

So what do we mean by Basic, Intermediate and Advanced?

### **Basic (Level 1)**

Basic dancers require a lot of coaching. They need further work on basic steps and formations since they may not be proficient in them all. Basic dancers usually need to walk a dance through at least from more than one position to learn it and will need help to recover from a mistake.

#### **Basic formations include:**

Advance and retire

Allemande for 2 or 3 couples

Back to back

Balance in line

Casting

Grand chain

Corner formations: turn corners and partner, set to and turn corners

Cross and cast

Cross over

Figure of eight

Hands across

Hands round and back

Lead down the middle and up

Petronella turn

Poussette (in reel and jig time)

Promenade for three couples

Reels of four

Reels of three, right shoulder, left shoulder, 6 and 8 bars

Rights and lefts

Set and cast

Setting in line

Stepping up and down

Turns

#### **Basic steps include:**

Slip step, Skip change of step, Pas de Basque, Strathspey travelling, Strathspey setting

## **Intermediate [Level 2]**

An intermediate dancer is comfortable with Basic formations noted above and comfortable with many of the Intermediate and Advanced formations below. By comfortable, we mean that when asked to do a dance containing a basic formation, intermediate dancers are able to do so with only a brief reminder. Intermediate dancers should be able to do the basic formations without walking them at all, but would need to be taught the variations in entry and exit in those formations. Intermediate dancers can usually learn a dance of moderate complexity by watching one couple walk it through. Intermediate dancers can usually recover from mistakes on their own so that the dance can continue despite the mistake.

## **Advanced [Technique]**

An advanced dancer is proficient in all basic and advanced steps and intermediate and advanced formations. They should be able to do all the basic formations including variations in entry and exit. Advanced dancers can learn a dance of moderate complexity from a talk through as well as dance the dance with good footwork, handing, phrasing, covering and teamwork. Advanced dancers can not only recover quickly from their mistakes but help less experienced dancers to recover.

### **Intermediate and advanced formations include:**

Bourrel  
Double Triangles and Crown Triangles  
En Rond  
Espagnole  
Knot  
Ladies' Chain  
Men's Chain  
Rondel  
Set & Link for 2 or 3 couples  
Set & Rotate  
Spoke  
Spurtle  
Strathspey Poussette  
Targe  
Tourbillon  
Tournée

### **Intermediate and advanced steps include:**

Glasgow Highlanders  
Highland Schottische

*With thanks to the Toronto Teachers' Panel and the Cincinnati and New Zealand Branches*