



# AWAKEN

Fun, Fitness, Friendship  
WORLDWIDE



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### **What is Scottish Country Dancing? It's social!**

Sociable, enjoyable and ever-evolving; Scottish Country Dancing has roots in the assemblies and balls of the 18th and 19th centuries. Its popularity continues to increase worldwide. Dancers are grouped in sets — typically 3, 4, or 5 couples in two lines, partners facing across. When music starts, you bow or curtsy to your partner and then go into a series of flowing patterns that vary for each dance. There are a few basic steps to learn, and a challenging variety of formations and dances. You can't think of your problems when Scottish Country Dancing.

### **Do I have to be Scottish? No, just cheerful.**

You need to be a "people person" not a Scottish person. Everyone is welcome. Scottish Country Dance has roots in ballet, the royal courts of France, and English country dance (though we didn't pick up much from Morris dancing). Many dances are ancient, with fascinating historical associations. Many dances are new, with interesting and sometimes challenging formations.

The music is infectious: lively jigs, hi-octane reels, and stately, distinctively Scottish, strathspeys.

### **Do I need a partner? No, we change partners each dance.**

Scottish Country Dancing is an equal opportunity activity. It's very sociable. Typically, we change partners for each dance. To dance with someone, just ask; others will certainly ask you. Man or woman, young or old, it matters not: there are no wallflowers, no shrinking violets — everyone takes part. Women are equally encouraged to ask, men or women. There's a long military tradition of dancing in the Highland regiments. A favourite dance, *Reel Of The 51st Division*, was devised in a prisoner of war camp during World War II and is traditionally danced by men only.

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# RESOURCES

Toronto website\*: [www.dancescottish.ca](http://www.dancescottish.ca)  
International website: [www.rscds.org](http://www.rscds.org)  
YouTube Channel: <https://bit.ly/2UFG5a1>  
Dance descriptions and video links:  
[www.scottish-country-dancing-dictionary.com](http://www.scottish-country-dancing-dictionary.com)

\* RSCDS Toronto is a not-for-profit affiliate of the Royal Scottish Country Dance Society, Edinburgh, Scotland.  
HM Queen Elizabeth is our Patron.

## ***Is SCD fun? Yes, and it can change your life.***

You'll join a world of friendly, supportive people. You will make new friends. Many have found life partners in dance. There are 159 branches and about 300 affiliated groups worldwide. When you travel, pack your ghillies and dance with SCD groups in most major cities. You'll be warmly welcomed, and the dances will be familiar because everyone adheres to RSCDS standards and traditions. You can even spend a week at Prince William's university for a "summer school" in St Andrews, or at various places in North America.

## ***How can I join in the fun? Beginner Classes.***

Your best plan is to sign up for Beginner Classes. RSCDS Toronto offers instruction with Accredited Teachers. After one semester, plan to attend the March Beginners' Night Dance. You can also attend special workshops to improve your skills. After classes, move on to various social groups (local clubs) who will prepare you for RSCDS Toronto's Monthly Dances where dozens dance to wonderful, energizing, live music. As you become more confident and accomplished, attend a formal ball — it may be the most fun you'll ever have!

## ***When and where are classes? Near you in Toronto.***

10-week semesters begin in September and after New Year. Your Toronto teachers are fully certificated by the Royal Scottish Country Dance Society in Edinburgh [www.rscds.org](http://www.rscds.org)

North End: Mondays 7:30 - 9:30 pm  
St. Leonard's Anglican Church, 25 Wanless Ave.  
(5 minutes north of Lawrence & Yonge.)

East Central: Thursday 7:30 - 9:30 pm  
Eastminster United Church, 310 Danforth Ave.  
(1 block west of Chester subway station.)

Learn all about dancing Scottish at: [www.dancescottish.ca](http://www.dancescottish.ca)

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