

## The Breakdown

(Scotland)

A 32-bar reel for three cpls. Presented by Jennifer Kelly at the 2004 Stockton Folk Dance Camp.

CD: The Breakdown, Band 4. 4/4 meter

Formation: 3-cpl longways set

Steps: **Skip Change of Step:**(For traveling and one-hand turns). Hop on L, lifting R fwd with the toe pointing down, knee turned out (ct &); step fwd on R (ct 1); step on L close behind R, L instep near R heel (ct 2); step fwd on R (cts 3-4). Step alternates.

**Figure of 8:**(8 meas) Performed by two cpls, only one of whom is active, the other standing in place as the others dance a figure 8 around them. The two dancers always go in the same direction (follow the same path on the floor), the W dancing one of the loops while the M dances the other, and then they exchange loops. The active W begins crossing in front of her ptr and going CCW to begin her loop around, while the active M crosses over behind her to begin going CW. The active W always crosses in front of the M.

**Cast down:** An individual turn outward (the long way), M turning CCW and W CW to dance down behind own line to designated place.

**Reel of Three:** A Figure of 8 for three people simultaneously. Ctr dancer faces one outside dancer and outside dancers facing in. All three people are active and describe on the floor a figure 8 pattern, consisting of two loops, one loop made CW and the other CCW. All three dancers go around the figure 8 in the same direction, as in “follow the leader.”

**Hands Across:** Group of four dancers in a square, designated hand joined in Handshake hold with person diagonally opposite. Face in designated direction (CW when R hands joined, CCW when L hands joined) and dance fwd to turn the wheel.

**Move Up:** (2 meas, described for M, W do counterpart) Step on L diag fwd L; step on R across in front of L; step on L diag bkwd L; step on R beside L.

**Handshake Hold:** R (or L) hands bent at knuckles to hook with another dancer, arms at chest level, elbows bent and down.

---

Meas

Pattern

---

**Styling:** The body is held erect but not stiff, chest high, arms held naturally at sides. All dancing is done on the balls of the feet with knees turned out. There is a lot of eye contact, and courtesy and helpfulness are essential. When inactive, dancers stand in place with heels together and toes apart (first position), remaining alert and ready to assist the active couple.

Joined hands are held at shoulder level. The correct hold for leading and turning (one hand) is the Handshake hold. When a fast turn is done, the elbows are well bent and kept close to the body. On a longer turn, the arms are held easily extended.

### PATTERN

- 1- 8      1st W dance a Figure of 8 round the 2nd and 3rd W, passing 2nd W on the R to start and finishing facing out. At the same time, the 1st M dance a figure of 8 round the 2nd and 3rd M, passing the 2nd M by the R to start.
- 9-12     1st W Cast down below 3rd W and dance up in front of her, while the 1st M chases his ptr behind 2nd W and dances in between the 2nd and 3rd W to face up.
- 13-16    1st M dance up and Cast down behind the 2nd and 3rd M, then dance in to face 3rd W. *Meanwhile*, the 1st W chases her ptr behind 2nd M and dances in between the 2nd and 3rd M to face the 2nd W.
- 17-24    1st W dance a reel of three across the set with the 2nd cpl, passing the 2nd W by the R to start. *At the same time*, the 1st M dances a Reel of Three across the set with the 3rd cpl, passing the 3rd W by the R to start.
- 25-28    1st cpl dance R Hands Across in a wheel with the 2nd and 3rd W.
- 29-30    1st cpl dance L Hands Across in a wheel half way with the 2nd and 3rd M.
- 31-32    2nd and 3rd W Move Up. Releasing hands, the 1st W dance across into 3rd place on the W's side of the set, 1st M dance down into 3rd place on own side, 3rd M follow the 1st M into 2nd place on own side, and 2nd M dance up into 1st place on own side.

Repeat with new top cpl.