

Callanish

CEILIDH DANCE INSTRUCTION

Cumberland Square Eight

Formation: four couples arranged around a square, lady on the right of the man. Couple with their backs to the music are couple number 1, couple on their left number 2, couple opposite number 3 and couple on the right number 4 (ie numbering clockwise).

Music: This is normally danced to tunes in common time (32 bar and the dance is 64 bars long) but can be and is sometimes done to jigs (6/8 tempo).

Bars:	Description
1-8:	End couples (1 and 3) take ballroom (waltz) hold and dance across the set, men passing back to back, then dance back again, ladies passing back to back.
9-16:	Side couples (2 and 4) repeat.
17-24:	End couples dance right hands across in a star (wheel), then left hands back again.
25-32:	Side couples (2 and 4) repeat.
33-40:	End couples dance the basket: make a small circle in the middle, men joining hands behind ladies' backs, ladies' arms on top of men's. In this formation, circle round to the left. With sufficient speed, the ladies' feet can lift off the floor. Remember to leave time to land and get back to place!
41-48:	Side couples (2 and 4) repeat.
49-56:	All join hands and circle round to the left and back.
57-64:	Take promenade hold with partner (right hand in right, left

in left, both in front of you) and dance anticlockwise once round the set.

Repeat ad lib.

Note: sometimes the circle is to the left only; in this case it is for the full eight bars.

Note: sometimes the caller misses out the promenade to allow 24 bars for the basket - this allows time for landing and changing over...