

4/4 read you full instructions for that later, but here is Flowers of Edinburgh. Dance feet forward, very low on the ground. ~~fill in all beats with extra taps, if necessary, between steps and before catch in etc.~~ It is convenient for the step dance to describe a 'triple' 1 Hop on LF (almost flat foot & Beat R heel in bore 3rd 2 Beat R toe before 3rd (i.e. with heel just above 3rd) & Beat R toe before 3rd again. The triple is also done 'backwards' carrying the RF to the back on the two toe beats but still with foot pretty well to the front.

To start +

Between all steps do the reel

i.e. 6 plain bow change ^{RLRLRL} closing to rear 3rd in clockwise circle and close.

Catch in LF

6 bow in Triple + back triple with RF.

5 in Triple with LF

3. Beat RF in rear 3rd.

Yes, 4th time so. ^{will check.}

~~These all steps are done to second half of music.~~

Tempo is 48 bp.m.

4 2 | 2 2 3 4 4 ste.

1st step. N.B. Wear hard shoes - hard heels.

Catch in may be a 1 beat catch in, or a 2 beat catch in, or hop catch in, according to what go before. It is danced on beats (4) & or on beats 4 & of the bar preceding the movement proper.

1st Step

- 4 & Catch in RF
- 1 Triple + back triple LF
- 2 Triple LF
- 3. Beat RF in rear 3rd.
- 3 4 Catch in LF + \sim
- 5 6 Rep 1 2
- 7 8 Catch in LF + close.
- Go straight into real.

2nd Step

- 4 Pivot on both toes to beat heels together.
- 1 1 & 2 toe beats RF
- 2 & CF
- 3 & RF
- 4 & LF
- (Moving right to end in approx 2nd part)
- 2 1 Beat R toe before 3rd (weight on LF)
- 2 R heel in 3rd
- 2 R toe before 3rd (Take with)
- 4 R toe before both on RF
- 5 L toe before 1st (both)
- 4 Pivot on toes to beat heels together
- 3 4 \sim (i.e. now you are standing in 1st)
- 5 6 Rep.
- 7 8 Catch in LF + close.

3rd Step

- 1 1 Step on R toe in time 2nd
- 2 Close LF to 1st.
- 3 4 Triple LF
- 2 1 2 Triple RF
- 3 Beat CF rear 3rd.
- 3 4 \sim
- 5 6 Rep.
- 7 8 Catch in + close.

4th Step

- As 2nd but turn half right 1 2 back to front 3 4 full turn right 5 6.

5th Step

- 1 Chasse diag fwd i.e.
- 1 Step RF same 4th int
- 2 Close LF toe to heel
- 3 Step RF same 4th int.
- 2 Chasse diag fwd to left.
- 4 Beat R toe
- 4 Beat L toe taking weight
- 3 Triple with RF
- 3 Beat CF rear 3rd
- 4 Hop L catch in R
- 4 Contra 3
- 5 6 3 4 with full turn right
- 7 8 Close.

3rd step The rhythm of the setting for 2nd part used is not that of RSCDS book 1: it is second part

C | P P P P P P | P P P P P P | P P P P P P |
 | P P P P P P | P P P P P P | P P P P P P |
 (P P P P P P) | P P P P

It fits the next step perfectly.

6th Step

- 1 1 Step on R toe in 5th.
- 3 L 5th
- 3 1 R 5th
- 3 2 L 5th
- 3 3 R 5th
- 3 4 \sim
- 4 Hop R catch in L
- 5 Triple R
- 3 Beat L rear 3rd
- 4 Hop L catch in R
- 6 Contra 5
- 7 8 Close.

7th Step

- 4d¹ Brush LF out + in.
- 1 Back triple RF
- 2 Beat (last toe beat here is a brush back)
- 3 Beat R toe pointed in Lt (just end of toe, foot vertical, knee to front)
- 4 Beat R toe semi 2nd.
- 2 1 Beat R heel 2nd.
- 2. ~~at~~ R heel still on go flap RF on to go.
- 3. Beat flat LF in Lt.
- 3 4 Catch in to ~
- 5 6 Repeat with turn 3/4 right
- 3 4 ~~to~~ ending with
- 3 brush LF through Lt
- 4 Hop on RF
- 4 Catch in LF (end turn here)
- 1 8 Close (facing front).

8th Step

- 4d¹ Brush LF out in to rear 3rd
- 1 Back triple RF
- 3 Beat LF
- 4 Beat R toe pointed rear 5th.
- 4 Beat LF
- 4 Beat R toe " " " "
- 2 Triple RF
- 3 Beat RF rear 3rd.
- 4d¹ Brush RF out, in to rear 3rd
- 2 4 ~
- 5 6 Rep.
- 1 8 Close.

9th Step

- Brush out in LF
- 1 Front triple R.
- 3 Beat LF
- 4 Beat R toe pointed in 5th
- 4 Beat LF
- 4 Beat R toe " " "
- 2 Back Triple R
- etc as in 8th Step.

10th Step

- 4d¹ Brush LF out + in to 3rd
- 2 1 Hop on LF (4th int)
- 2 Brush R toe through 2nd to semi
- 3 Hop on LF
- 4 From crossed form, brush R toe through Lt to semi 4th int.
- 2 1 Hop on LF
- 2 4 2 beats ball R ft in crossed 5th.
- 3 4 " " LF " rear 5th
- 4 4 " " R " 5th.
- 2 4 ~
- 5 6 Rep.
- 1 8 Close.

Over the hills + far away

Has variation of step 7+8 and other steps (I have 3) of a similar style.

I now have the loan of

a cine camera (8mm). All I need now is someone who will dance before it.

Best Wishes Frank.