

# Callanish

## CEILIDH DANCE INSTRUCTION

### Highland Welcome

**Formation:** Dancers stand in fours, round the room, one couple facing clockwise and the other couple facing anti-clockwise, opposite each other. Each man has his partner on his right. Slip step and skip change of step are described although walking steps could be used. Two walking steps will be used for each skip change of step.

<b>Bars:</b>	<b>Description</b>
<b>1-8:</b>	Both couples circle to the left (eight slip steps) and back to the right (eight slip steps) to finish where they started.
<b>9-16:</b>	Both couples now dance right hands across (a wheel or star) for four skip change of step then dance left hands across for four skip change of step back to original place.
<b>17-20:</b>	Turn the person opposite with the left hand for four skip change of step to finish in own place. (It helps to keep hold of their left hand at the end of the wheel).
<b>21-24:</b>	Face your own partner and turn with the right hand and for four skip change of step. Finish facing the other couple with whom you have been dancing.
<b>25-28:</b>	Joining nearer hands, all advance for two skip change of step and retire for two change of step.
<b>29-32:</b>	All couples facing clockwise make an arch and advance to meet the next couple (four skip change). All couples facing anti-clockwise dance under the arch to meet the next couple (four skip change of step).