



# West MACS Charity Ball



Saturday 14<sup>th</sup> April 2018, 7.30pm - 11.30pm  
Allum Hall, 2 Allum Lane, Elstree WD6 3PJ  
dancing to Ian Muir and the GlenCraig Band

in aid of *MS Therapy Centre Lothian*

**CAPITAL JIG, A** (J8x32) 4C set [www.youtube.com/watch?v=i8hhJZQ95Ko&t=1](http://www.youtube.com/watch?v=i8hhJZQ95Ko&t=1) *Tine E Mackay 5 dances 2009*

- 1- 8 1s+2s Set+Rotate (end 1s facing up, 2s down)  
Set, rotate singly & dance on 1 place clockwise, change places RH on sides & dance on 1 place to own sides (1s in 2<sup>nd</sup> pl)  
9-16 1s dance reels of 3 on own sides (RSh to 2s)  
17-24 1s set & turn RH to face own sides, 1s dance LH across (1L with 2s, 1M with 3s) to end 2<sup>nd</sup> pl opp sides  
25-32 1s set & turn RH to face opp sides, 1s dance LH across (1M with 2s, 1L with 3s) ending 2<sup>nd</sup> pl own sides

**TRIP TO BAVARIA, A** (R4x32) 4C set [www.youtube.com/watch?v=BfQsZzMCyqI&t=8](http://www.youtube.com/watch?v=BfQsZzMCyqI&t=8) *James MacGregor-Brown Collins Pocket Reference*

- 1- 8 1s & 4s cross RH **while** 2s+3s dance ½ RH across,  
1s+3s & 2s+4s change places LH on sides  
End couples cross RH **while** middle couples dance ½ RH across,  
couples in 1<sup>st</sup>+2<sup>nd</sup> place also 3<sup>rd</sup>+4<sup>th</sup> place change places LH on sides  
9-16 Repeat back to original places  
17-24 1s set to 2s & cross over to face 3s, set & cross to face 4s  
25-32 1s set to 4s & cross over to 4<sup>th</sup> place on opposite sides,  
all Adv+Ret 2 steps 1s change places RH (2H popular) to retire to own sides

**CASHMERE SHAWL, THE** (S8x32) 3C (4C set) [www.youtube.com/watch?v=ictGLXdd27Y&t=7](http://www.youtube.com/watch?v=ictGLXdd27Y&t=7) *Iain Boyd Strathay Album*

- 1- 8 1s turn RH & cast down 2 places, cross LH & cast up to 2<sup>nd</sup> place opposite sides  
9-16 1s turn RH, turn 1<sup>st</sup> corners LH, turn 2<sup>nd</sup> corners RH, turn partner LH to face 1<sup>st</sup> corners  
17-24 1s ½ diagonal reel of 4 with 1<sup>st</sup> corners & ½ diagonal reel with 2<sup>nd</sup> corners,  
3s+1s+2s all end on opposite sides  
25-32 1s change places RH with person diagonally to right, new centre couple LH with person diag left,  
new centre couple RH diag right, all cross back LH

**EQUILIBRIUM** (J8x32) 3C (4C set) [www.youtube.com/watch?v=OfXu-sFsqIE](http://www.youtube.com/watch?v=OfXu-sFsqIE) *Ian Barbour Scottish Dance Archives*

- 1- 8 1s cast 1 place, cross LH & cast round their 2<sup>nd</sup> corners to face 1<sup>st</sup> corners  
9-16 1s dance reel of 3 on opposite sides (passing 1<sup>st</sup> corner RSh)  
17-28 1s dance Fig of 8 Grand Chain: -  
1s change places RH with 1<sup>st</sup> crnrs on sides **as** 2<sup>nd</sup> crnrs cross diag RH, 1s cross diag LH **as** others change pl LH on sides,  
continue this Fig back to pl (Ladies in top pl always cross diag with Man in 3<sup>rd</sup> pl **as** others change pl on sides)  
29-32 1s set & cross RH

**STAIRCASE IN STYRIA** (R5x40) 5C set [www.youtube.com/watch?v=bzS8pTX6h9g](http://www.youtube.com/watch?v=bzS8pTX6h9g) *Margaret Gray The Sunday Class Book 2*

- 1- 8 1s+2M **also** 3s+4M dance RH across, 1s+2L **also** 3s+4L dance LH across  
9-16 1s+4M **also** 3s+5M dance RH across, 1s+4L **also** 3s+5L dance LH across  
& 1L **also** 3L end facing out Ladies side with partners behind them  
17-24 1s & 3s dance out Ladies' side & cast up 1 place,  
cross to Men's side & cast up to original place Ladies looping round by the right  
25-32 1s cross & cast 1 place, 1s followed by 3s dance up & cast (1s to 3<sup>rd</sup> place, 3s to 2<sup>nd</sup> place)  
33-40 1s cross & cast 1 place, 1s followed by 5s dance up & cast (1s to 5<sup>th</sup> place, 5s to 4<sup>th</sup> place). 2 3 4 5 1  
NB - No stepping up or down until bar 27

**GARDENERS' FANTASIA, THE** (S3x32) 3C set [www.youtube.com/watch?v=i8Bx2AJWPqI&t=9](http://www.youtube.com/watch?v=i8Bx2AJWPqI&t=9) *Pamela Cook RSCDS Book 46*

- 1- 8 1s+2s circle 4H round to left, 1s facing 2s set turning inwards cast 1 place to face 3s  
9-16 1s+3s dance the Rondel, 1s end in 3<sup>rd</sup> place and 3s end in 2<sup>nd</sup> place facing 1<sup>st</sup> corners  
17-24 3s set to and turn corners 3s ending 2<sup>nd</sup> place opposite sides  
25-32 2s+1s dance R&L (begin on sides)  
while 3s dance up b'tw'n 2s & cast to 2<sup>nd</sup> pl then lead down LH b'tw'n 3<sup>rd</sup> pl crossing & cast up to 2<sup>nd</sup> pl 231

**JOHN OF BON ACCORD** (R8x32) 3C (4C set) [www.youtube.com/watch?v=C2u90sMsEwc&t=10](http://www.youtube.com/watch?v=C2u90sMsEwc&t=10) Roy Goldring, RSCDS Book 33

- 1-16 1s dance 4 progressive ½ diagonal reels of 3 with 2L then 2M  
then 3L & lastly 3M (1s start by passing RSh & 1M giving LSh to 2L)
- 17-24 1s turn RH & cast up to 2<sup>nd</sup> place on own sides, dance ½ Fig of 8 around the 2s to 2<sup>nd</sup> place opp sides
- 25-32 2s+1s+3s turn ¾ RH to end in line in centre of dance facing prtners (M facing down & L up) & set,  
¾ turn RH to end on own sides & set

**SPIFFIN'** (J5x32) 5C Sq.Set (5s facing 1s) [www.youtube.com/watch?v=W6LNwJxiYxM&t=5](http://www.youtube.com/watch?v=W6LNwJxiYxM&t=5) David & Avril Quarrie+Friends

- 1- 8 5s dance reels of 3 with 1s+3s (5s start by passing opposite dancer by LSh)
- 9-16 5L dances RH across with 2s **while** 5M dances LH across with 4s,  
5s lead up thru 1s & cast back to centre
- 17-24 5L dances LH across with 2s **while** 5M dances RH across with 4s,  
5s lead down thru 3s & cast back to centre
- 25-32 5s turn (Kilt Grip) twice,  
5s+1s set & dance part LH across (5s dance ½ way **while** 1s dance ¼ way & into centre to face 2s)

**MONTPARNASSE** (S4x32) 4C set <http://my.strathspey.org/dd/dance/11814/> Ann Dix Reel Friends 3

- 1- 8 1s & 4s set & cross RH, cast in 1 place & dance LH across ½ way
- 9-16 All dance RSh reels of 4 on sides & end facing up/down
- 17-24 All set to facing person on sides & turn 2H, 2s+4s **also** 1s+3s circle 4H round to left
- 25-32 2s+4s **also** 1s+3s dance Diamond Poussette

**RAMADAN-CE** (R8x32) 3C (4C set) [www.youtube.com/watch?v=IsacUIL30ok](http://www.youtube.com/watch?v=IsacUIL30ok) John Drewry Turkish Set

- 1- 8 1s dance Inveran Reels with 2s+3s
- 9-16 1s cross RH, cast 1 place & turn RH to face 1<sup>st</sup> corners
- 17-24 1s dance RSh round 1<sup>st</sup> corner, pass RSh & dance RSh round 2<sup>nd</sup> corner to end 2<sup>nd</sup> place opposite side  
**while** 1<sup>st</sup> crnrs dance in, ½ turn RH, twirl & dance out to each others pl, 2<sup>nd</sup> crnrs dance similarly  
(3)(1)(2)
- 25-32 1s dance ½ reels of 3 across (Man with 3s & Lady with 2s),  
1s dance ½ RSh reels of 3 on own sides (Man Down, Lady up)



**I N T E R V A L**  
*Please support our charity raffle*



**MAJOR IAN STEWART** (J8x32) 3C (4C set) [www.youtube.com/watch?v=6yYDLI4hPEw&t=5](http://www.youtube.com/watch?v=6yYDLI4hPEw&t=5) John Drewry RSCDS Book 35

- 1- 8 1s+2s ½ turn partners RH & dance RH across ½ way, 2s+1s full turn partner RH  
ending with 2s at top & 1s in 2<sup>nd</sup> place
- 9-16 2s+1s+3s dance reels of 3 on own sides (1L dances in & up **as** 1M dances in & down to start)  
& 1s end facing 1<sup>st</sup> corners
- 17-24 1s set to 1<sup>st</sup> corners then to each other across the dance, set to 2<sup>nd</sup> corners & Petronella turn  
to 2<sup>nd</sup> place own sides
- 25-32 2s+1s+3s circle 6H round to the left for 6 steps, pivot & chase back to places

**KINFAUNS CASTLE** (S5x32) 5C set [www.youtube.com/watch?v=Ri04gek-VJs&t=6](http://www.youtube.com/watch?v=Ri04gek-VJs&t=6) Derek Haynes Carnforth Collection 4

- 1- 8 2s & 4s dance full diagonal RSh reels of 4 with 1<sup>st</sup> corners (passing partner LSh to start)
- 9-16 2s & 4s dance full reel of 4 with 2<sup>nd</sup> corners (dancing LSh round partner to face 2<sup>nd</sup> corners)
- 17-24 2s & 4s dance Figs of 8 on sides dancing in front of dancer on left (Ladies down & Men up)  
& meet ready for a Poussette
- 25-32 1s+2s **also** 3s+4s dance ½ Diamond Poussette, 1s+4s **also** 3s+5s dance ½ Diamond Poussette  
to end 2 4 1 5 3

**SPRING FLING REEL, THE** (R8x40) 3C (4C set) [www.youtube.com/watch?v=BXm0Hp\\_8-yM&t=21](http://www.youtube.com/watch?v=BXm0Hp_8-yM&t=21) Samantha Burton RSCDS Book 50

- 1- 8 1s turn RH, cast (2s step up bars 3-4), cross RH, cast to Right  
to 1L between 2s facing down, 1M between 3s facing up
- 9-16 1L+2s & 1M+3s Adv+Ret, circle 6H ½ round to Left
- 17-24 1M+3s & 1L+2s Adv+Ret, 1s turn RH 1¼ times to face 1<sup>st</sup> corners
- 25-32 1s dance ½ diag reel of 4 with 1<sup>st</sup> corners, pass RSh, ½ diag reel of 4 with 2<sup>nd</sup> corners.  
1s end in middle 1M below 1L facing own sides
- 33-40 1L+2s & 1M+3s dance LH across. 1s end 2<sup>nd</sup> place opp sides.  
2s+3s turn LH **while** 1s turn RH 1½ times to own side. 2 1 3 4

**DANCING MASTER, THE** (J96) Sq.Set [www.youtube.com/watch?v=YekGMBP1LHk&t=1m35s](http://www.youtube.com/watch?v=YekGMBP1LHk&t=1m35s) John Drewry Donside Book

- 1- 8 1s & 3s set & pivot to right & dance round ¼ clockwise inside set (L follows M) & face in,  
1s+3s change places with other partner RH & dance clockwise back to partners place (M follows L)
- 9-16 1s & 3s dance RH across with corner 2L/4L, 1s & 3s dance across & LH across with other corner 4M/2M  
to end in pl facing clockwise (M behind L)
- 17-24 1s **also** 3s dance Tandem reels of 3 with corners, 1s & 3s ending in prom hold facing out
- 25-32 1s & 3s dance clockwise ½ way round outside of set & dance in back to original places (pass RSh)  
**while** 2s & 4s (prom hold) Adv+Ret
- 33-64 2s & 4s repeat above Figs from beginning (bars 1-32)
- 65-72 All set to partners & change place RH,  
Ladies dance ¾ **RH** across **while** Men cast 1 place clockwise to meet opposite Lady
- 73-80 All repeat this Fig (bars 65-72) to end with own partners (opposite to where they started)
- 81-88 All dance ½ Schiehallion Reel (2 places) back to original places
- 89-96 All circle 8H round & back

**SWAN AND THE TAY, THE** (S3x32) 3C set <https://youtu.be/AMVhkLL1Co?t=323> Audrey Saunders SCD for Perth 800

- 1- 8 1s dance Figs 8 own sides dancing in & down to start (giving hands where possible)
- 9-16 1s dance reels of 3 on opp sides (joining hands where possible) & 1s end facing 1<sup>st</sup> crnrs as 2s end in 1<sup>st</sup> pl
- 17-24 1s dance Pass+Turn with 1<sup>st</sup> corners, pass right shoulder at bar 20 to face 2<sup>nd</sup> corners  
1s dance corners Pass+Turn with 2<sup>nd</sup> corners. pass RSh on bar 24 to end 2<sup>nd</sup> place own sides
- 25-32 All set & cross RH, all chase clockwise ½ way to own sides

**NEIL M GRANT** (J8x32) 4C set [www.youtube.com/watch?v=kbTj5bdb9og&t=22](http://www.youtube.com/watch?v=kbTj5bdb9og&t=22) Christine Grant RSCDS Book 49

- 1- 8 1s cross RH, cast (2s step up). 1s dance ½ Figs 8 (1M round 2s, 1L round 3s)  
& join LH giving RH to 1<sup>st</sup> corners
- 9-16 2s+1s+3s dance The Spoke:-  
1s Bal-in-Line with 1<sup>st</sup> corners, then 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> corners.  
1s finish facing 1<sup>st</sup> corners
- 17-24 1s dance ½ diagonal reel of 4 with 1<sup>st</sup> corners, pass RSh, dance ½ diagonal reel of 4 with 2<sup>nd</sup> corners  
to finish in 2<sup>nd</sup> place, opp sides facing clockwise
- 25-32 3s+1s+2s dance clockwise ½ way round. 1M+3s & 1L+2s dance RH across

**MRS STUART LINNELL** (R8x40) 3C (4C set) [www.youtube.com/watch?v=y9IB600IQwU&t=9](http://www.youtube.com/watch?v=y9IB600IQwU&t=9) John Bayley, Imperial Book of SCDs Vol 3

- 1- 8 1s set & cast 1 place, 2s+1s+3s set  
& 1s set adv & turn right about to face out to own sides  
**while** 2L & 3M petronella right into middle to diamond formation (2L in centre at top, 3M in centre at bottom)  
**while** 2M & 3L cast into 2<sup>nd</sup> places to 1M facing 2M & 1L facing 3L in a line across
- 9-16 1s+2M+3L ½ reel of 4 across,  
1s ¾ turn LH to Lady facing up & Man down (M face M, L face L),  
1s change pl RH with facing persons (2L & 3M)
- 17-24 2L+3M+1s ½ reel of 4,  
2L+3M ¾ turn LH to M face Ladies side (M facing M) & Lady face M side in line across  
& change place RH with facing prsns
- 25-32 2M+3L dance ½ reel of 4 across with 3M+2L to end Man facing Men's side (M facing M)  
all set & 2s+3s ¾ turn RH onto sides **while** 1s set & turn right about  
to form a circle with 1s+2s+3s all facing clockwise
- 33-40 All chase clockwise (8 bars) after 4 bars 1s turn RH in centre to end on own sides 2 1 3

**DREAM CATCHER, THE** (S96) Sq.Set[www.youtube.com/watch?v=WWW1YaHN8BQ&t=3m21s](http://www.youtube.com/watch?v=WWW1YaHN8BQ&t=3m21s)

Eileen Orr RSCDS Book 45

- 1- 8 All circle 8H round & back  
 9-16 1s+3s dance the Swirl:  
 Turn partner RH into Allemande hold & dance LSh round other couple ½ way,  
 dance LH across ¾ way & swirl to face side couples (BtoB with ptrn & Lady facing Man)  
 17-24 All dance reels of 4 across  
 25-32 All set & dancing couples dance out between side couples,  
 cross & cast to change places RH with partner back into places  
 33-40 All set & advance with partners, retire diagonally with corners & set  
 41-48 1L+4M dance R&L with 3L+2M (on diagonal)  
 49-56 1M+2L dance R&L with 3M+4L (other diagonal)  
 57-64 All set with corners, Adv+Ret with partners & set  
 65-88 2s & 4s repeat bars 9-32  
 89-96 All circle 8H round & back

**JAMES GRAY** (J4x32) 4C set **3s & 4s on opp sides** [www.youtube.com/watch?v=-du4h1uBnHM#t=7s](http://www.youtube.com/watch?v=-du4h1uBnHM#t=7s) Ronella Burrows RSCDS Book 42

- 1- 8 1s & 4s cross RH, cast 1 place, 1s dance ½ Fig of 8 round 2s **while** 4s dance ½ Fig of 8 round 3s  
 9-16 1s+4s dance R&L & end 1s facing up & 4s down  
 17-24 All dance RSh reel of 4 on sides  
 & end 1s+4s in line across (Men in centre RSh to RSh & 1M LSh to 4L & 4M LSh to 1L)  
 25-32 1M+4M ¾ turn RH **while** Ladies dance anticlockwise ¼ way round,  
 Men ½ turn other partner LH to bring Ladies into centre  
 1L+4L ¾ turn RH **while** Men dance anticlockwise ¼ way round,  
 Ladies ¾ turn Men LH to end 1s in 3<sup>rd</sup> place opp sides & 4s in 2<sup>nd</sup> place

**GLASTONBURY TOR** (R8x32) 3C (4C set)[www.youtube.com/watch?v=r7k0sHLLq0o&t=13](http://www.youtube.com/watch?v=r7k0sHLLq0o&t=13)

Duncan Brown RSCDS Book 47

- 1- 8 1s+2s set & dance RH across ½ way, 1s+3s set & dance LH across ½ way  
 9-16 1s set & cross RH, 1s cast up 1 place & turn LH turn to face 1<sup>st</sup> corners  
 17-24 1s dance ½ reel of 4 with 1<sup>st</sup> corners & pass left to face 2<sup>nd</sup> crnrs, 1s dance ½ reel of 4 with 2<sup>nd</sup> corners  
 & curve right to end 1M between 3s & 1L between 2s  
 25-32 1M+3s also 1L +2s Set+Link for 3 once,  
 1s turn RH 1½ times to 2<sup>nd</sup> place as 2s & 3s dance clockwise ½ way to places 2 1 3

[www.mstc-lothian.org.uk](http://www.mstc-lothian.org.uk)

In aid of  
**Multiple Sclerosis Therapy Centre Lothian**  
 Reg. No. SC014991

MS Therapy Centre Lothian provides support for people living with Multiple Sclerosis (MS) across the Lothians, borders and south Fife, offering a co-ordinated, holistic and person-centred approach, assisting people living with MS to manage and make informed decisions about their lives.