

THE SHEPHERD'S CROOK
(SCOTLAND)

*Note: For easy reading, open staples,
remove description, close staples.*

The Shepherd's Crook was introduced to California folk dancers by Bruce McClure, from Glasgow, Scotland, at College of the Pacific Folk Dance Camp, 1959.

MUSIC: Capitol T 10014 My Scotland, Side 2, Band 4*

Beltona 2624*

Any good Strathspey*

FORMATION: Sets of 3, 1 M between 2 W, facing head of hall. Sets should line up directly behind, or alongside, one another to present symmetrical pattern on the floor.

STEPS: Strathspey Travelling Step: (1 meas 4/4 meter) Step fwd on R, keeping ft close to floor (ct 1); bring L ft up to and behind R, L instep close to R heel (ct 2); step fwd on R, keeping ft close to floor (ct 3); hop on R, bringing L ft through close to floor, knee turned out and ankle extended (ct 4). Begin next step with L, moving fwd.

Strathspey Setting Step: (1 meas 4/4 meter) Like Travelling Step, but done to side. Step to R on R, knee and toe turned out (ct 1); close L to R, L instep close to R heel (ct 2); step to R on R (ct 3); hop on R, bringing L ft up behind R calf, L knee turned out and ankle extended (ct 4). Also done beginning L.

Strathspey Rocking Step: (2 meas 4/4 meter) Although there are many variations of the Strathspey step, this Glasgow Highlanders Setting Step was the one taught for this dance. Step diag fwd on R (ct 1); hop on R, bringing L up behind R, toe pointed to floor (ct 2); step back in place on L (ct 3); hop on L (ct 4). Step R behind L (meas 2, ct 1); step to L side with L (ct 2); step R in front of L (ct 3); hop on R (ct 4). Repeat starts to L with L. Steps are kept small, heels are off floor and ft are turned out. Ft pass close together.

Highland Fling Side Step: (2 meas 4/4 meter) Throughout step knees and ft are well turned out. With small hop on L touch R toe to R side (ct 1); repeat hop on L and touch R heel in same spot as toe touched (ct 2); repeat small hop on L, touch R toe next to L instep (ct 3); repeat small hop on L, touch R heel next to L instep (ct 4). Rock fwd on ball of R ft (meas 2, ct 1); rock back on ball of L (ct 2); repeat rock onto R and L (cts 3,4). In order to repeat step with L toe touching it is necessary to take small leap onto R while extending L toe to side on ct 1.

Highland Fling Step: (1 meas 4/4 meter) Throughout step knees and ft are well turned out. Hop on L, touch 4 toe to side (ct 1); hop on L, touch R behind L calf (ct 2); hop on L, bring R in front of L shin, heel just below knee (ct 3); hop on L, touch R behind L calf (ct 4). Movements of cts 2,3,4 are called "Round the Leg".

STYLE: In Scottish dancing posture is erect, chest held high. M lead W and help them at all times - i.e. put them in their proper pos, not just let go, leaving the W to find her proper pos. Ptrs. dance with each other, communicating by means of tension in arms, and by looking at one another. In this dance M free hands are held at sides. W free hands hold skirt at either side between thumb and first two fingers, elbows rounded, skirt held out very slightly.

- Measures
Chord 1 M bow from waist, hands held at sides.
- W curtsy by taking small step fwd on R, placing L instep close to R heel, and bending both knees slightly, keeping back straight. Hold skirt as described above. Each dancer turns to R (CW) to face bottom of hall.
- Chord 2 Join hands in a line of 3, elbows bent.
- I. PROMENADE
- 1-4 Begin R, dance 4 Strathspey Travelling Steps twd bottom of hall. At end of meas 4 drop hands, each turn R (CW) to face head of hall, rejoin hands.
- 5-8 Repeat action of meas 1-4, dancing twd head of hall. Omit turn.
- II. ROCKING STEP
- 1-8 Begin R, dance 4 Strathspey Rocking Steps.
- III. SHEPHERD'S CROOK
- 1-4 M and 2nd W (on L of M) dance in place facing head of hall while 1st W (on R of M), guided by M, dances 4 Strathspey Travelling Steps CCW around M through arch formed by M and 2nd W. On meas 3 M turn L in place under L arm as he follows 1st W with Strathspey Travelling Step. On meas 4 2nd W turn R under her R arm with Strathspey Travelling Step.
- 1st W make as large a "Crook" (circle around M) as possible.
- 5-8 Repeat action of Fig III, meas 1-4 with 2nd W making "Crook". On meas 7 M turn R under his R arm. On meas 8, 1st W turn L under her L arm.
- IV. SCHOTTISCHE
- Step described for M, W do counterpart. Inactive W face head of hall.
- 1 M take 1st W in closed pos Hop on R, point L toe to side, knee extended (ct 1); hop on R, bend L knee and touch L ft behind R calf, toe pointed down (ct 2); hop on R, extend L toe to side (ct 3); hop on R, bring L in front of R shin, toe pointed down (ct 4).
- 2 Dance one Strathspey Setting Step as described, travelling to M L.
- 3-4 Repeat action of Fig IV, meas 1-2, to M R.
- 5-8 M and 1st W join hands in a rounded circle and dance 4 Travelling Steps CW. M end in original pos between the 2 W. M begin L, W R.
- 9-16 Repeat action of Fig IV, meas 1-8, M dance with 2nd W twd bottom of hall.
- V. REEL OF THREE (Figure Eight)
- 1-8 M and 1st W face each other. 2nd W face twd M. Begin R, all dance 8 Travelling Steps in a figure eight weave and return to original pos. M and 1st W pass L shoulders. 2nd W dance 1 meas in place before moving into pattern. See diagram:



Cue: Always cut between other 2 dancers.

VI. HIGHLAND FLING SIDE STEP AND CIRCLE

- 1-8 Join hands as in Fig I, dance 4 Highland Fling Side Steps, Begin R.
- 9-16 W join hands to form a circle with M. All dance 4 Strathspey Travelling Steps CW. Begin R. (This necessitates a quick shift of wt). Dance 4 Travelling Steps CCW to finish in original pos in a line of 3.

VII. HIGHLAND FLING STEP

- 1-3 Hop on L, dance 3 Highland Fling Steps. Drop hands.
- 4 W: Turn R (CW) with 4 small walking steps. On last step, do not take wt.
- M: With small spring onto R, point L toe to side (ct 1); hopping 3 times on R turn once to the R (CW) while doing "Round the Leg" with L (cts 2,3,4).
- 5-6 Join hands in line of 3. Hop on R, point L toe to side, dance 2 Highland Fling Steps. Drop hands.
- 7-8 W: Turn L (CCW) once with 4 slow walking steps (2 per meas).
- M: Repeat action of Fig VII, meas 4 twice, but turn L, hopping on L and do "Round the Leg" with R. Make one complete turn on each meas.

Finish dance with curtsy for W and bow for M as at beginning.

*Pick up needle at end of dance as most recorded Strathspeys are too long.