

While this recording may be of interest to fiddlers wishing to learn the tunes, it is primarily for practising step-dancing. It is intended to provide music in the relevant style at a pace suitable for learning/practising steps. While it is not within the tradition to devise routines, learners of step-dancing usually find that by having a sequence of steps it makes memory of them easier. The music has been chosen in such a way as to help you remember step routines with the Slow Strathspeys and Reels later repeated when played as Strathspey and Reel Sets at tempo. You may find that by associating certain steps with particular tunes that it will be easier to remember them.

While practising new steps it is common to repeat them 8 times. Once you are comfortable with a series of steps, it is enough to repeat a step only 4 times. The Strathspeys are 16 bars long. Where steps which are one bar in length are repeated 8 times, only 2 steps are required to dance a Strathspey. The Reels are 32 bars long. Where steps which are one bar in length are repeated 8 times, 4 steps are required to complete a Reel.

It is indicated alongside the titles the number of times each tune is played. Please note however that while "Calum Breugach" is played twice, it is a four-part Strathspey making it twice as long as all the others. Also note that "Jenny Dang the Weaver" is only half as long as the other Reels. I hope all that doesn't confuse - the tunes were too good to leave out.

Sincere thanks to: Pete for doing a brilliant job on Guitar and for his advice throughout the project; Dave for his enthusiasm and tremendous patience in the Studio and for the "smoking" intro. on track 24; lan Sinclair for teaching me Fiddle all those years ago in Thurso High School; Alasdair, Buddy & Harvey - Instructors of the Fiddle and Dance Courses at Sabhal Mòr Ostaig on the Isle of Skye and Valley of the Moon in California for their ongoing inspiration; John; Evelyn; Dave MacIsaac; finally my mum & dad (Christine & Eion) for their support and encouragement in everything I do.

Karen Steven: Fiddle Peter MacCallum: Guitar

	Slow Strathspeys	
1	Miss Drummond of Perth (x3) (Neil Gow)	1'47
2	Captain Campbell (x3) (Malcolm MacDonald)	1'46
3	Calum Breugach (x2)	2'20
4	Miller of Drone (x3) (Nathaniel Gow)	1'44
5	Christy Campbell (x3)	1'43
6	Miss Lyall (x3)	1'44
7	King George IVth. (x3) (Capt. Daniel Menzies)	1'46
8	Miss Drummond of Perth (x3) (Neil Gow)	1'15
	Brenda Stubbert (x2) (Jerry Holland)	1'13
	Sheehan's Reel (x2)	1'15
9	Captain Campbell (x3) (Malcolm MacDonald)	1'20
	High Road to Linton (x2)	1'14
10	* Calum Breugach (x2)	1'41
	Trip to Windsor (x2) (Dan. R. MacDonald)	1'13
	(1981 John Donald Cameron)	
11	Miller of Drone (x3) (Nathaniel Gow)	1'21
	Hamish the Carpenter (x2)	1'17
	Slow Reels	
12	Brenda Stubbert (x2) (Jerry Holland)	1'58
13	Sheehan's Reel (x2)	1'52
14	High Road to Linton (x2)	1'52
15	Trip to Windsor (x2) (Dan R. MacDonald)	1'51
16	Hamish the Carpenter (x2)	1'52
17	Father Francis Cameron (x2) (John Campbell)	1'51
18	Jenny Dang the Weaver (x2) (Robert Bremner)	0.56
19	Molly Rankin's (x2) (John Morris Rankin)	1'51
20	Spey in Spate (x2) (J. Scott Skinner)	1'51
21	Miller's Reel (x2) (Zeke Backus)	1'54

22	Christy Campbell (x2) Father Francis Cameron (x2) (John Campbell) Jenny Dang the Weaver (x2) (Robert Bremner)	0'53 1'12 0'40
23	Miss Lyall (x2) Molly Rankin's (x2) (John Morris Rankin)	0'51 1'12
	Spey in Spate (x2) (J. Scott Skinner)	1'13
24	King George IVth. (x2) (Capt. Daniel Menzies)	0'47
	Miller's Reel (x2) (Zeke Backus)	1'10

Produced by Karen Steven Engineered by Dave Keir

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