

## **The Missing MacNaberries**

### **Festival Displays**

***F01 Bonnie Breist Knot  
(Ladies' Solo Step Dance)  
8+5x16b (5 steps)***

*As taught by Pat Reid in 1973  
and published with kind permission of  
Colin Robertson (SNDC)*

*(Note SOHDA publish a 7 step version in Dance Sheet No.19)*

BBK pr 1  
 SMDC 1973  
 as taught by  
 Pat Reid

BONNIE BRIEST KNOT.  
 ( A Solo Step Dance )

TUNE : Bonnie Briest Knot  $\frac{2}{4}$

TEMPO : 40 Bars per minute.

Count 2 Beats per Bar to a total of 16.

If this dance is performed as a ladies solo the directions for ARMS should be ignored and instead the dress should be held at the sides throughout the dance, and the STEPS should be performed in a graceful style.

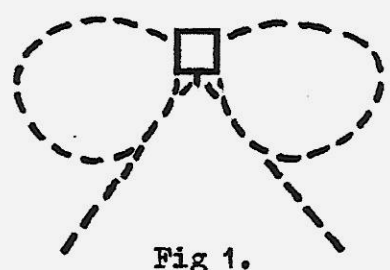


Fig 1.

INTRODUCTION.

Bars	Count	
1 - 4	1 - 8	Stand in 1st position (Flat).
5 - 6	9 - 12	Bow or Curtsy.
7	13, 14	Stand in 1st position (Flat).
8	15	Point RF in 4th position.
	16	Rising on the ball of LF, raise RF to 4th Aerial position.

ARMS

Position	1st	2ndL
Count	1 - 14	15, 16

FIRST STEP. This STEP represents the Bow, Fig 1.

Bars 1 - 8 are danced describing the loop of the Bow to the dancers Right, Fig 2.

Similar to  
 SOHDA Step 1  
 but path of hand  
 is reversed!

Bars	Count	
1 - 2	1, 2, 3, 4	With four Hops LF, execute four Outward Brushes RF.
3 - 4	5, 6, 7, 8	Springing RF, LF, RF, LF, execute four Alternate Outward Brushes.
5 - 8	9 - 16	Pas de Basque RF, LF, RF, LF.

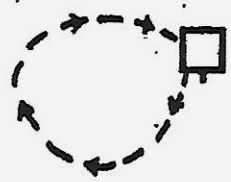


Fig 2.

Bars 9 - 16 are danced describing the loop of the Bow to the dancers Left, Fig 3.

9 - 16 1 - 16 Repeat Bars 1 - 8.

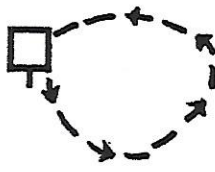


Fig 3.

Bars 17 - 24 are danced describing the end of the Bow to the dancers Right, Fig 4.

SOHDA Step 6

- 17 - 18 1,2,3,4 Travelling diagonally forward to the Right, with four Hops LF, execute four Outward Brushes RF.
- 19 - 20 5,6,7,8 Still travelling diagonally forward to the Right, Springing RF,LF,RF,LF, execute four Alternate Outward Brushes.
- 21 - 24 9 - 16 Travelling diagonally backwards to the Left to finish in the original starting place, execute four Pas de Basque, RF,LF,RF,LF.

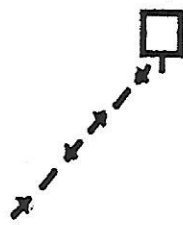


Fig 4.

Bars 25 - 32 are danced describing the end of the Bow to the dancers Left, Fig 5.

- 25 - 32 1 - 16 Travelling diagonally forward to the Left and back to the Right, repeat Bars 17 - 24.

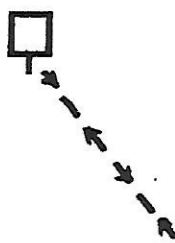


Fig 5.

ARMS

Position	2ndL	3rd	1st
Count	1,2,3,4	5,6,7,8	9 - 16.....

SECOND STEP.

SOHDA 2<sup>nd</sup> Step

Bars	Count	
1 - 2	<u>1&amp; 2&amp;</u>	Springing RF,LF, execute two Shuffles.
	a	Hop LF, taking RF to 3rd Rear Aerial position (Low).
	3	Step on RF in 5th Rear position.
	&	Step on LF in 4th Intermediate position.
	4	Close RF in 5th Rear position, extending LF to 4th Intermediate Aerial position.
3 - 6	5 - 12	Repeat Bars 1 - 2 twice.
7 - 8	13 - 16	Springing LF,RF,LF,RF, execute four Spring Points, working foot in 4th position.

ARMS

	Position Count	3rd <u>1&amp; 2&amp;</u>	2ndR a3&4	3rd 13 - 16
9 - 16	1 - 16	Repeat Bars 1 - 8 contra.		

THIRD STEP.

Bars	Count	
1 - 2	1	With a $\frac{1}{8}$ rotation to the Right, Spring onto LF, taking RF to 4th Opposite 5th Aerial position.
	2	Assemble LF in 5th position.
	3,4	Without any rotation, commencing with a Disassemble onto RF instead of Spring, repeat Counts 1,2, contra.
3 - 4	5,6	Without any rotation, commencing with a Disassemble onto LF instead of Spring, repeat Counts 1,2.
	7,8	With a $\frac{1}{8}$ rotation to the Left to finish facing the front, execute two Spring Changes, RF in 5th position, LF in 5th position.
5 - 8	9 - 16	With a $\frac{1}{8}$ rotation to the Left, repeat Bars 1 - 4 contra.

ARMS

	Position Count	1st 1 - 16
9 - 16	1 - 16	Repeat Bars 1 - 8.

FIFTH STEP.

SOHDA Step 4

Bars	Count	
1 - 2	&	Extend RF to 4th Intermediate Aerial position.
	1,2	Springing RF,LF, execute a Balance movement.
	3	With a $\frac{1}{4}$ rotation to the Right, Spring onto RF, taking LF to 3rd Rear Aerial position.

	&	Execute a Round the Leg movement, taking LF to 3rd Aerial position.
	4	Hop RF, extending LF to 4th Intermediate Aerial position.
3 - 4	5 - 8	Pas de Basque RF, LF.
5 - 8	9 - 16	Repeat Bars 1 - 4 contra, but the $\frac{1}{4}$ rotation on Count 11 is still to the Right.

ARMS

	Position			
	Count	&1,2	3&4	5 - 8.....
9 - 16	1 - 16	Repeat Bars 1 - 8 completing the rotation to the Right to finish facing the front.		

SIXTH  
FIFTH STEP.

*Similar to SOHDA Step 7*

Bars	Count	
1 - 2	1	Stepping on the RF in 4th Rear position, execute a $\frac{1}{4}$ rotation to the Right.
	2	Continuing the rotation to the Right to finish facing directly away from the front, Close LF in 5th Rear position.
	3	Disassemble onto LF, taking RF to 3rd Rear Aerial position.
	4	Hop LF, execute a Round the Leg movement, taking RF to 3rd Aerial position.
3 - 4	5,6	Placing RF in 3rd Crossed position, execute a full Pivot Turn to the Left.
	7,8	Execute two Spring Changes, RF in 5th position, LF in 5th position.
5 - 8	9 - 16	Repeat Bars 1 - 4 contra to finish facing the front.

ARMS

	Position	2ndL	1st
	Count	1,2,3,4	5,6,7,8.....
9 - 16	1 - 16	Repeat Bars 1 - 8.	

FINISH

Bow or Curtsy.