

"My Favourite Dances for a Successful Class" was led by Maureen McCrudden.

This session began with a warm-up in reel time followed by grand chain, with a special emphasis on the use of arms and hands when passing. We walked/danced Jo Hamilton's *Circle of Cheer* from *Lets All Dance Too*.

This was followed by exercises in slipping and setting, then skip change into slip step before dancing *The New Virginia Reel*, a 4 x 32 reel from *Book 39*.

We followed that with an 8 x 32 bar strathspey, *Salute to Glasgow*, from *Glasgow's 75th Anniversary Book*, paying particular attention to use of hands and eye-contact as well as the phrasing in the half diagonal reels.

The last dance was *Bottoms Up*, by Harry Rhodes, a fun 3 x 32 bar jig from *Snowdon Book: The Third Collection*, where stepping up and down was important.

Marjorie MacRae
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