

# Harrow and District Caledonian Society Dance Class – Wednesday 4<sup>th</sup> March 2026 – 8.00 pm

Payment in advance is preferred

Sept – Mar season tickets still current. Jan – Mar termly ticket £30 Weekly payment £3.00 members, £3.50 non-members (1<sup>st</sup> wk free)  
Bank details: Account number 02011648 Sort code 30-93-92 in advance or via our card reader or cash on door

Keeping everyone safe: Do not attend if you are feeling unwell

Bring your own drink as we do not use the kitchen

More complex figures are marked in orange

Our class comprises dances from our own dance programmes or our neighbouring clubs or of general interest

Our class is a general class catering for all levels from beginner to experienced

**When making up sets aim for a balance between experienced and less experienced dancers**

spring dance 7/3

**GOOD HEARTED GLASGOW** (J8x32)3 C (4C set) <https://youtu.be/i3IOxpSeezE?t=7> Peter Knapman Collins Pocket Reference

- 1- 8 1s turn RH & cast to 2nd place, turn partner LH 1¼ times to end Man facing down & Lady facing up  
9-16 1s dance RH across (Lady with 2s & Man with 3s), 1s passing RSh & dance LH across with other couple  
17-24 1s lead down the middle & back to 2<sup>nd</sup> place own side  
25-32 2s+1s+3s circle 6H round & back

spring dance 7/3

**DONALD MACNEIL** (H8x32) 3C (4C set) [no video] Margaret Henderson

- 1-8 1s NHJ dance down to 2<sup>nd</sup> place (2 bars) (2s step up) finishing back to back facing out  
Double Triangles with 2s and 3s (6 bars)  
9-16 1s dance ½ diagonal reel of 4 with 1<sup>st</sup> corners, and pass RSh  
1s dance ½ diagonal reel of 4 with 2<sup>nd</sup> corners,  
finishing with 1s in the middle taking LH and giving RH to 3<sup>rd</sup> corners (currently your 1<sup>st</sup> crnr person)  
17-24 Balance in line (2<sup>nd</sup> corners also set)  
1s turn half way while all corners dance on one place clockwise  
Balance in line with 1<sup>st</sup> corner position, 1L with 2L, 1M with 3M (again all set)  
1s turn ¾ into 2<sup>nd</sup> place while corners dance on one place clockwise.  
25-32 All circle 6H round & back

spring dance 7/3 Herts & Borders St Albans 10/4

**MACDONALD OF KEPPOCH** (M-(S64+R64)) Sq.Set [www.youtube.com/watch?v=y3Cf49jrO4Y&t=19](http://www.youtube.com/watch?v=y3Cf49jrO4Y&t=19) Chris Ronald RSCDS Bk 49

- 1- 8 1s+3s dance 6 bars R&L (Men polite turns) to finish in centre B-to-B with partner facing side cples (1L+2L, 1M+4M, 3L+4L, 3M+2M)  
All set  
9-16 Reels of 4 across. 1s & 3s finish in line up/down with Ladies (in middle) facing, 1M facing down, 3M facing up  
17-24 1s+3s dance reel of 4 (1L+3L pass **RSh** in middle to start), passing **LSh** at ends, RSh in middle. Finish in orig pl facing partners  
25-32 All set, all turn partner RH 1¼ (4 bars) into promenade hold & dance 1 place anticlockwise.

Repeat from new positions in Strathspey then twice in Reel time back to original places

spring dance 7/3

**GLENALMOND GAMEKEEPER, THE** (R8x40) 3C (4C set) [www.youtube.com/watch?v=nrfG9GeV46U&t=11s](http://www.youtube.com/watch?v=nrfG9GeV46U&t=11s) John Drewry Bankhead Book 6

- 1- 8 1s cross down to dance reflection reels of 3 on opposite sides with 1s & 3s  
ending in centre facing down/up  
9-16 1s+3s dance Ladies (RH) Chain [Ladies \(RH\) Chain](#)  
ending with 1M facing Ladies side & 3M facing Men's side with partners behind them  
17-24 1M **also** 3M (followed by partners & cast to start) dance a Fig of 8 round standing 2s passing firstly LSh in middle & then RSh  
to end 1s still on opp sides  
25-32 1s+2s+3s circle 6H round & back (1s finish still on opp sides)  
33-40 1s+2s set & dance ¾ double Fig of 8 (1s cast to start) with 1s ending in 2<sup>nd</sup> place [Double Figures Of Eight Across](#)

## I N T E R V A L

spring dance 7/3 FRO 6/3 summer tues

**TORRIDON LASSIES** (J8x40) 3C (4C set) [www.youtube.com/watch?v=f9q5cT8u0BM&t=14](http://www.youtube.com/watch?v=f9q5cT8u0BM&t=14) John Brenchley Kangaroo Paw

- 1- 8 1s cross & cast 1 place, 1s dance LH across (1L with 2s, 1M with 3s) & end facing 4<sup>th</sup> corner  
9-16 1s set to corners then to partner & end facing 1<sup>st</sup> corners, turn corners RH & pass partner LSh to face 2<sup>nd</sup> corners  
17-24 1s dance ½ diagonal reel of 4 with 2<sup>nd</sup> corners & pass LSh to face 3<sup>rd</sup> corners,  
1s set to corners then to partner & end facing 4<sup>th</sup> corners  
25-32 1s turn 4<sup>th</sup> corner (psth) RH & pass partner LSh to face 1<sup>st</sup> corners,  
1s dance ½ diag reel of 4 with 1<sup>st</sup> corners & pass RSh to BtoB (1M facing up)  
33-40 1s dance RSh round 2<sup>nd</sup> corners & ½ Fig of 8 (1L up, 1M down) **while** 2s+3s set & cross RH,  
set (facing up/down) & change pl RH on sides. 2 1 3

spring dance 7/3 GX Chalfont 7/6

**REMEMBERING ABBOTSFORD** (S4x32) Sq set [www.youtube.com/watch?v=8rXALDjQKmU](http://www.youtube.com/watch?v=8rXALDjQKmU) Maggie & Duncan Keppie Haliburton Book 2

- 1- 8 All dance interlocking (circular) reels of 4 (RSh to partner to start)  
9-16 1s & 3s set, cross passing opposite dancer by RSh; 1s & 3s chase clockwise back to place (Men with partner on left)  
17-24 2s & 4s repeat 9-16  
25-32 All turn corner LH 1¼ (Men on outside) & take prom hold;  
All promenade clockwise 1 pl with new partner, Retain RH, Ladies pull back RSh & turn under raised arms to face new partner  
End: Men in original places with new partner, Ladies having moved 1 place clockwise

spring dance 7/3 milton keynes 14/3

**BRATACH BANA** (R8x32) 3C (4C set) [www.youtube.com/watch?v=CSk2kg7R2aw](http://www.youtube.com/watch?v=CSk2kg7R2aw) John Drewry Bon Accord Book

- 1- 8 1s turn RH & cast 1 place, 1s dance LSh round 1<sup>st</sup> corners to 2<sup>nd</sup> place opposite side facing 2<sup>nd</sup> corners  
9-16 1s dance ½ Reel of 3 on the sides & dance ½ Reel of 3 across (1M with 3s at top, 1L with the 2s)  
17-24 1s turn LH, turn 3<sup>rd</sup> corners RH (1<sup>st</sup> corner person) & pass RSh to turn 4<sup>th</sup> corner RH  
ending in 2<sup>nd</sup> pl own side in prom hold with 4<sup>th</sup> corner  
25-32 1s+4<sup>th</sup> corners Prom diag across (pass RSh) to diag opp corner & ½ turn [some may still pas de basque to place as in original version]  
to end 1s in 2<sup>nd</sup> pl opp side,  
1s dance ½ Diag R&L (M up, L down) to end in 2<sup>nd</sup> place [Diagonal Rights + Lefts](#)

see overleaf

Extra if time  
spring dance 7/3

**CHEQUERED COURT, THE** (J8x32) 3C (4C set) [www.youtube.com/watch?v=FqQEZsW4MP8](http://www.youtube.com/watch?v=FqQEZsW4MP8) Duncan Brown RSCDS Book 42

- 1- 8 1s cross RH, cast 1 place, 1s dance ½ Figs of 8 (Man round 2s & Lady round 3s) & end facing 1<sup>st</sup> corners  
 9-16 1s dance Pass+Turn with 1<sup>st</sup> corners & 1s twirl round in centre to face 4<sup>th</sup> corners, [Pass and turn](#)  
 1s dance Pass+Turn with 4<sup>th</sup> corners & twirl round to face own sides  
 17-24 1s dance 6 bars of Double Triangles [Double Triangles](#)  
 & end with 1L between 2s facing 2L & 1M between 3s facing 3M  
 25-32 1s dance reel of 3 across giving RSh to 4<sup>th</sup> corners & 1s cross RH to own sides

spring dance 7/3 FRO 6/3 summer tues

**MRS MACPHERSON OF INVERAN** (R8x32) 3C (4C set) [https://youtu.be/jq\\_0ovwy8nI?t=7s](https://youtu.be/jq_0ovwy8nI?t=7s) John Drewry Bon Accord Book

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

*Forthcoming dance programmes*

*Please ask the convener or instructor if you wish to practice any of the below dances (or any others) at future classes*

Spring dance 7/3	West MACS 25/4	FRO Friday Recaps Only 6/3	LHC 28/3
<b>Good Hearted Glasgow</b> The Falls of Rogie Athens of the North Napier's Index <b>Donald Macneil</b> <b>Macdonald of Keppoch</b> Glastonbury Tor Burnsian Jim <b>The Glenalmond</b> <b>Gamekeeper</b>  <b>Torridon Lassies</b> <b>Remembering Abbotsford</b> Miss Johnstone of Ardrossan The Water of Leith The Aviator <b>Bratach Bana</b> The Orchards of Co Armagh <b>The Chequered Court</b> <b>Mrs Macpherson of Inveran</b>	Joie de Vivre The Reel of the Royal Scots The Belle of Bon Accord The Duke of Atholl's Reel Anniversary Reel Miss Milligan's Strathspey Quarries' Jig Countess of Dunmore's Reel The Byron Strathspey Farewell to Balfour Road  The Lochalsh Reel Sugar Candie The Waternish Tangle Scott Meikle The Robertson Rant The Zoologist The Falls of Rogie City of Belfast The Dancing Master Swiss Lassie	The Milngavie Maestro Swiss Lassie "Deer" Friends The Chequered Court Miss Eleanor The Falls of Rogie  Bratach Bana Torridon Lassies Twenty-three Two Ninety Liquid Assets Mrs MacPherson of Inveran	The Shetland Shepherdess The Falls of Rogie Montparnasse The Hazel Tree Tempest in a Teacup The Swan and the Tay Maxwell's Rant The Waternish Tangle Asilomar Romantic Ray Milbourne  Pelorus Jack Toast to the Mousies Chasing the Eclipse The Bees of Maggie Knockater Swiss Lassie The House Keys of Lisbon Spiffin' Triple Happiness Follow Me Home The Reel of the 51st Division

Herts & Borders 10/4	IoW Spring Dance 18/4		
Jennifer's Jig The Young Accordion Man "Deer" Friends The Luckenbooth Brooch Scott Meikle Ian Powrie's Farewell to Auchterarder We'll Meet Again Toast to the Mousies  Pelorus Jack Ramadan-ce The Swan and the Tay MacDonald of Keppoch Inchmickery The Rutland Reel City of Belfast Trip to Timber Ridge	tbc		

*David's House care home display date tbc*

? Hello Goodbye to singalong tunes (but NB two scottish residents so some scottish tunes) potentially also Sandy Hunt's dancers and singing group