



AWAKEN
Fun, Fitness, Friendship
WORLDWIDE



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What is Scottish Country Dancing? It's social!

Sociable, enjoyable and ever-evolving; Scottish Country Dancing has roots in the assemblies and balls of the 18th and 19th centuries. Its popularity continues to increase worldwide. Dancers are grouped in sets — typically 3, 4, or 5 couples in two lines, partners facing across. When music starts, you bow or curtsy to your partner and then go into a series of flowing patterns that vary for each dance. There are a few basic steps to learn, and a challenging variety of formations and dances. You can't think of your problems when Scottish Country Dancing.

Do I have to be Scottish? No, just cheerful.

You need to be a "people person" not a Scottish person. Everyone is welcome. Scottish Country Dance has roots in ballet, the royal courts of France, and English country dance (though we didn't pick up much from Morris dancing). Many dances are ancient, with fascinating historical associations. Many dances are new, with interesting and sometimes challenging formations. You don't need to come with a partner, we change partners every dance. The music is infectious: lively jigs, hi-octane reels, and stately, distinctively Scottish, strathspeys.

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RESOURCES

Toronto website*: www.dancescottish.ca
International website: www.rscds.org
YouTube Channel: <https://bit.ly/2UFG5a1>
Dance descriptions and video links:
www.scottish-country-dancing-dictionary.com

* RSCDS Toronto is a not-for-profit affiliate of the Royal Scottish Country Dance Society, Edinburgh, Scotland. HM Queen Elizabeth is our Patron.

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