sides one place down

THE LAIRD OF MILTON'S DAUGHTER

32 Jig for 3 Couples

RSCDS 22

- 1- 8 1st C set & cross giving right hands, cast off one place, 2nd C stepping up, & turn with left hands to face 1st corners
 9-24 Corner chain: 1st C change places with 1st corners giving right hands, corners turn with the left hand, 1st C change back into the middle giving right hands to corners & turn partner left hand to face 2nd corners. Repeat the figure with 2nd corners, finishing in 2nd place on own sides
 25-32 2nd, 1st, & 3rd C hands round & back

MRS. MACLEOD

32 Bar Reel for 3 Couples

RSCDS 6

- 1- 8 1st & 2nd C dance right hands across and back
 9-16 1st C lead down the middle and up, finish facing 1st corners, 2nd C stepping up on Bars 11-12
 17-24 1st & 2nd C set to and turn corners
 25-30 1st C dance reels of 3 on the sides with corners, giving left shoulder to 1st corner to begin
 31-32 1st C cross giving right hands to own sides in 2nd place