

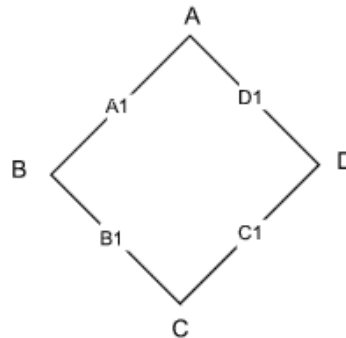
## The Green Lochan (Loch an Uaine)

A Solo Dance - Medley  
32 bars Strathspey. 32 bars Reel.

Tunes: What's a' the Steer; He Ro My Nut-brown Maiden.

The dance starts at A and moves round the diamond in an anticlockwise direction. The letters and numbers on the diagram represent the places at which dancers will find themselves during the dance. At the corners A, B, C and D the dancer faces the centre of the diamond, and halfway between these points faces outwards.

Abbreviations: L-left, R-right, F-foot, H-hand.



### Strathspey Bars 1-32

#### BarsBeat

Bow or curtsey

- 1 using Strathspey travelling step and turning to the R move to A1 facing out.
- 2 Set, common schottische to the L
- 3 1 Advance RF forward.  
2 Hop on RF bringing LF behind R leg.  
3 Retire LF backward.  
4 Hop on LF, bringing RF in front of L leg.
- 4 Starting by placing RF behind, bourré, turning R about to face out.
- 5 1 Advance LF forward  
2 Hop on LF bringing RF behind L leg.  
3 Retire RF backwards.  
4 Hop on RF, bringing LF in front of R Leg.
- 6 Starting by placing LF behind, bourré, turning L about to face inwards.
- 7-8 Strathspey travelling step, turning to the R. "Petronella" to finish at B facing inwards.

- 9 1 Hop and point RF to second position. LH at second position.
- 2 Hop and place RF behind L leg.
- 3 Hop and shed RF to front of L leg.
- 4 Hop and extend RF to second position aerial, with a shake.
- 10 Starting by placing RF behind bourré, moving to left. Hands in first position.
- 11 Repeat bar 9 with L foot.
- 12 Repeat bar 10 moving to the R
- 13 Repeat bar 9.
- 14 Repeat bar 10 but turn about clockwise on the spot.
- 15 Repeat Bar 9 with LF.
- 16 Repeat bar 12 but turn about anticlockwise on the spot.
- 17-24 Repeat bars 1-8, finishing at C facing inward.
- 25 1 Hop and point RF to second position. LH at second position.
- 2 Hop and RF behind L leg.
- 3 Hop and RF pointed to fourth position aerial.
- 4 Hop and RF in front of L leg.
- 26 1 RF toe in third position, hands in first position.
- 2 RF heel in third position.
- 3 LF toe in third position.
- 4 LF heel in third position.
- 27-28 Repeat bars 25-26 with LF
- 29-30 Repeat bars 25-26.
- 31-32 Repeat bars 27-28.

### **Reel time**

### **BarsBeat**

- 1-2 Using pas-de-basque and turning to the R moving to C1 facing outwards.
- 3-4 Dance 4 spring points. LF first.

- 5-6 Using pas-de-basque and turning to the R move to D facing inwards.
- 7-8 Dance 4 spring points. LF first, or men may alternatively dance high cuts.
- 9 1 Hop and place R toe in third position.  
2 Hop and extend RF to second aerial with a shake (i.e. toe off) LH in second position.
- 10 1 Moving to the L hop on LF. Hands in first position.  
2 Place RF behind LF.  
3 Move LF to side first position.  
4 Move RF in front of LF to third position.
- 11-12 Repeat bars 9 and 10 with the opposite feet.
- 13 Repeat bar 9.
- 14 Repeat bar 10 but turn about clockwise on the spot.
- 15 Repeat bar 9 with LF.
- 16 Repeat bar 12 but turn about anticlockwise on the spot.
- 17-24 Repeat bars 1-8 to finish at A facing inwards.
- 25 1 Demi-plié RF in front.  
2 Spring on LF, straighten knee and point RF to second position.
- 26 Bouree, turning R about clockwise.
- 27 Repeat bar 25 with opposite feet.
- 28 Repeat bar 26 turning L about anticlockwise.
- 29-30 Four spring changes, feet in third position.
- 31-32 Two scissors.

Step and bow.

For ladies an alternative ending is:  
25-28 As above.  
29-30 Repeat 25-26.  
31-32 Dance 29-30.

**The Green Lochan** - Roy Clowes.