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THE
SANDGATE
EXERCISE BOOK



REELS OF EIGHT.



STEPHEN & POLLOCK.
BOOKSELLERS, STATIONERS, AND LIBRARIANS
37 SANDGATE AND 68 NEWMARKET STREET,
AYR.

REELS OF EIGHT.

Eightsome reel

from Blantyre m.s.s. - 1805.

Gentlemen all come up
follow after head gen:

Ladies do same after
head lady,

Right and left full round
to places,

Change sides with right hand,
Change again with left,

Allaman all,

Change sides,

Chace change sides,
back again,

Right and left,

hands all round.

Eightsome reel

Blantyre mss. 1805.

Right and left 8 persons
into your places,
then chace 4 each side,
allaman 8,
cross over to the foot,
lead up middle,
throw them all off,
and down backs,
then begin head couple
do same.

Another 8 reel.

Blantyre m.s.s. 1805.

Chace 8,
Allaman 8,
Change sides 8,
back,
right and left,
all hands round.

French Assembly Reel

"The Ball-room" - 1827

- Bars.
1. All eight do hands round
and back again - - - - - 8
 2. The first and third couples
advance and retire twice - - - 8
 3. The second and fourth
couples do the same - - - 8
 4. The first and third couples
right and left fully round - - 8
 5. The others do the same - - - 8

The above figures are repeated
again by the 2nd and 4th couples
taking the lead.

Assembly Reel

"The Ball-room" 1827.

- | | Bars. |
|--|-------|
| 1. Eight hands round and back again - - - - | 8 |
| 2. Double hands across and back again - - - - | 8 |
| 3. all right and left full round - - - - | 8 |
| 4. Set to partners - - - - | 8 |

The Reel of Eight.

The same in
Allan's ballroom
guide.

from "The globe guide to the
art of dancing."

The position as Quadrilles.

1. All join hands and turn round to places
2. The gentlemen take hold of their partner's hand; the ladies cross hands and round, then gentlemen with left hands across and return to places.
3. All set and turn partners.
4. Then all right and left round, or grand chain if preferred.

The Eightsome Reel.

Mackay's Ballroom
guide

This is not the Eightsome Reel that used to be danced long ago, but a special set of it sometimes called the Skye Eightsome, which associated originally with the Northern Meeting Balls at Inverness and the Skye Gatherings.

As the name implies it is danced in sets of eight.

These are arranged as for the Lancers' Quadrille, and the dance proceeds as follows:-

(description as in S.C.D.S. books)

Allan's ballroom guide, description as in
S.C.D.S. books

Eightsome reel.

Partners take their places as in a modern Eightsome, face partners, reel right and left round to places, 8 bars of music, dance to partners 8 bars, repeat, first Strathspey time 3 or 4 times, finish with Reel time.

(From a letter in "Ohan Times" by D. Grant, Mayfield Skelmorie, 14/3/26. in which he says - "There is an Eightsome reel, perhaps as old as the Foursome reel, which I used to dance in Strathspey district (the home of Highland dancing) as a boy, in the early 'seventies, it is simple and very pretty when rightly done" description follows - as above.

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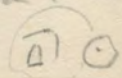
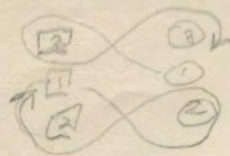
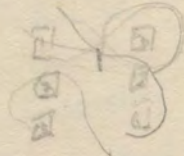
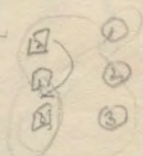
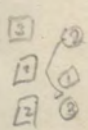
Book 27

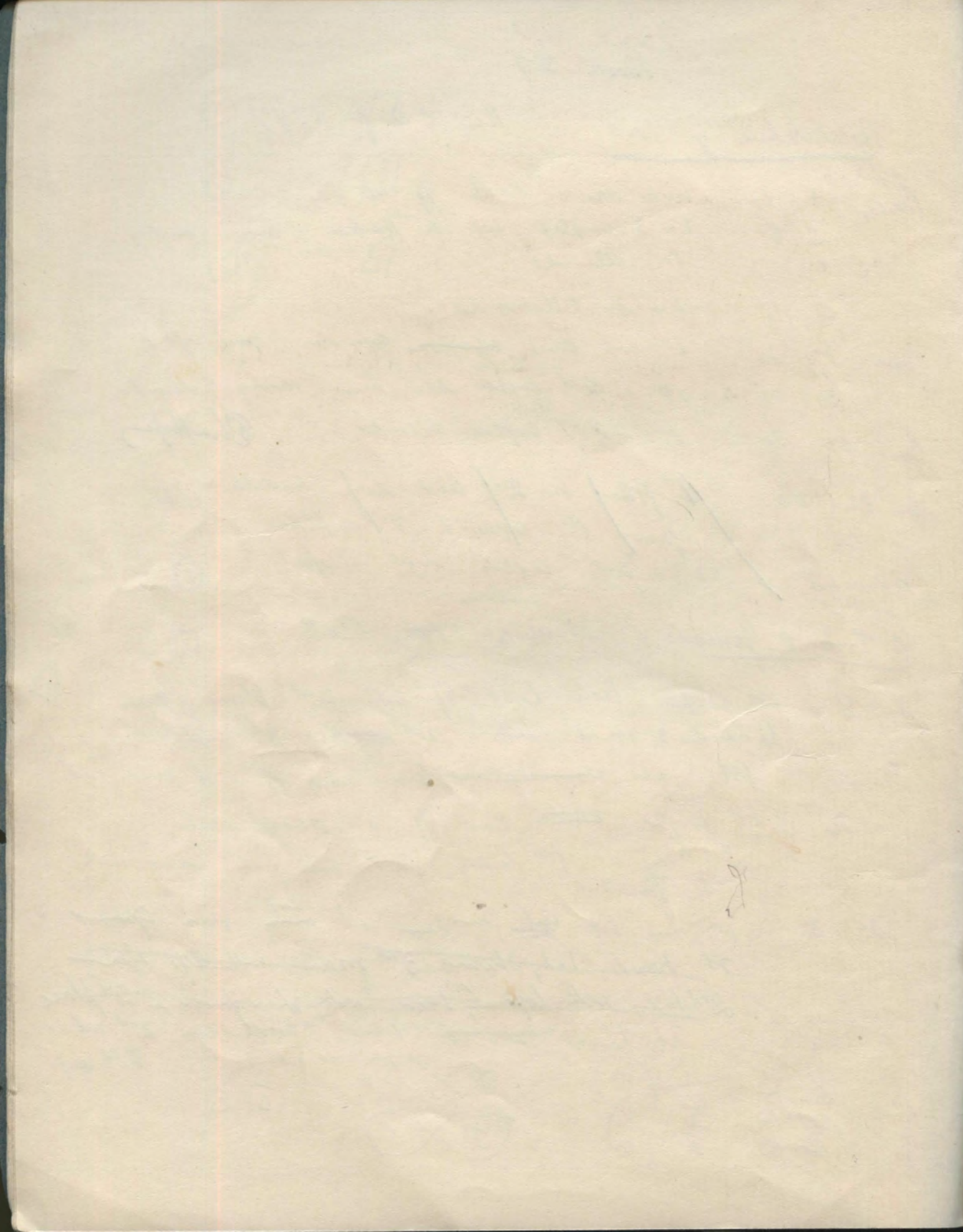
The Dutches of York. New CD for 1797

- Bars 1-4 cross over - cast off 1.
 5-8 1-3 couples set to partner - time ready for allude
- 9-16 1+3 allennade
- Bars 17-20 1st couple cast off ~~one~~ cross over - cast off 1
 21-24 1st, 2nd couple set. time ready of allude
- Bar 25-32 1st 2. couples allude **Challenge**
- Bars 32-40 ~~1st~~ ^{2nd} ~~couple~~ ^{couple} by ~~2nd~~ ^{1st} ~~cast~~ ^{lead} ~~off~~ ^{cast} middle 1 up
 again 1st couple to 2nd place
- 41-48 1st, 2nd couples right - left

A Trip to Jamaica Walsh rot 1748

- 1-8 1st couple turn cast off into 2nd place then
 he hands 2 round with 2nd couple & 3rd couple
- 9-16 1st couple ~~do the same turn~~ cast off - 6 rounds ² ~~and~~
- 17-24 1st couple ~~cast off~~ & dance reels of
 3 across 1st lady 2nd couple, 1st man with
 3 fourth
- 25-32 1st couple set ~~up~~ ^{up} from them 1st ~~man~~ ^{cup} from ~~ground~~ ^{ground}
~~2nd couple lady & 3rd man 3rd man with left hand~~
~~2nd lady with left hand 1st man with right hand in 2nd place~~
 set he set ~~1 lady 3 hands down 2nd set~~
 set no 1 " 3rd couple





Some Reel

Blantyre 1805

Lines

1-8 Men dance round ladies following 1st man

9-16 ladies " " " " "

17-32 Grand Chain at round -

33-40 Cross over ^{right} back again with left hand

partner at place for all

41-48 1+2 ^{repeat} 3-4 all ends

all at ~~the same time~~ ~~to form 2 groups~~

49-52 all cross over ~~to form 1st group~~ ~~now ends~~

~~53-56 Chain across back~~

alternate right-left
then cut and cap

1-8 Men dance round ladies

9-16 ladies round men

17-32 Grand chain

33-40 3rd couples cross ~~to form 2 groups~~ ~~with left hand~~
^{1st couple in middle} ^{ready for all}

41-48 1+3 with all ends ~~with~~ back back to place

49-56 } 2+4 repeat repeat ends 33-48

57-64 } 1+2 " " "

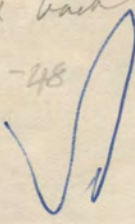
~~65-72~~ } 3-4 " " "

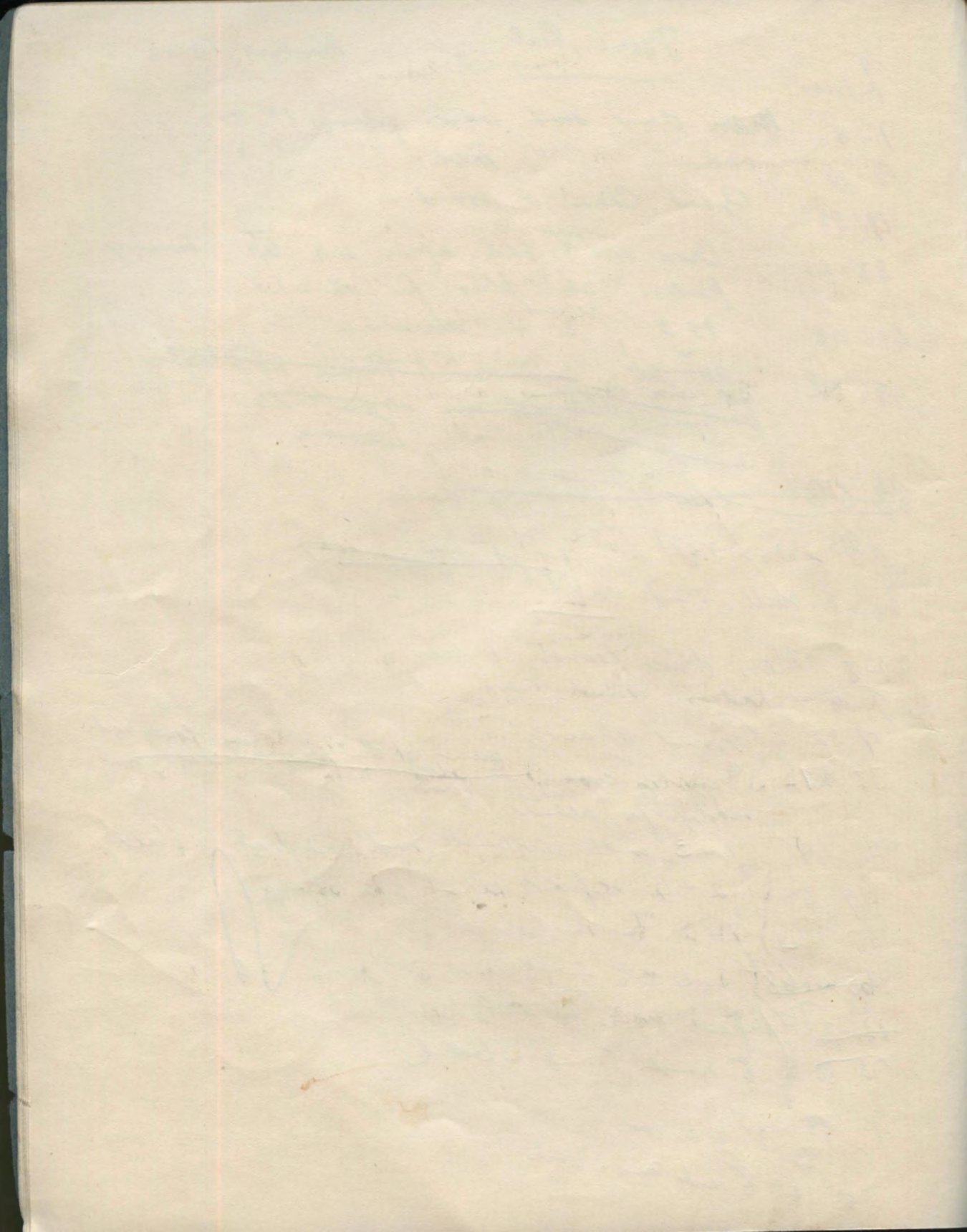
~~73-80~~ } Repeat back to place

75-78 3rd 4 do same

79-82 8 take end-back

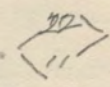
83-9





1007 Stephen Belcher

Bowie 1789

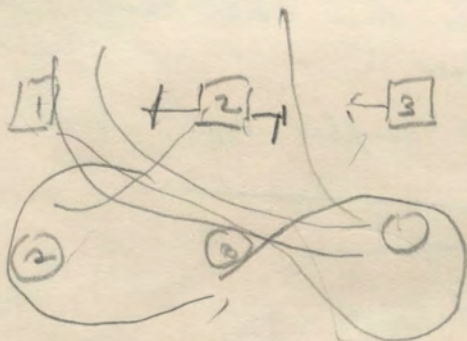
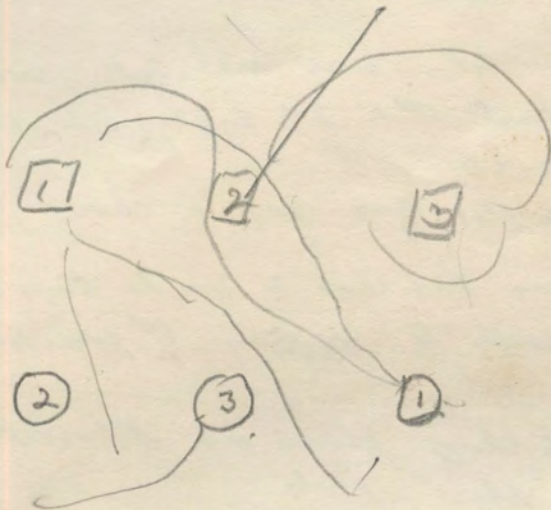
- 1-8 All 3 couples set. arms over set. arms back
~~9-12~~ ~~1st~~ 2^d front 1st. 2^d couples with heads joined
 in middle
 9-12 1st 2^d couples zig zag to change places
 13-16 1st couple turn each other 4 times de boys 
 in middle ready to zig zag 1st couple towards bottom
 side
 17-20 zig zag to change places with 3rd couple then
 front in place 2^d couple
 21-24 1st couple turn each other 4 times up into
 2nd place
 25-32 2. 1st couples right, left

Miss Charlotte Stirling

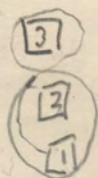
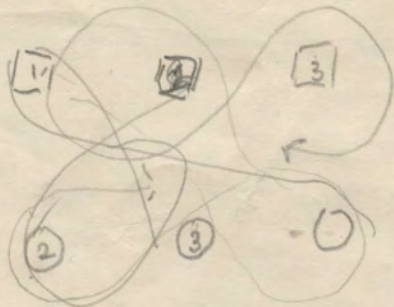
Bowie

- 1-8 1st couple set to 2^d lady all do 4 points
 then 3 circles, round leave lady & slip into
 middle
 9-16 same with 2^d man but finish on a circle
 arms ~~interlaced~~ ^{crossed} slip and 8 left & 8 right
 17-24 back to place
 25-32 1st couple down middle for 2 up for 2
 1 + 2 couple $\frac{1}{2}$ all-around





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frank reals than could at
lady down

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Sheep

Lot I

Calendar CD 1754

- 1-4 1st couple set - cart
- 8 8 1st set set. cart up man set. cart down
- 9-16 set down the danc line. set on sides
frank facing corners.
- 17-24 turn corners. partner
- 20-32 ~~the first~~ ? 1st woman turn 2nd man R hand
there 15 man turns 2nd W also right. 1st couple turn each other
in circle with left. 1st woman turn 2nd woman set man 2nd man
1st couple turn to 2nd place

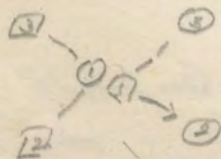
Sheep

Day in Park house

6/8

- 1-8 1st couple set left side
- 9-16 " " " " on right side
- 17-24 1st couple set. cart up all to turn with left
frank in front
- 25-32 sheet round - back 1st couple frank
in 2nd place

V



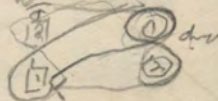
It had two left to places

Wild Goose Chase

2/4

- 1-8 1st couple cart up 2 lead up. cart L
- 9-12 1st couple 4 hands end with 3rd up
- 13-16 1st couple ~~to sheet with 2nd~~ - turns - 1st woman carts up at man
1st man down
- 17-24 Reels of 3 at sides - ~~As in Dancers of Athol.~~
set couple set ~~the 1st man turn with 2nd~~ cart up
1st woman
- 25-28 1st couple plain in many sets
- 29-32 1-2 2 ~~set~~ set right - left

end frocks 2 2 set 2nd set 2 2



Petronella

A reel in $2/4$ time. Its own line in R. dance & c.

Bars
1-16

Description

1st couple turns North 2 paces & changes steps into the middle of the down ^(set 1 2 3) Set to each other woman facing man down - Repeat this 3 times into partners place then up - down again the time woman facing down - now up & finish back in original places.

17-24

1st man leads his partner down the middle for 4 steps change 2 steps ~~while~~ they turn to face up & set down of the middle for 3 steps ~~change~~ set to each other face each other ~~with~~ both hands. 2nd couple come into face & they dance the Pommelto

25-32

Pommelto (see page) This repeat with each couple & the bottom of the dance - A new 1st couple beginning down the right first pair are in 3rd place

W^o the Lead

A reel in $4/4$ time - own line. ova

1-8

1st & 2nd couple dance 4 hand turns (see page)

9-16

1st man leads partner down the middle & up to corner (see page)

17-24

Set last man corner (see page)

25-32

Reels of 3 & the lead for 6 steps coming over to 2nd place on our side on 7 & 8 - see page
Repeat with rest of couples -

Tommytown Lasses

Reel in $4/4$ time own line in R. S. C. D. S. both

1-8

1st couple nearer hand point set to 2nd lady (1st call) swing the first step to meet partner & turn hands -

9-16

3 hands round 1st couple finish facing 2nd man - set back to place

17-24

Repeat bars 1-4 with 2nd man 1st couple finish to middle and to lead down middle & hands round

19-32

down the middle - into Pommelto

Scottish Reform

1-

River Cree Reel

- 1-4 1st man - 2^d woman change places - 4 steps Step 1st
5-8 1st woman and 2^d man do the same
9-12 1 Advers - 2 line
13-16 1-2^d couples half right - left home
17-22 down the middle up - pommel

Shop the Melan

The rhythm of this is "step left then march Time" 1 2 3 4
Recon. Left right left the ~~carrying~~ first step has a pause
before it so the rhythm is "and step close step" the
pause can be used at an elegant little jolt or strut
of the left foot before it goes on the ground. It is really a
quick extension of foot & knee and gradually it allows
the step to be performed on the spot. The sideways step on the
first teaching of the step set the required rhythm of long short stand

The last step is difficult for the rhythm part of few are
cleans especially men are apt to turn it into a "beat
'and together' and together" with a "and together" make
the learner say the words to their feet & keep their rhythm
to command. And step ~~and together~~ - The march line done with
a fairly high knee at once implies finally the necessary rhythm

In shortening the lateral step is difficult also as there is
the quick line step is a default left in shortening the step is
done with a bend of the carrying foot & more a fine of the
ankle than a top - It can be worked ^{right} step (or any) forward
close up in 3rd behind with the left ~~leaving~~ then another step
with the right leaving the left ~~with~~ extended foot & knee
behind as the next step is taken this foot behind is slowly
pulled through till it reaches the side of the front leg then
bending that front leg then foot ~~which~~ has come from behind
to ~~through~~ angled forward. The ~~be~~ ~~shoulder~~ carrying knee
(which is still carrying the weight) is bent to allow ~~the~~ a much
longer forward thrust. & the weight goes over to the other foot
& repeat all this.

The falling step is really the same as the ~~same~~ ~~handing~~ step
but is done sideways - large to right carrying over the weight
close up the left in 3rd behind - weight on in both. Steps
sideways again to right ~~with~~ ~~the~~ and draw up the left to
place the side of the left foot against the band of the right foot above
the heel of the shoe & a little hip is done before the left foot

to rent the Ball room - No actual steps are necessary for the canny and smoothly & rhythmically the movements of the dance ~~being~~ helped by the surge & swell of the music - "Saucy is the physical expression of the music."

The 3 tempos used in S.S. are in quick time reel & 17 (10 $\frac{4}{4}$ & 2/4 for reel and $\frac{3}{4}$ for jig), and two steps for the Strathpey ^{also to 4/4 time} ~~the~~ dignified ~~and~~ ~~slow~~ time the sitting step & the travelling step. In many countries the reel & jig time are found with Strathpey music & entirely Scottish and express most truly the soul of Scotland -

Reel time ~~handing~~ step is called the steps change of step is light, jang & without bouncing really there are high & any effect. Now before any of the latter steps can be done correctly attention must be given to the positions of the feet and angle of 90° must be maintained to get the maximum force & slope necessary. There are 4 of these used with reels & strathpey 1st \checkmark 2^d \llcorner 3^d \llcorner 4th \checkmark . The words which describe the quick time

step are "Steps (there is a little hop on the spot with the fore foot extended with a straight knee & a pointed toe about 2 inches off the ground. "Skate close steps" is a step forward ^{about 12} ~~with the~~ ~~step?~~ the raised foot knee still braced & still weight gradually changed then on the word 'close' the other foot is brought to 3rd position both feet sharing the weight on the toes then another step with the forward foot. = steps steps close steps or steps change of steps. Then should be pronounced front on the flat remember the line of gravity must always in dancing pass you head to carriage foot, ~~repeat~~ ~~and~~ and the 3rd position maintained. When the 2nd position is correct the fore foot then touch forward must not go under the standing foot but proceed ~~with~~ ^{or proceed} ~~apart~~ ~~heel~~ ~~of~~ ~~front~~ ~~foot~~. 2^d then the other reel And the 2nd step of sitting set the pas de basque. Take a little step ^{with the foot} ~~at~~ 2nd position ~~bring~~ ~~on~~ ~~the~~ ~~weight~~ ~~bring~~ the right foot in front at 3rd position ~~change~~ ~~weight~~ ~~onto~~ it then change weight back to left foot. The easiest way to get

S. Dancing is the traditional dancing of every
Class of Society in Scotland. The word folk much never be
applied to it as it ~~is~~ came originally from France
the steps from the French Ballet. The manners an elegance
from the French Court Balls. The Scotland was from the
time of Mary Queen of Scots a dancing Country on account of
the Clear system which ruled that the Chieftain or Laird
did so did all his followers to the hundredth ~~of~~ ~~the~~
So the Duke of Argyll once said he is not a Royal Scottish C.D.
Society unless every class of Society from the Queen to the
humblest of her subjects does the ~~very~~ same. It is this
generally secret spirit which has made S.C.D. popular
all over the world. Since the Society was formed by two
ladies in 1804 ago. S.C.D. was never died (and
is no of the proof of its authenticity) but after the 1st world
war it had become sported by countless rough performers
and complete ignorance of the soul of the dance. Only in a
few of the County Balls and in ~~some~~ ~~of~~ ~~the~~ ~~best~~ ~~of~~ ~~the~~ ~~best~~
to see it in its naturally beautiful form. Both the help of old
people who remembered how it should be done and also dance
which had not been forgotten did the Society restore one
more to Scotland one of her great traditions. This allied to
the research on the musical side has made Scottish C.D. most
attractive and interesting to practically the dark world -

Much could be written about this modern miracle the
would spend of an art recovered by the efforts of 2 ladies
with out funds or any definite backing. So this little
book will go on to show how the dancing should be done
& give a number of dances which are known and loved
internationally -

What has made the dancing so popular is the fact that there
is always a challenge - the steps never be known the formations
are many, attractive & the fact that a lady always takes
part and ~~never~~ give help & friendship to everyone else.
First let us deal with the steps. As in the ballet there
are each rules of steps and steps but in S.D. stepped down

