

Callanish

CEILIDH DANCE INSTRUCTION

Gay Gordons

Formation: couples around the room facing anti-clockwise, ladies on the right.

Music: 2/4 or 4/4 march.

Bars: Description

1-2: Right hands joined over lady's shoulder (man's arm behind her back) and left hands joined in front, walk forward for four steps, starting on the right foot.

3-4: Still moving in the same direction, and without letting go, pivot on the spot (so left hand is behind lady and right hand is in front) and take four steps backwards.

5-8: Repeat in the opposite direction.

9-12: Drop left hands, raise right hands above lady's head. Lady pivots on the spot. (The man may set).

13-16: Joining hands in ballroom hold, polka round the room.

Repeat ad lib.

For Scottish country dancers, the grip in the first eight bars is allemande hold.