

Harrow and District Caledonian Society Dance Class – Wednesday 25th 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 (1st 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

West MACS 25/4

ANNIVERSARY REEL (R4x32) 4C set

<https://youtu.be/4vchnQp3CRI?t=9s>

Sheila Muir 1987 RSCDS Book 36

- 1- 8 1s cross RH and cast 1 place, 1s dance ½ Fig of 8 round 2s
9-16 1L dances full reel of 3 with 2s while 1M dances ½ reel with 3s and ½ reel with 4s
17-24 1s dance LH across with 3s, 1s dance RH across (1L with 2s and 1M with 4s)
25-32 1s pass LSh to dance ½ reel of 4 with 3s,
turn RH to opposite sides while 4s set advancing and 1s+4s dance RH across ½ way round to new places

West MACS 25/4

MISS MILLIGAN'S STRATHSPEY (S8x32) 3C (4C set)

www.youtube.com/watch?v=V8_NJUHS-a4

Golden Jubilee Dances

- 1- 8 1s+2s circle 4H round to left, 1s face 2s NHJ with partners.
1s+2s set, 1s turning towards each other to face up then cast **while** 2s dance up & face out
9-16 2s+1s+3s dance reflection reels of 3 on own sides 1s dancing in between 3s to start. All take hands where possible
17-24 2s+1s+3s set, 2s+1s ½ turn LH,
1s followed by 2s lead down between 3s, cross & cast up on own sides
25-32 1s+2s dance the Knot [knot for 2 couples](#)

West MACS 25/4 FRO 10/4

COUNTESS OF DUNMORE'S REEL, THE (R8x32) 3C (4C set)

www.youtube.com/watch?v=7vP0KxWiz9Y&t=20s

Deirdre MacCuish Bark RSCDS Book 49

- 1- 8 1s set, dance down below 3s, cast up to 2nd place & set advancing to face 1st corners (2s step up 3-4)
9-16 1s turn 1st corners RH, pass RSh, turn 2nd corners RH, pass RSh to 2nd place own side facing out (corners dance 4 bars)
17-24 Promenade (Chaperoned) Chain progression: : [chaperoned chain progression](#)
17-18 1M casts up, 1L casts down as 2s+3s turn ¾ RH into line up/down set
19-22 1M+2L & 1L+3M, in prom hold dance clockwise to opp end of line as 2M+3L (in middle) turn 1½ LH
23-24 1s dance clockwise to 2nd place own side as 3s+2s turn partners ¾ RH to own sides. All face clockwise 3 1 2
25-32 3s+1s+2s dance clockwise ½ round set. All set, cross RH to own sides. 2 1 3

West MACS 25/4 LHC 28/3 FRO 10/4

FALLS OF ROGIE, THE (R8x32) 3C (4C set)

www.youtube.com/watch?v=KkJNOhYswr4&t=9

Jean Attwood Alexander Book 1

- 1- 8 1s cross RH & cast 1 place, 1s cross RH & cast 1 place (Man up Lady down)
9-16 1s dance ½ reels of 3 across (1M with 2s & 1L with 3s), set in lines across & change places RH with opposite person
17-24 2s+1s+3s chase clockwise ½ way,
1s dance in & turn RH to face 1st corner positions **as** 2s & 3s continue to chase on to places (as bar 16)
25-32 1s dance ½ reel of 4 with 1st corners, passing RSh dance ½ reel with 2nd corners & cross passing RSh to 2nd place own sides

I N T E R V A L

West MACS 25/4

FAREWELL TO BALFOUR ROAD (J1x96) 5C set

www.youtube.com/watch?v=qQ-Kfh3HaCg

Andrew Buxton RSCDS Bk 52

- 1- 8 1s+2s circle 4H round & back
9-16 1s+2s Set+Link; 1s+3s Set+Link
17-24 *2s start* [as bars 1-8]
while 1s+4s+5s dance mirror reels of 3 on sides (1s in/down to start)
25-32 1s set, cross down RH to 4th place (4s step up); 1s set, cross down LH to 5th place (5s step up)
New top couple start every 16 bars. Repeat until 1s back in 1st place, they stand for 16 bars while 5s continue bars 17-32 ending back in 5th place

West MACS 25/4

ROBERTSON RANT, THE (S80) Sq.Set

www.youtube.com/watch?v=wQkFTKbg_bQ

Mrs Douglas Winchester RSCDS Book 39

- 1- 8 All circle 8H round & back
9-16 All Ladies dance ½ RH across & turn opposite Man LH,
all Ladies dance ½ RH across & turn partner LH
17-24 1s+3s dance reel of 4 (Ladies start by passing LSh **as** Men set)
25-32 All set (Highland Schottische setting) to corners, [Highland Schottische setting](#)
turn 2H twice
33-40 2s+4s dance reel of 4 (Ladies start by passing LSh **as** Men set)
41-48 All set (HS) to corners,
turn 2H twice
49-56 All Ladies circle left to face partners (Ladies BtoB),
set to & turn partners 2H
57-64 All Men circle right to face partners (Men BtoB),
set to & turn partners 2H
65-72 All dance Grand Chain
73-80 All take allemande hold & dance anticlockwise once round set,
bringing Ladies into centre for bow/curtsey

WATERNISH TANGLE, THE (J8x32) 3C (4C set) www.youtube.com/watch?v=Fs22cAbbJNU Andrea Barfoot Skye Coll 2 & RSCDS Book 54

- 1- 8 1s cross down RH & set (2s step up 1-2): 1s cross down LH & set (3s step up 5-6)
 9-16 1s cross RH, change places on sides with 3s LH; 2s+1s cross RH & ¾ turn LH on sides to form line of 4 across
 17-24 2s+1s dance the Targe : *Targe*
 ` 17-18 1st & 2nd Ladies ¾ turn RH while Men dance ¼ way round anticlockwise
 ` 19-20 1st Man with 2nd Lady & 1st Lady with 2nd Man full turn LH
 ` 21-22 1st & 2nd Ladies ¾ turn RH while Men dance ¼ way round anticlockwise
 ` 23-24 1st Man with 2nd Lady & 1st Lady with 2nd Man turn ¾ LH to end on sides to 2(1)3
 25-32 1s cross down below 3s, cast up, dance up between 2s & cast to 2nd place

Extra if time

West MACS 25/4

REEL OF THE ROYAL SCOTS (R8x32) 3C (4C set) www.youtube.com/watch?v=1gpmxe7PwRM

Roy Goldring SCD Leaflet 7

- 1- 8 1s ½ turn 2s on sides (1M RH - 1L LH) to face out, 2s+1s+3s set,
 1s ½ turn 3s on sides (1M LH - 1L RH) end 3s facing out & 2s+3s+1s set
 9-16 1s followed by 3s dance up between 2s, cast down 1 place,
 dance in & 1s cast up to 2nd place 3s end in 3rd place
 17-24 1s turn 1st corners RH, pass partner RSh
 turn 2nd corners RH & cross passing partner RSh to 2nd place own sides
 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

| West MACS 25/4 | LHC 28/3 | | |
|--|--|--|--|
| 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 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 Maggieknockater Swiss Lassie The House Keys of Lisbon Spiffin' Triple Happiness Follow Me Home The Reel of the 51st Division | | |

| FRO Friday Recaps Only 10/4 | Herts & Borders 10/4 | IoW Spring Dance 18/4 | |
|--|--|---|--|
| Quarries' Jig Swiss Lassie "Deer" Friends The Zoologist The Belle of Bon Accord The Countess of Dunmore's Reel The Falls of Rogie Best Set in the Hall The Swan and the Tay Zytglogge The Montgomeries' Rant | 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 | <i>Provisional programme</i> It should be Fun 4x32J The Lass of Richmond Hill 8x32R A Jewel in the Crown 4x32 S (Sq) Toshogu Shrine 8x32J The Happy Potter 8x32 or 6x32 R (2 cpl dance) Golden Hill Fort 3x40S (Triangle) The Chequeured Court J8x32 Flowers of Edinburgh 8x32R A Capital Jig 8x32J Something in the Air 6x32S The First Rain of Spring 3x32J Broadford Bay 8x32R Summer in Assynt 8x32 S The Scallywag 8x40J Bon Viveur 2x32S+2x32RMedley (Sq) A Trip to Timber Ridge 8x32R | |

VOLUNTEERS ?**Ryefield Court care home display (Uxbridge) – a Friday in April/May****St Alban's summer fair display – Sat 27th June – NB clashes with SYD weekend, so only possible if enough non-SYD dancers**

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