

IHB Rally, Kirkhill Community Centre, 14 February 2026 - 2pm to 5.00pm

GOOD HEARTED GLASGOW (J8x32) 3C (4C set) Peter Knapman Guide To SCD (ex-Collins)

[Good Hearted Glasgow Scottish Country Dance Video](#)

1- 8 1s turn RH and cast to 2nd place, turn partner LH 1¼ times

9-16 1s dance RH across (Lady with 2s at top and Man with 3s); 1s pass RSh and dance LH across with other couple

17-24 1s lead down the middle and back to 2nd place own side

25-32 2s+1s+3s circle 6H round and back. 213

(MINICRIB. Dance crib compiled by Charles Upton, Deeside Caledonian Society, and his successors)

FLOWERS OF EDINBURGH (R8x32) 3C (4C set) RSCDS Book 1 [Flowers Of Edinburgh Scottish Country Dance Video](#)

1- 8 1L followed by partner casts below 3s, 1L crosses and dances up behind Men as 1M dances up centre to 1st places on opposite side and 1s set

9-16 1M followed by partner repeat above Fig and set in own places

17-24 1s lead down the middle and back

25-32 1s+2s dance Poussette. 213

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JEAN MARTIN OF ABERDEEN (S3x32) 3C set Muriel A Johnstone 3 Dances 2006 [Jean Martin Of Aberdeen Scottish Country Dance Video](#)

1- 8 1s turn RH and cast 1 place, all circle 6H round ¾ way to left and end in lines of 3 across (Ladies face down and Men up)

9-16 All set and change places with partner RH, all circle 6H round ¾ way to left and end in middle facing up. 312

17-24 All dance Allemande. 213

25-32 1s+3s (bottom 2 couples) dance the Bourrel:

1M+3L set advancing, ¾ turn 2H and twirl to end BtoB (up/down middle L facing up and M down) while 1L+3M chase anticlockwise ½ way to face partner

1s+3s set to partners and turn 2H to own sides having changed places. 231

(MINICRIB. Dance crib compiled by Charles Upton, Deeside Caledonian Society, and his successors)

TORRIDON LASSIES (J8x40) 3C (4C set) John Brenchley Kangaroo Paw [Torridon Lassies Scottish Country Dance Video](#)

1- 8 1s cross and cast 1 place, 1s dance LH across (1L with 2s, 1M with 3s) and end facing 4th corner

9-16 1s set to corners then to partner up/down the dance and end facing 1st corners, turn corners RH and pass partner LSh to face 2nd corners

17-24 1s dance ½ diagonal reel of 4 with 2nd corners and pass LSh to face 3rd corners, 1s set to corners then set to partner across the dance and end facing 4th corners

25-32 1s turn 4th corner (position) RH and pass partner LSh to face 1st corners, 1s dance ½ diagonal reel of 4 with 1st corners and pass RSh to BtoB (1M facing up)

33-40 1s dance RSh round 2nd corners and ½ Fig of 8 (1L up, 1M down) while 2s+3s set and cross RH, set (facing up/down) and change place RH on sides. 213

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FIRTH OF BEAULY (R8x32) 3C (4C set) Roberta Williams Blue Ribbon Collection [Firth Of Beaulay - Scottish Country Dancing Videos](#)

1- 8 1s set and cast; 1s turn first corners RH (4 bars)

9-16 1L + 2s and 1M + 3s dance reel of 3 across (end 1L between 2s and 1M between 3s, all facing down/up in lines across)

17-24 All advance and retire in lines across; 1s turn RH 1¼. 213

25-32 2s1s3s dance 6 Hands round and back. 213

(WEECRIB)

THE DUNDEE WHALER (S4x32) 4C set Roy Clowes Ormskirk 1 [The Dundee Whaler - Scottish Country Dancing Videos](#)

1- 8 2s and 4s dance $\frac{1}{2}$ Petronella figure to opposite sides (petronella turn and set, twice)

9-16 1s+2s and 3s+4s dance Ladies' Chain

17-24 1s and 3s dance $\frac{1}{2}$ Petronella figure to opposite sides (petronella turn and set, twice)

25-32 1s "zig-zag" to 4th place, 1L starting changing places diagonally LH with 2M:

1L+2M change places LH, 1M+2L also 1L+3L change places RH, 1M+3M also 1L+4M change places LH and 1M+4L change RH

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THE YORKSHIRE ROSE (J8x32) 3C (4C set) Trish Reid Chester Caledonian Society RSCDS Book 54 [The Yorkshire Rose - Scottish Country Dancing Videos](#)

1- 8 1s+2s+3s set and cross RH, repeat back to places

9-16 1s lead down the middle then lead up to 2nd places (2s step up 11-12)

17-24 2s+1s turn (Men RH, Ladies LH), 1s+3s turn (Men LH, Ladies RH)

25-32 2s+1s+3s dance reflection reels of 3 on sides with 1s out/up, 2s in/down to start (2nd time through the 1s continue the reel into 4th place)

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THE RIVER NESS (R5x32) 5C set Isla Henderson Inverness Diamond Jubilee Collection

1- 8 1s+2s and 3s+4s $\frac{1}{2}$ turn (M RH, L LH) on sides (1s and 3s end BtoB facing own sides) and dance Double Triangles (6 bars) 1s/3s end facing 1st corners

9-16 1s and 3s dance pass and turn with 1st corners and pass RSh to face 2nd corners, 1s and 3s dance pass and turn with 2nd corners and end facing 4th corner

17-24 1s and 3s dance RSh reels across (1L+2s, 1M+4s+3L, 3M+5s) with 1s and 3s ending in line up/down middle facing partner (Men face up)

25-32 1s and 3s $\frac{3}{4}$ turn RH and cast 1 place on opposite sides then turn RH $1\frac{1}{2}$ times. 24153

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Interval

THE SHETLAND SHEPHERDESS (J8x32) 3C (4C set) Ron Wallace RSCDS Graded 3 [The Shetland Shepherdess Scottish Country Dance Video](#)

1- 8 1s dance down between 2s, cast back to places. 1s dance $\frac{1}{2}$ Fig of 8 round 2s

9-16 1s+2s+3s dance mirror (reflection) reels of 3 on sides (1s cross to 2nd place own sides to begin, 2s out and up, 3s in and up). 2s finish facing out

17-20 1s+2s change places on sides (Men RH, Ladies LH), 1s+3s turn on sides (Men LH, Ladies RH) 1s ending in middle facing up, 3s in original places

21-24 1s dance up to top and cast to 2nd place

25-32 2s+1s+3s advance and retire, all clap end bar 28. 2s+1s+3s turn partners RH once round

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CITY OF STIRLING REEL (R8x32) 3C (4C set) Roy Goldring RSCDS Book 53 [City Of Stirling Reel Scottish Country Dance Video](#)

1- 8 1s+2s+3s dance Snowball Grand Chain (1s+2s change places on sides to start). (3)(1)(2)

9-16 1s cross (pass RSh) and $\frac{1}{2}$ turn RH person in 3rd corner, 1s followed by corners change places (diag) passing LSh and 1s cast to 2nd place (opposite sides) as corners end in original places

17-24 1s cross (pass LSh) and $\frac{1}{2}$ turn LH person in 4th corner, 1s followed by corners change places (diag) passing RSh and 1s cast to 2nd place (opposite sides) as corners end in original places. 2(1)3

25-32 All turn RH (4 bars) and 1s dance $\frac{1}{2}$ Figs of 8 (Lady up and Man down)

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THE SWAN AND THE TAY (S3x32) 3C set Audrey Saunders Perth 800 [The Swan And The Tay Scottish Country Dance Video](#)

1- 8 1s dance Figs 8 own sides dancing in and down to start (giving hands where possible)
9-16 1s cross down to dance reels of 3 on opposite sides (joining hands where possible) and 1s end facing 1st corners, 2s end in 1st place
17-20 1s dance Corners pass and turn with 1st corners, pass RSh on bar 20 to face 2nd corners
21-24 1s dance Corners pass and turn with 2nd corners. Pass RSh on bar 24 to end 2nd place own sides
25-32 All set, all cross RH, all chase clockwise ½ way round to own sides. 312
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ST ANDREW'S FAIR (J8x32) 3C (4C set) Roy Goldring 5 SCDs [St Andrew's Fair Scottish Country Dance Video](#)

1- 8 1s cross RH, cast 2 places, cross LH below 3s and cast up to 2nd place own sides
9-16 2s+1s+3s ½ turn RH retain hands and all set (M face down and L up) 2L leads Ladies across and down own side while 3M leads Men across and up
17-24 3s+1s+2s circle 6H round and back
25-32 3s+1s+2s ½ turn LH retain hands and all set (M face up and L down) 2L leads Ladies across and up own side while 3M leads Men across and down. 213
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PORTINCAPLE OAK (M-(S32+R32)) Sq.Set Anne Thorn Magic of Music Book 2 and RSCDS book 53

Strathspey [Portincaple Oak Reel Scottish Country Dance Video](#)

1- 8 1s+3s+2s+4s dance interlocking Ladies' Chain (Ladies RH across in centre)
9-16 All face partner, set and turn RH; all set and turn corner LH. All end in place, Ladies facing out
17-24 All dance 8 bars Schiehallion Reel (all moved 2 places clockwise from start position. 3412)
25-32 All circle 8H round and back
Reel
1- 8 Repeat 1-32 above in reel time
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CITY OF BELFAST (S3x32) 3C set Lucy Mulholland Belfast Diamond Jubilee Book and RSCDS Book 48 [City Of Belfast - Scottish Country Dance Video](#)

1- 8 1s dance ½ Fig of 8 round 2s, 1L+2M turn RH 1¼ times while 1M+2L turn LH 1¼ times and 1s end BtoB facing opposite sides
9-16 1s+2s dance reel of 4 across in 2nd place. 2s end in 1st places while 1s pass LSh to face 1st corners
17-24 1s set to 1st corner and 2nd corner ending (turning to right) between corners, all set and 1s cross RH
25-32 1s+3s dance Espagnole:
25-26 1s+3s cross (Ladies lead across RH passing between Men) with Ladies changing places RH
27-28 1s+3s cross back (Men lead across RH between Ladies) with Men changing places RH
29-32 3s turn RH as 1s turn LH. 231
(MINICRIB. Dance crib compiled by Charles Upton, Deeside Caledonian Society, and his successors)

THE BEES OF MAGGIEKNOCKATER (J4x32) 4C set John Drewry Canadian Book [The Bees Of MaggieKnockater Scottish Country Dance Video](#)

1- 8 1s cross RH and cast 1 place, dance RH across with 3s and end 1M+3L also 1L+3M in prom hold facing out to pass corner person RSh
9-24 All dance 4x½ Reels of 3 on sides (to right to start, then left, right and left) with 1s+3s changing partners in centre at end of each ½ Reel to progress Men clockwise and Ladies anticlockwise. End in centre 1s facing down and 3s facing up
25-32 1s dance between 3s turning 3s with nearer hand 1½ times, crossing over to own sides and turn 4th person 1½ times (Men RH and Ladies LH) 2341
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MRS MACPHERSON OF INVERAN (R8x32) 3C (4C set) John Drewry Bon Accord Book [Mrs MacPherson Of Inveran Scottish Country Dance Video](#)

1- 8 1s dance Inveran Reels with 2s+3s

9-16 1s turn RH $1\frac{1}{2}$ times moving down to 2nd place opposite sides (2s step up); 1s cast up behind 2s and cross down to 2nd place own side

17-24 2s+1s+3s dance Grand Chain

25-32 2s+1s+3s circle 6H round and back

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Extras

GRANVILLE MARKET (J8x32) 3C (4C set) Elinor M Vandegrift 2nd Graded Book SCDs [Granville Market Scottish Country Dance Video](#)

1- 8 1s+2s dance RH across and LH back

9-16 1s cross RH and cast 1 place. 1s dance $\frac{1}{2}$ Fig of 8 round 2s and end facing 1st corners

17-24 1s turn corners RH and pass RSh to face 2nd corners, 1s turn 2nd corners RH and pass RSh to end 2nd place own sides

25-32 2s+1s+3s circle 6H round and back

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THE FALLS OF ROGIE (R8x32) 3C (4C set) Jean Attwood Alexander Book 1 [The Falls Of Rogie - Scottish Country Dance Video](#)

1- 8 1s cross RH and cast 1 place, 1s cross RH and cast 1 place (Man up, Lady down)

9-16 1s dance $\frac{1}{2}$ reels of 3 across (1M with 2s and 1L with 3s), set in lines across and change places RH with opposite person

17-24 2s+1s+3s chase clockwise $\frac{1}{2}$ way, 1s dance in and turn $1\frac{1}{4}$ RH to face 1st corner positions as 2s and 3s continue to chase on to places (as bar 16)

25-32 1s dance $\frac{1}{2}$ reel of 4 with 1st corners, passing RSh dance $\frac{1}{2}$ reel with 2nd corners and cross passing RSh to 2nd place own sides

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