

## Basic Strathspey steps

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**Glasgow Highlanders:** Step RF to 4th int (1), hop on RF bringing LF to 3rd REAR AER. (2), step LF to 4th INT REAR (3), hop on LF bringing RF to 3rd AER. (4), place RF in 5th REAR (5), step LF to 2nd (6), close RF to 5th (7), hop on RF bringing LF to 3rd REAR AER. (8). Repeat L.R.L.

**Glasgow Highlanders - with turn:** As above but make complete turn right about on the spot during the BOURÉE, i.e. counts (5,6,7).

**Glasgow Highlanders - alternative:** As for *Glasgow Highlanders* except that on count (4) the RF is extended to 4th INT AER., on count (7) the RF is closed to 5th REAR, and on count (8) the LF is extended to 4th INT. AER.

**Double Toe Off:** Hopping 4 times on LF point R toe to 3rd (1) 4th INT AER. (2) 3rd (3) 4th INT. AER. (4) counts 5 6 7 8 as for *Glasgow Highlanders*.

**Diagonal Travel:** Dance one strathspey travelling step diagonally forward R i.e. towards 4th INT. (1 2 3 4) one step diagonally back L finishing with RF in 3rd AER. (5 6 7 8) BOURÉE to L as in counts 5 6 7 8 of *Glasgow Highlanders* (9 10 11 12), dance counts 1 2 3 4 of *Glasgow Highlanders*. CONTRA i.e. forward LF etc. (13 14 15 16). Repeat all CONTRA. (BOURÉE may be danced with or without turn).

**Highland Schottische:** Hopping 4 times on LF point R toe to 2nd (1) 3rd REAR AER. (2) 2nd (3) 3rd AER. (4) one common Schottische step to R (5 6 7 8). Repeat L.R.L.

**Baby Fling Step:** Hopping on LF point R toe to 2nd (1) 3rd REAR AER. (2) 4th INT. (3) 3rd AER. (4) repeat contra (5 6 7 8), repeat counts 1-4 (9 10 11 12) BOURÉE turn R about as in *Glasgow Highlanders with turn* (13 14 15 16) Repeat all contra.

**Heel and Toe:** As above except on counts 3 7 11 the heel is used, on counts 4 8 12 the toe is pointed to 3rd.

**Scissors:** Moving diagonally forward R step on RF (1) brush LF lightly through 1st and hop on RF extending LF to 4th AER. (&2) step on LF (3) brush RF lightly through 1st and hop on LF extending RF to 4th INT. AER. (&4). BOURÉE diagonally back L to place, i.e. close RF to 5th (5) step LF to 4th INT. REAR (6) close RF to 5th (7) hop on RF taking LF to 3rd REAR AER. (8) Repeat L.R.L.

**Hesitation:** Hopping on LF point R toe to 2nd (1) 3rd REAR AER. (2) two syncopated hops R i.e. hopping on LF extending RF to 4th INT. AER. with knee relaxed so that lower leg is vertical (3) half point RF to 4th INT. and beat LF (&4) repeat 3 and 4 (5 & 6) spring onto RF pointing L toe to 4th INT. (7) hop on RF pointing L toe to 3rd (8). Repeat L.R.L.

**Highland Scottische and BOURÉE:** Highland Schottische to R (1-8) Common Schottische to L (9-12) BOURÉE turn R about (13-16). Repeat CONTRA.

**Rocking:** Hopping on LF point RF to 2nd, to 3rd REAR AER., to 3rd and extend with a shake to 4th INT. AER. (1 2 3 & 4), spring onto RF pointing LF to 3rd REAR (5) spring on to LF pointing RF to 3rd (6). Repeat 5 6 7 8. Repeat L.R.L.

**Cross Over:** Hopping on LF point RF to 2nd, 3rd REAR AER., 3rd AER., 3rd REAR AER., 2nd, 3rd REAR AER. (1 2 3 4 5 6) Quickly slide RF round to 3rd AER. (&), spring on RF bringing LF to 3rd REAR AER. (7), hop and point to 3rd (8). Repeat L.R.L.