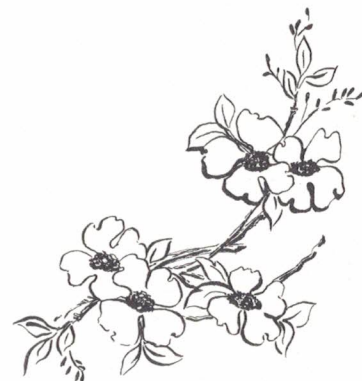


From Rosemary  
Aug 2018

# **The ROSE of BENBECULA**

**A TRADITIONAL SCOTTISH DANCE  
FOR THREE LADIES  
in WALTZ TIME**

Collected by  
**MARY ISDALE MACNAB**  
of  
**VANCOUVER, CANADA**



**MARY ISDALE MACNAB**

SCOTLAND  
1889

CANADA  
1966

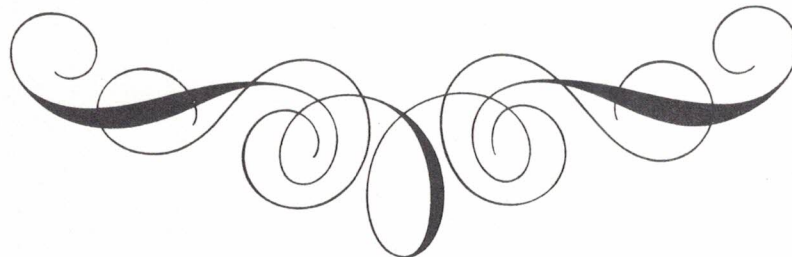
Mary Isdale MacNab, born in Glasgow, Scotland, came to Vancouver, B.C. Canada in 1907 with her family. She began teaching Highland dancing in 1910 and was still actively teaching within two months of her death in November, 1966. She trained hundreds of dancers during her career, among them many, many champions. She will be best remembered for her more recent accomplishments.

A number of dances from her collection of Ancient Highland Dances were presented by her group of dancers, the B.C. Highland Lassies of Vancouver, Canada, at the Edinburgh Tattoo at Edinburgh Castle in 1964. The girls then appeared as featured dancers with the Columbia Festival Royal Marines on their tour of the United States and Canada in 1966, and performed in Ottawa, Canada, in 1967 during the visit of H. M. Queen Elizabeth. These performances of the dances from this collection led to further acclaim and recognition for the dances, the collector and the Lassies.

Mrs. MacNab's dances were collected over fifty years of research. She explored historical records and challenged the memories of friends and acquaintances in Scotland. She continued her search as she probed into recollections of descendants of the Scottish Highlanders who had emigrated to the United States and Canada. In this way she was able to bring these dances back. Without her diligent search over the years, these dances would have been lost to us.

It had been only in this decade that Mrs. MacNab was persuaded to compile her notes for publication. We are indebted to Dr. Hugh Thurston, of the University of British Columbia, an authority on the dances of Scotland, for his help. His untiring efforts, as he worked directly with Mrs. MacNab and carried on after her death, have made the reproduction of these dances possible. We are grateful too, to Miss Joan Frazer, the present spokesman for the B.C. Highland Lassies, for her help and theirs in the preparation of these dances for print.

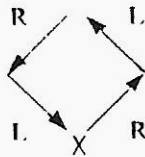
Mrs. MacNab left all records, rights and title to her collection of dances to her niece, Mrs. Elizabeth Sutorius, of San Diego, California, who intends to make the dances from this famed collection available to teachers of Highland dancing throughout the world, thus establishing a living memorial to this wonderful lady.



# THE ROSE OF BENBECULA

Dance for three ladies - waltz time  
 Collected by Mrs Mary Isdal MacNab

A STEP 1 Start RF - dance 4 waltz steps in diamond shape - forwards, backwards forwards, backwards. (32 bars)



Step, close step to R - pivot turn to R. Repeat starting L.F.  
 Repeat whole figure R and L. (4 diamonds).

B<sub>1</sub> STEP 2 Join hands in line of 3. Bourree behind RF. Step, hop LF to intermediate 4<sup>th</sup>. (16 bars)  
 Extend RF to inter-4<sup>th</sup> aerial rear. Step back RF and hop - extend LF to inter-4<sup>th</sup> aerial. Repeat L.F.  
 Repeat whole, finishing in a circle.

B<sub>2</sub>-B<sub>3</sub> STEP 3 Start RF. Waltz forward & back twice. RH lady dances under arch made by other 2 to turn circle to face out (do not let go), 4 steps. Travel to RT with bourree (side, behind, side, in front etc) - 4 bars. RH lady dances back under the arch to reform circle - 4 steps. (32 bars)  
 Repeat with LH lady - finish in straight line.

C<sub>1</sub>-C<sub>2</sub> STEP 4 Move diagonally forward & back. Step, hop RF, brush LF forward. (32 bars)  
 Repeat L, R, L.  
 \* Step, close, step to RL - pivot RL. Step, hop LF diagonally back and extend RF. Repeat R, L, R. Dance \* to L.  
 Repeat whole starting L.F.

B<sub>1</sub> STEP 5 As Step 2 (16 bars)

A ~~B<sub>2</sub>~~ STEP 6 As Step 3, with centre lady leading. Finish in line. (16 bars)

Suggested tunes: Ho-ree, ho-ro My Little Wee Girl. A.  
 (In Praise of Isla.)  
 The Wild Rose of the Mountain. B.  
 Leaving Lismore C.

## THE ROSE OF BENBECULA

3/4 Time For 3 girls

1st Step: Each making a 'Diamond' pattern, dance four waltz steps then Step Close twice to right, Step and turn. Repeat Step Close to left.

### Refrain

Bouree Under R.F., Hop R and step forward L.F.; Hop L.F. and Step back R.F. extending free foot diagonally forward or back. Hop and repeat Bouree with L.F. then repeat ALL again.

### Rose Setting

Join hands in circle

Balance R.F. into centre and back with L/F. and repeat (Balance is a very soft spring on to the right foot closing L.F. behind to give two very soft 'beat' beats' counting one, two, three).

Lady on right passes under arms so all finish with their backs to the centre of circle dancing four small waltz steps.

Turn in circle to right with 4 Step Close steps then go back under arms to original place. Repeat until all three have done this.

Step 2: In straight line commencing R.F. - Step forward, Hop extending leg in front, slightly bent, four times. With R.F. Step Close twice to R. side, Step and Turn then repeat to left travelling backwards to step and raising leg straight in front. Repeat Refrain and Rose Setting.

Note: The dance finishes at the end of the second Rose Setting but if desired, it can also finish by repeating the Diamond in the 1st Step. Curtsey.