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## HEILAN' LADDIE continued.

Counts.	6th. Step.	Bars.
1, & ...	Hop twice on L.F. and Ronde R.F. to 4th. rear int. aer. pos.	
2, ...	Cut L.F. to 5th. aer. pos. with R.F. ... ..	1.
& 3 & 4, ...	'Retiræ' twice, finishing with L.F. raised.	1.
5, to 8:	Repeat, 1st. 2 bars contra. ... ..	2.
& 9 & 10, ...	Hop, tap, close; beat, with R.F. ... ..	1.
& 11 & 12, ...	Spring, tap, close, beat with L.F. ... ..	1.
4	'treble' shuffles commencing with R.F. ... ..	2.
	Repeat above 8 bars contra. ... ..	8.

Arm Movements. Arms in 2nd. pos. for 1st. bar; 4th. pos. for 2nd. bar; 3rd. pos. for 3rd. bar; 4th. pos. for 4th. bar; 2nd. pos. for 5th. bar; 3rd. pos. for 6th. bar; and 'fingers clasped' pos. for the shuffles.

## 7th. Step.

1 & 2, ...	Hop, tap, close, beat, with R.F. ... ..	1.
3 & ...	Hop on L.F. and double 'heel tap' in 5th. pos. with R.F. leaving heel down on floor the 2nd. time.	
4, ...	Beat with L.F. cutting R.F. forward to 4th. int. aer. pos. ... ..	1.
5 & ...	Hop twice on L.F. travelling to L., and Ronde R.F. to 4th. rear int. aer. pos.	
6, ...	Cut L.F. to side with R.F. ... ..	1.
& ...	Step to 2nd. int. pos. on heel of L.F.	
7, ...	Close R.F. to 5th. rear pos.	
& ...	Step to 2nd int. pos. on ball of L.F.	
8, ...	Close R.F. to 5th. rear pos. ... ..	1.
	Repeat the above 4 bars contra. ... ..	4.

Repeat all 8 bars again to complete the Step.

Arm Movements. Arms in 2nd pos. for 1st. 2 bars, changing to 3rd. pos. on count 6. Retain 3rd. pos. until count 6 of 'repeat contra'. changing to 2nd. pos.

Heilan' Laddie. Hebridean Solo. Collected from Mr John McLeod of Eochar.

[This is the South Uist version which is considered to be authentic. This and other Hebridean solos were demonstrated to members of the Royal Celtic Society in the early 1920's by the late Mr Archibald Macpherson (Gilliesbaig Saor) who was taught by Mr McLachlan of Benbecula who, as far as I can ascertain, arranged most of these dances.]

Should be danced in a 'spritely and carefree' manner to the tune 'Highland Laddie'. Danceland record No. D E 611B. Time- 2/4, Tempo- 56 bars per minute.

Counts.            1st. Step. Start with feet and arms in 1st. pos.            • Bars.

1. Spring on to L.F. and point R. toe to 2nd. pos.
2. Hop on L.F. bringing R.F to 5th. rear aer. pos. ... .. 1.
3. Spring on to both feet together, R.F. in 5th. pos.  
(a complete turn to the L. is made on counts 2. and 3.)

'&'. Step to 2nd. inter. pos. with R.F.

4. Close L.F. to 5th. rear pos. ... .. 1.
- 5, '&' 6. Repeat the 2nd. Bar contra. (to the L., no turn), ... .. 1.
- 7, '&' 8. Repeat the 2nd. Bar to the R. again. (no turn) ... .. 1.

Now repeat the first two bars contra, and finish the phrase with four 'treble' shuffles commencing R.F. ... .. 4.

(single shuffles may be used until a 'treble' movement is acquired.)

Repeat the above 8 bars contra.

Arm movements - Arms in 2nd. pos. for 1st. 2 bars, 3rd. pos. for 3rd. bar, 2nd. pos. for 4th. bar, 3rd. pos. for 5th. and 6th. bars and 'fingers clasped' pos. for the shuffles.

The head is allowed to move slightly, and naturally in opposition to raised arm throughout the whole dance.



'Heilan' Laddie. continued.

Counts.	2nd. Step-	Bars.
1.	Spring on to both feet together, R.F. in 5th. pos.	
'&'	Step to 2nd. int. pos. with R.F.	
2.	Close L.F. to 5th. rear pos. ... ..	1.
3. '&'	4. Repeat the 1st. Bar contra (to the L.), ... ..	1.
5. '&'	Hop twice on R.F., travelling diagonally forward to R. and rising high on ball, Ronde L.F. from front to rear aer.	
6.	Cut R.F. forward to 4th. int. aer. pos. with L.F. ... ..	1.
7. '&'	8 Repeat the 3rd. Bar contra, ... ..	1.

Now repeat the first two bars again, and finish the phrase with four 'treble' shuffles commencing R.F. travelling rearwards to regain original place. 4.

Repeat the above 8 bars contra.

Arm movements - Arms in 2nd. pos. for 1st. bar; 3rd. pos. for 2nd. and 3rd. bars; 2nd. pos. for 4th. and 5th. bars, (on 4th. bar the L. hand is raised 'inwardly'); 3rd. pos. for 6th. bar; and 'fingers clasped' pos. for the shuffles.

Counts.	3rd. Step-	Bars.
'and' 1.	Hop on L.F. and almost simultaneously 'tap' floor with ball of R.F. in int. pos.	
'and' 2.	Bring R.F. to 5th. pos. ball, with slight transference of weight, raising L.F., and beat sharply with L.F.) in 5th. rear pos. ... 1. [In future this movement will be referred to as 'hop, (or spring), tap, close, beat' with R.F., (or L.F. if contra to above)].	
'&' 3. '&' 4.	Spring, tap, close, beat, with L.F. ... .. 1.	
5. to 8.	Repeat 1st. and 2nd. bars of 2nd. Step. ... .. 2.	
	Repeat 1st. and 2nd. bars again (Spring, tap, close, beat, with R. & L. feet.) 2.	
	4 'treble' shuffles commencing with R.F. ... .. 2.	

Repeat above 8 bars contra.

Arm movements - Arm in 2nd. pos. for 1st. bar; 3rd. pos. for 2nd. bar, and repeat alternately for next 4 bars. 'fingers clasped' pos. for the shuffles.

Heilan' Laddie. continued.

Counts.	4th. 3rd. Step.	Bars.
1.	Spring on to L.F. bringing R.F. to 5th. aer. pos.	
'&'	Step to 2nd. int. pos. on heel of R.F.	
2.	Close L.F. to 5th. rear pos.	
'&'	Step to 2nd. int. pos. on ball of R.F. ....	1.
3.	Close L.F. to 5th. rear pos.	
'&'	4. Repeat counts '&' 2. ....	1.
5 to 8.	Spring on to R.F. and repeat the above 2 bars contra, (to the L.).	2.
'&' 9 to 12.	Spring, tap, close, beat, with R.F., and repeat with L.F. ....	2.
4	'treble' shuffles commencing with R.F. ....	2.
Repeat the above 8 bars contra.		

Arm movements:- Arms in 2nd. pos. for 1st. and 2nd. bars; 3rd. pos. for 3rd. and 4th. bars; 2nd. pos. for 5th. bar; 3rd. pos. for 6th. bar, and 'fingers clasped' pos. for the shuffles.

Abbreviations and Definitions:- L. left; R. right; L.F. left foot; R.F. right foot; aer. aerial; int. intermediate; pos. position;

Time. Means the number of beats to the bar of music.

Tempo. The speed at which the music is played, number of bars per minute.

'&' and 'a' are used to count movements which have no full beat of their own.

Contra. The exact opposite of instructions given, (opposite foot and direction etc.).

Hop. Rising off one foot and alighting again on the same foot.

Spring. With the weight on one foot, rise and alight on the other foot with transference of weight; If 'both feet together' then the weight is equally distributed.

Step. (a) This usually refers to one movement to any position, taken on the sole, ball, or heel, when the weight is retained on the supporting foot until the 'step' is placed. Step can be compared with walking, and spring with running.

Step. (b) A number of various movements amalgamated together occupying a certain number of bars of music,



Definitions continued.

'Treble' Shuffle. Spring on to one foot extending other foot to int. low aer. pos. and 'brush extended foot in to 3rd. low aer. pos. and out again 3 times to 1 beat of music'. The shuffling movement, which is naturally very small, and resembles a quiver of the foot, is a rhythmical movement which requires a good deal of practice.

Tap. To touch the floor firmly with the ball (unless otherwise stated) of one foot, and raise it again.

Ronde. A semi-circular movement with the raised leg as it travels from front to rear. In Hebridean dancing the knee of raised leg is slightly bent.

Supporting foot. The foot which bears the weight of the body.

Working foot. The foot that is moving from one position to another.

### HEILAN' LADDIE continued.

Counts.	5th. Step.	Bars.
& 1 & 2. ...	Hop, tap, close; beat, with R.F. ...	1.
& 3 & 4. ...	Repeat 1st. bar again. ...	1.
5. ...	Spring diag. forward to R. on R.F., raising L.F. to 4th. rear aer. pos. with knee slightly bent.	
6. ...	Repeat count 5 contra, (still travelling diag. forward to the R.).	1.
7 & ...	Spring back on to R.L., and Ronde L.F. to 4th. int rear aer. pos., hopping on R.F., and travelling rearwards towards original pos.	
8. ...	Cut R.F. forward to 4th. int. aer. pos. with L.F. ...	1.
	Repeat 1st. bar again. ...	1.
	Repeat 1st. bar contra. ...	1.
	4 'treble' shuffles commencing with R.F. ...	2.
	Repeat the above 8 bars contra. ...	8.

Arm Movements Arms in 2nd. pos. for 1st. 2 bars, changing to 3rd. pos. on count 6 and changing to 2nd. pos. again on count 8. Retain 2nd. pos. for 5th. bar; 3rd. pos. for 6th. bar, and 'fingers clasped' pos. for the shuffles.

Definitions. Cut. (from rear). Bring raised foot to 3rd. rear pos. transferring weight on to it, and raise other foot as described.

Retiré (ie tee-ray). With either foot raised in 5th. aer. pos., hop on supporting foot bringing raised foot to 5th. rear aer. pos. (count &). Cut supporting foot up to 5th. aer. pos. with raised foot, (count 1).

This movement is similar to 'Backstep with a hop', and is often used for travelling rearwards. In 'Hebridean' it is danced on the spot, sometimes turning.

Note - Aerial Positions. When an aerial position is given, medium aerial is intended, unless otherwise described.

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## HEILAN' LADDIE continued.

Counts.	8th. Step.	Bars.
1. ...	Hop on L.F. and point R. toe to 2nd. pos.	
2. ...	... bring R.F. to 5th. rear aer. pos. ...	1.
3. ...	... (front) ...	
4. ...	... rear ...	1.
(A full turn to the L. is made on counts 2. 3 and 4).		
& 5 & 6. ...	Hop, tap, close; beat, with R.F. ...	1.
& 7 & 8. ...	Spring, tap, close, beat with L.F. ...	1.
9 to 12. ...	Repeat 1st. 2 bars contra. ...	2.
4	'treble' shuffles commencing with R.F. ...	2.
	Repeat above 8 bars contra. ...	8.
Arm Movements. Arms in 2nd. pos. for 1st., 2nd. and 3rd. bars; 3rd. pos. for 4th., 5th. and 6th. bars; and 'fingers clasped' pos. for the shuffles.		