



West MACS Charity Ball

Saturday 26th April 2025, 7.30pm - 11.30pm

Allum Hall, 2 Allum Lane, Elstree WD6 3PJ

dancing to The Craigellachie Band

in aid of *Prostate Cancer UK*



EH3 7AF (J8x32) 3C (4C set)

www.youtube.com/watch?v=JYh91kqcz78

Roy Goldring RSCDS Book 40

- 1- 8 1s lead down the middle & back to top. 2s & 3s step in on bar 8 ready for ...
9-16 1s+2s+3s Promenade
ending with 1s casting to 2nd place
17-24 1s pass by the right & turn 1st corners RH to end L between 2s & M between 3s,
1s pass by the right & turn 2nd corners RH to end between corners
25-32 1M dances RH across with 2s & 1L with 3s,
1L dances up between 2s & casts to 2nd place own side as 1M dances between 3s & casts up

JOHN OF BON ACCORD (R8x32) 3C (4C set)

www.youtube.com/watch?v=C2u90sMsEwc&t=7s

Roy Goldring RSCDS Book 33

- 1- 16 1s dance 4 progressive ½ reels of 3 across
1-8 1s pass RSh to dance ½ reel with 2L then 1s pass LSh & dance ½ reel with 2M
9-16 1s pass RSh to dance ½ reel with 3L then 1s pass LSh to dance ½ reel with 3M. (2) (3) 1
(Supporting dancer in each ½ reel dances up sideline to begin reel)
17-24 1s turn RH & cast up to 2nd place on own sides, dance ½ Fig of 8 around the 2s to 2nd place opposite sides
25-32 2s+1s+3s turn ¾ RH to end in line in centre of dance facing partners (M facing down & L up) & set,
¾ turn RH to end on own sides & set

CULLA BAY (S4x32) Sq.Set

<https://youtu.be/BQqnISH4KUI?t=304>

Ann Dix RSCDS Book 41

- 1- 4 1s & 3s advance & ½ turn opposite partner RH & cast out to opposite side
5- 8 1s & 3s chase ¼ round set clpckwise & dance in passing 2s/4s RSh curving in to face 2s/4s
as 2s & 4s repeat bars 1-4 & turn right about to face 1s/3s
9-16 All dance parallel reels of 4 across set
17-24 2s+1s also 4s+3s circle 4H once round to left, set & dance RH across ½ way
25-32 2s+4s dance LH across once round,
2s & 4s dance out through sides passing opp partner RSh & chase round set clockwise to next place

MAJOR IAN STEWART (J8x32) 3C (4C set)

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 2nd 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 1st corners
17-24 1s set to 1st corners then to each other across the dance, set to 2nd corners & Petronella turn to 2nd place own sides
25-32 2s+1s+3s circle 6H round to the left for 6 steps, pivot & chase back to places

POLHARROW BURN (R5x32) 5C set

www.youtube.com/watch?t=222&v=S_6xmQAc9RE&t=3m24s

Hugh Foss Glendarroch Scottish Dance Sheets

- 1- 8 1s & 3s cross RH, cast 1 place & dance ½ Fig of 8 round couple above them
9-16 1s & 3s turn RH then LH (long turns) to face 1st corners **while** 2s & 5s ½ turn RH & chase clockwise to other end of set
17-24 1s & 3s dance ½ Reels of 4 with 1st corners then 2nd corners
25-32 1s & 3s dance ½ Reel of 4 with 3rd corner, turn partner LH & cast down 1 place own sides. 2 4 1 5 3

CASHMERE SHAWL, THE (S8x32) 3C (4C set)

www.youtube.com/watch?v=ictGLXdd27Y&t=7

Iain Boyd Strathtay Album

- 1- 8 1s turn RH & cast down 2 places, cross LH & cast up to 2nd place opposite sides
9-16 1s turn RH, turn 1st corners LH, turn 2nd corners RH, turn partner LH to face 1st corners
17-24 1s ½ diagonal reel of 4 with 1st corners & ½ diagonal reel with 2nd 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

CHASED LOVERS (J8x32) 3C (4C set)

<https://youtu.be/HuqRXn4pEFg?t=19s>

Tim Wilson World Wide Weavings

- 1- 8 1s set, cross down (no hands) to 2nd place facing out (2s step up 3-4)
1s cast down behind 3s, meet & dance up centre with 1L leading, 1M following, to face 2M (her 1st corner)
9-16 1s, in tandem, dance LSh reel of 3 on 1st corner diagonal (out of top of set to start),
finishing by 1s pulling back RSh to face down, 1M leading, facing 3M
17-24 1s, in tandem, dance RSh reel of 3 on 2nd corner diagonal (out bottom of set to start),
finishing with 1s facing own 1st corners
25-32 1s dance Pass+Turn with 1st corners, (pass RSh), Pass+Turn with 2nd corners, finishing passing RSh to 2nd place own sides

REVEREND JOHN MACFARLANE, THE (R4x32) 4C set www.youtube.com/watch?v=Y8_xX1UbxoU

Gary W Morris RSCDS Book 37

- 1- 8 1s cross down to dance reflection reels of 3 on opposite sides ending in partners place
9-16 1s dance ½ Fig of 8 round 2s, meet
& dance 4 slip steps down middle to 3rd place & set 2H joined (Man sets to Left, Lady to Right to start) 2s+3s step up,
4s step in bars 15-16.
17-24 1s+4s dance Poussette
25-32 2s+3s & 4s+1s dance RH across once round & turn partner LH

GARDENERS' FANTASIA, THE (S3x32) 3C set www.youtube.com/watch?v=r7k0sHLLq0o&t=13s

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, [Rondel](#)
1s end in 3rd place and 3s end in 2nd place facing 1st corners
17-24 3s set to and turn corners 3s ending 2nd place opposite sides
25-32 2s+1s dance R&L (begin on sides)
while 3s dance up between 2s and cast to 2nd pl then lead down LH b'tw'n 3rd pl crossing and cast up to 2nd pl. 231

RUTLAND REEL, THE (R8x40) 3C (4C set) www.youtube.com/watch?v=ljiqhX21y30&t=11

Robert Senior RSCDS Book 48

- 1- 8 1s set & cast 1 place, 1s cross below 3s & cast up to 2nd place opposite sides
9-16 1s+2s dance Ladies Chain & end 1s facing down
17-24 1s dance reel of 3 on sides giving (RSh to 3s) & 1s+3s ½ turn RH. 2 3(1)
25-32 1s+3s dance Mens Chain & end 1L end facing out with partner ready to follow her
33-40 1L casts up & crosses to own side **while** 1M crosses & casts up to end 2nd place own sides, 1s+3s circle left once round



INTERVAL



YAN TAN TETHERA (J8x32) 3C (4C set) www.youtube.com/watch?v=xcsDXwaIc20&t=6s

Derek Haynes Carnforth Collection 2

- 1- 8 1s cross RH, cast 1 place, 1L dances a ½ Fig of 8 round 2s while 1M dances ½ Fig of 8 round 3s
9-24 1s dance [Corners Chain](#) with 1st and 2nd corners: [Corners Chain](#)
1s change places RH with 1st corners, 1st corners turn LH in centre and return to places giving RH to 1s
who turn LH in centre to face 2nd corners
1s change places RH with 2nd corners, 2nd corners turn LH in centre and return to places giving RH to 1s
and 1s end turning LH ¾ to face 1st corner
25-32 1s dance reels of 3 on opposite sides giving LSh to 1st corners and cross to 2nd place own sides

MIDSUMMER COMMON (S8x32) 3C (4C set) www.youtube.com/watch?v=9DfE6uTmfE&t=20s

Tom & Lindsey Ibbotson RSCDS Book 49

- 1- 8 1s set, ½ turn RH, lead down, cross below 3s, cast up to 2nd place own sides (2s step up 5-6)
1- 8 1s set, ½ turn RH, lead down, cross below 3s, cast up to 2nd place own sides (2s step up 5-6)
9-16 1s set advancing to 1st corners & turn 1st corners 2H finishing 1M between 3s, 1L between 2s.
1s set advancing to 2nd corners, turn 2nd corners 2H & retain 2nd corner's LH
17-24 1M+2s **also** 1L+3s circle 3H round to Left, 1s pull back RSh to face up/down set.
1s set, petronella turn to 2nd place own sides
25-32 2s+1s dance Poussette. 2 1 3

TOAST TO THE MOUSIES (R8x32) 3C (4C set) www.youtube.com/watch?v=uEeiOzzBNtc&t=18s

Sara Gratiot /RSCDS Book 53

- 1- 8 1s dance in and cast 1 place (2s step up), dance down between 3s and cast up to 2nd place
9-16 2s+1L also 1M+3s dance RH across and 1s pass RSh to dance LH across with other couple,
1s end back to back in the middle (1M facing up, 1L down) facing 2s/3s (2s facing down, 3s up nearer hands joined)
17-24 All set, 2s and 3s make arches, dance down/up to meet as 1s dance under arches.
Finish 1M in 1st pl, 1L in 3rd pl (facing down/up) and 2s & 3s back to back in middle nearer hands joined (2s facing up, 3s down)
All set, 2s and 3s making arches dance to ends and cast into reel
while 1s dance under arch passing LSh and finish between end couple facing 1st corner
25-32 2s+1L also 1M+3s dance LSh reels across (2s+3s make loops into the reel) to end 213. All set

SPIFFIN' (J5x32) 5C Sq.Set (5s facing 1s) 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 dance NHJ up through 1s & cast back to centre
17-24 5L dances LH across with 2s **while** 5M dances RH across with 4s, 5s dance NHJ down through 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)

WATER OF LEITH, THE (S4x32) 4C setwww.youtube.com/watch?v=iDpctXSObCo&t=8sJohn Wilkinson Edinburgh 90th Anniv

- 1- 8 1s+3s set. 1L dances down, casts up round 2M qinto middle facing down as 1M dances across, casts round 2L into middle facing up while 3s dance same round 4s. 1s+3s change places RH with partner into line of 4 in middle (M face down, L face up)
- 9-16 1s+3s dance reel of 4 in middle
- 17-20 1s+2s also 3s+4s dance RH across
- 21-24 1M followed by 1L casts round 2L to 2nd place own sides as 3M followed by 3L casts round 4L to 4th place (2s+4s step up 23-24)
- 25-32 1s+4s (middle couples) dance Espagnole:
 25-26 1s+4s cross (Ladies lead across RH passing between Men) with Ladies changing places RH
 27-28 1s+4s cross back (Men lead across RH between Ladies) with Men changing places RH
 29-32 4s turn RH as 1s turn LH

ORPINGTON CALEDONIANS (R8x32) 3C in 4C setwww.youtube.com/watch?v=V8z63ELqtTo&t=20s

John Brenchley RSCDS Book 49

- 1-8 1C set (2 bars), 1L casts 1 place and dances across the set as 1M dances across and casts (4 bars)
 both ending in 2nd place opposite side, [2C stepping up on bars 5 & 6]
 1C ½ turn 3C Left Hand (2 bars), 1M & 3M finish facing out, ready for
- 9-16 1C & 3C dance Ladies chain [Ladies Chain](#)
- 17-24 1M casts up 1 place and dances across to own side as 1L dances across the set and casts up 1 place, 3C step down on bars 19-20
 2C & 1C dance RH Across, 1C end in 2nd place own side facing down
- 25-32 2C, 1C, 3C dance reels of 3 on own sides, 1C start by passing 3C Left shoulder

CRANBERRY TART, THE (J8x32) 3C (4C set)www.youtube.com/watch?v=LU8zp1xqLwM&t=10

Terry Glasspool 7 Year Itch

- 1- 8 1M sets & casts 1 place, sets & petronella turns between 3s facing up **while** 1L stands for 2 bars then sets, casts 1 place & sets
- 9-16 1M sets in line with 3s & all 3 Adv+Ret then 1M advances to partner
while 1L petronella turns between 2s & sets in line with 2s then all 3 Adv+Ret
- 17-24 1L followed by partner dances reel of 3 across with 2s (RSh to 2L) to end in 2nd place own sides
- 25-32 1s dance RSh reels of 3 on sides giving RSh to 3s

TRIPLE HAPPINESS (S3x32) 3Cwww.youtube.com/watch?v=RciLq_L-Ums

Yoshiki Oyama RSCDS Book 52

- 1- 8 1s advance and retire (1 step each) taking RH briefly, 1s ½ turn LH, cross down between 2s and cast up to place
- 9-16 1s+2s dance the Knot. 1s end facing 1st corners
- 17-24 1s dance Corners pass and turn with 1st corners, pass RSh,
 Repeat with 2nd corners and 1s pass RSh into 2nd place own sides (corners turn 2H in centre)
- 25-32 All chase clockwise ½ round to opposite sides, all ½ turn 2H, pull back RSh and dance out to own sides. 312

JAMES GRAY (J4x32) 4C set **3s & 4s on opp sides**www.youtube.com/watch?v=irCzagu5QCK

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 3rd place opp sides & 4s in 2nd place

MRS MACPHERSON OF INVERAN (R8x32) 3C (4C set)https://youtu.be/jq_0ovwy8nI?t=7s

John Drewry Bon Accord Book

- 1- 8 1s dance Inveran Reels with 2s+3s
- 9-16 1s turn RH 1 ½ times moving down to 2nd place opp sides (2s step up);
 1s cast up behind 2s & cross down to 2nd place own side
- 17-24 2s+1s+3s dance Grand Chain
- 25-32 2s+1s+3s circle 6H round & back

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www.prostatecanceruk.org

in aid of

Prostate Cancer UK

Registered charity in England and Wales (1005541)

and in Scotland (SC039332).

Registered company 02653887

Prostate Cancer UK's top priority is funding research to stop prostate cancer killing men,
 Z| investing millions to find better treatments and better tests
 that can spot fast-growing cancers early,
 and could be used in a screening programme to save thousands of lives