

Callanish

CEILIDH DANCE INSTRUCTION

Military Twostep

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

Music: 6/8 march.

Bars: Description

- 1-2:** Lady with hand on man's shoulder, man with arm around waist, touch heel then toe of outer foot to ground twice, bouncing on the inner foot with each touch.
- 3-4:** Walk forward for three steps then turn towards each other to face in the opposite direction.
- 5-8:** Repeat in the opposite direction.
- 9-10:** Facing partner and joining nearer hands, bounce on both feet, then kick the right foot across the body (to the left).
- 11-12:** Repeat with left foot.
- 13-16:** Polka around the room.
- Repeat ad lib.