

PE Knowledge Organiser – Scottish Dancing.

Key Knowledge

Learn this information

Basic Body Actions

Basic body actions are the foundations that help **make up the movements of a dance routine**. These include **step, gesture, travel, stillness, jump and turn**. By putting these together, in whatever order you choose to make it flow, you can create a simple dance routine very easily.

Counts

Performing a movement/action needs to be done within a count and is usually over a count of **4, 8, 16 or 32**. By doing this it creates a structure and provides control to the routine as it keeps it looking good and not completely random!

Timing

Timing can be either simply keeping the **movements and counts to accompany the music** or whether a **pair/group are in unison**. Keeping in time relies on the performer to **listen to the music**, keep the counts to the beat of the music and use their movement memory!

Trigger

Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indicates the beginning of your movements. **Picking out specific parts** as a trigger helps remember the routine.



Key Vocabulary

Understand these keywords

A set - A given number of dance partners in a group. Usually 4, 6 or 8.

To set (a step or transfer of weight) - dancer's movement so that their weight is moved from one supporting foot to another one fully or partially.

Pas de basque – an example of setting.

Unison - Two or more people doing a range of moves at the same time.

Cannon - when two or more dancers perform the same move one after the other.

Cèilidh - a traditional Scottish or Irish social gathering usually with music and dancing.

Reeling – an informal term for Scottish Dancing

Reels of three (figure of eight) – a weaving dance by three dancers creating a figure of eight.

Tulloch Turn – turning your partner by interlocking hands behind your back.

Grand Chain – couples split up and move around in a circle in opposite directions, passing all other dancers until reaching their original partners.

Archway - dancers raise hands for others to pass underneath.

Two handed turn - turning your partner with crossed hands.

One handed turn – turning your partner with one hand.

Cartwheel (teapots) - partners link arms at the waist while one joins their free hand into the middle of group.

Circle – whole set side-steps clockwise or anti clockwise while holding hands

First couple – couple nearest the band that start dance.

Keys Skills

Practice and perform these skills

Dashing White Sargent

A celebratory dance, usually the first of the Cèilidh.

- Part 1 - Circle,
- Part 2 - set/clap/turn
- Part 3 - figure of eight
- Part 4 - advance/retreat, arches.
- Repeat steps 1-4 with next group of three.

Strip the Willow

A fast, fun and simple dance.

- Part 1 - 1st couple turn (right hand), 1st lady turns 2nd man (left hand), 1st lady turns partner then 3rd man (repeat down the line)
- Part 2 - 1st man turns last lady (left hand), 1st man turns partner (right hand) then second last lady (repeat back up the line),
- Part 3 - 1st couple then turn each other at top of lines before then repeating parts 1 and 2 in unison.
- 2nd couple can begin part 1 as soon as the first couple has passed them during their part 3 – this creates an exciting cannon.

The Eightsome Reel

One of the most well known Scottish dances.

- Part 1 – circle, cartwheel, set x2, grand chain, Tulloch turn.
- Part 2 (repeat x8) – In centre, set partner and opposite, figure of eight, In centre, set other two, figure of eight.
- Part 3 – circle, cartwheel, set x2, grand chain, Tulloch turn.

