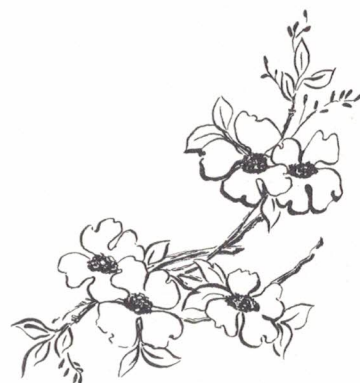


TWO
TRADITIONAL SCOTTISH
SOLO DANCES
FOR LADIES

Collected by
MARY ISDALE MACNAB
OF
VANCOUVER, CANADA

PRINTED IN SCOTLAND

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MARY ISDALE MACNAB

SCOTLAND
1889

CANADA
1966

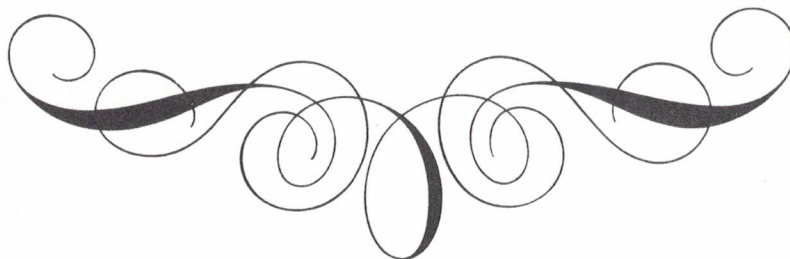
Mary Isdale MacNab, born in Glasgow, Scotland, came to Vancouver, B.C. Canada in 1907 with her family. She began teaching Highland dancing in 1910 and was still actively teaching within two months of her death in November, 1966. She trained hundreds of dancers during her career, among them many, many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



LADY LOUISA MACDONALD OF SLEAT

SOLO DANCE FOR LADIES

6
— not too fast.
8

DESCRIPTION

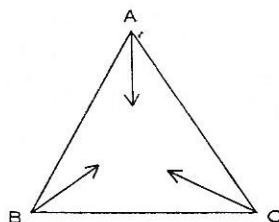
Step 1.

- Bar 1. Hopping on L.F. extend R.F. to 4th intermediate aerial, brush it inward, beat R.F., beat L.F.
(This is the hop, brush, beat, beat, step of "Flora Macdonald's Fancy").
- Bar 2. Repeat.
- Bar 3. *Stand on L.F. raising R.F. to 4th aerial (count 1) bring it to 2nd aerial (count 2)
- Bar 4. and bourrée derrière. (Count 3 and 4).
*(The dancer may prefer to hop or lilt on L.F. to begin this part of the step.)
- Bars 5-8. Repeat bars 1-4 on L.F.
- Bars 9-12. Repeat bars 1-4 on R.F.

Break.

- Bars 13-16. Spring on L.F. and point R.F. in 2nd aerial low and bourrée derrière.
Point L.F. in 2nd aerial low and bourrée derrière.
Spring on L.F. and point R.F., L.F., R.F., L.F.
Repeat bars 1-16 beginning L.F.

Step 2.



- Bars 1-4. Moving in a diagonal line from A to B hop and travel twice beginning R.F. both times. Face inwards at B and Pas de Basque R. and L.
- Bars 5-8. Repeat bars 1-4 moving from B to C and facing inwards for the Pas de Basque at C.
- Bars 9-12. Repeat bars 1-4 moving from C to A and facing inwards for the Pas de Basque at A.
- Bars 13-16. Break as in Step 1.
Repeat bars 1-16 travelling to L. with L.F. as working foot.

Step 3.

- Bar 1. Hop on L.F. with bent knee, R.F. in 3rd position on instep of L.F. Extend R.F. to 4th aerial intermediate, straightening L. leg.
- Bar 2. Repeat.
- Bars 3 and 4. Spring R.F. pointing L.F. in 2nd position. Make a complete turn to the R., bringing L.F. to 3rd rear aerial while hopping on R.F., then extending it to 4th intermediate aerial again hopping on R.F. Brush in L.F., beat L.F., beat R.F.
(As in the Break of "Flora Macdonald's Fancy".)
- Bars 5-8. Repeat bars 1-4 with L.F.
- Bars 9-12. Repeat bars 1-4 with R.F.
- Bars 13-16. **Break.**
This step may be repeated beginning L.F.

Step 4.

- Bar 1. Spring on R.F. and low cut with L.F.
Spring on L.F. and low cut with R.F.
- Bar 2. Pas de Basque R.
- Bars 3 and 4. Execute the turn as in bars 3 and 4 of step 3.
- Bars 5 and 6. Repeat bars 1 and 2 springing on L.F.
- Bars 7 and 8. Repeat bars 3 and 4 turning to L.
- Bars 9-12. Repeat bars 1-4.
- Bars 13-16. **Break.**
This step may be repeated beginning spring L.F.

Step 5.

- *Jump on both feet in 2nd position (Echappé sauté in 2nd).
- Bars 1-4. Rise, transferring weight to R.F., pirouette to R.
Pas de Basque R. and L. (Count 1 and 2 and 3 and 4).
- Bars 5-8. Repeat to L.
- Bars 9-12. Repeat bars 1-4.
- Bars 13-16. **Break.**
This step may be repeated beginning L.F.
*The dancer may prefer to begin this step with "step on R.F. extend L.F. to 2nd intermediate aerial and pirouette."

Step 6.

2 ——— 4

This step is like the 1st step of the Sword Dance.

3

- Bars 1 and 2. Pas de Basque R. and L. at 1.
- Bars 3 and 4. Turn with Pas de Basque R. and L. to 2.
- Bars 5 and 6. Pas de Basque R. and L. at 2.
- Bars 7 and 8. Spring point L.F., R.F., L.F., R.F.
- Bars 9-16. Repeat bars 1-8 travelling from 2 to 3.
- Bars 17-24. Repeat bars 1-8 travelling from 3 to 4.
- Bars 25-28. Repeat bars 1-4 arriving at 1 and facing forward.
- Bars 29-32. **Break.**

Explanation of Bourrée derrière—3 little steps on the ball of the foot travelled sideways in the direction opposite to the commencing foot. The foot positions are 5th rear, 2nd, 5th rear.

Explanation of Hop and Travel—Hop L.F. and during the elevation extend R. leg towards 4th intermediate aerial, then bend that knee to bring R.F. inwards halfway between 4th intermediate aerial and 3rd aerial on landing (count 1). Place R.F. on half-point in 4th intermediate then close L.F. to 5th rear position taking the weight on ball of L.F. (count and 2).