

Basic Reel steps

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Pas de Basque and Spring Points: Pas de Basque right and left (1 & 2, 3 & 4), four spring points left, right, left, right (5 6 7 8), repeat. Points may be to 4th position or 4th intermediate position.

Pas de Basque and Spring Points alternative: Pas de Basque right (1 & 2) two spring points right and left. Repeat left, right, left.

Changes and side step: Three 5th changes landing left, right, left in front (1 2 3), step to 2nd position left foot, close right foot to rear 5th position (&4). Repeat right, left, right.

Coupé and Pas de Basque: Extend right foot to 4th intermediate aerial position (&), bring right foot into 3rd position (1), extend left foot into 4th intermediate aerial rear position (&), bring left foot into 3rd rear position (2), extend right foot to 4th intermediate aerial (&), pas de basque to the right (3 & 4). Repeat to left, right, left.

Coupé and follow through: Dance coupé as above (&1 &2 &). Spring onto right foot bringing left foot to 3rd aerial rear position (3), hop on right foot extending left foot to 4th intermediate aerial position (4). Repeat left, right, left.

Pas de Basque and changes: Pas de Basque right and left (1&2, 3&4). Assemble, landing right foot in 5th rear position (5), three 5th changes (6 7 8). Repeat.

Pas de Basque and follow through: Pas de Basque right and left making complete turn right about (1&2, 3&4). Dance coupé and follow through as above (& 5 & 6 & 7 8). Repeat CONTRA.

Whipping turn: Three syncopated hops right foot (*see Hesitation Step*) making a complete turn right about (1 & 2, 3 & 4, 5 & 6). Pas de Basque right (7 & 8). Repeat CONTRA.

Side step: Hop (or spring) on left foot pointing right toe to 3rd position (1), hop and extend right foot to 2nd aerial position (2), hop on left foot then close right foot to 5th rear position (&3), step to side left foot and close right foot to 5th position (& 5). Repeat left, right, left.

Pas de Basque and inward brush: Pas de Basque to right (1 & 2), inward brush left foot, i.e. with left foot extended to 4th intermediate aerial position (3), brush in left foot into 3rd aerial position very low, (&), transfer weight partially onto left foot (&), transfer weight back onto right foot (4). Repeat left, right, left.

Inward brush and follow through: Inward brush with the left foot (1 & 2) releasing left foot to 4th intermediate aerial on count 2. Dance *follow through* as in COUPÉ FOLLOW THROUGH (3 4). Repeat left, right, left.

Coupé and Bourrée: Dance coupé as in COUPÉ AND PAS DE BASQUE (& 1 & 2 &). Dance Bourrée as in SIDE STEP (& 3 & 4). Repeat left, right, left.

Double Toe Off and Sevens: Hopping on left foot point right foot to 3rd, 4th intermediate aerial positions (1 2 3 4). Dance Sevens travelling to the left (& 5 & 6 & 7 & 8). Repeat CONTRA.

Travelling Balance: Dance COUPÉ AND FOLLOW THROUGH (& 1 & 2 3 4). Bourrée diagonally back to right and diagonally forward left (5 & 6 & 7 & 8). Repeat CONTRA.

Shetland Back Step: Light hop on left foot moving slightly forward and taking right foot to 3rd rear aerial low position (&), step back onto right foot (1). Repeat left, right, left etc. (&2 & 3 & 4). The step is dance on the spot with a slight rise and fall of the body.

Alternative 1: three back steps as above (& 1 & 2 & 3) step to side left foot and close right foot into 3rd rear position (& 4). Repeat right, left, right.

Alternative 2: Spring and point right foot to 4th position (1). Three back steps. Repeat left, right, left.

First Tulloch: Pas de Basque right and left (1 & 2, 3 & 4) moving forward if necessary. Pas de Basque right and left making complete turn right about (5 & 6, 7 & 8). Pas de Basque right and left on the spot (9 & 10, 11 & 12), four spring points or cross jumps (13 14 15 16).

Additional Basic Movements

Bourée: (travelling to the left) This usually starts with the right foot in an open aerial position i.e. 2nd aerial or 4th intermediate aerial. Hop lightly on the left foot (a) place right foot into 3rd rear position (1) step to side left foot (and), close right foot to 3rd rear position (2).
Note: In some other dances and steps (e.g. SIDE STEP in reel time) the right foot may be closed into 3rd position (in front) on count 2.

Follow Through: (man's version). Start with the right foot in intermediate 4th aerial position. Spring onto right foot, placing left foot into 3rd rear aerial position (1), slide left foot round the right leg into 3rd aerial position (and), extend left foot into intermediate 4th aerial position with a hop on the right foot (2).
Note: This movement is also known as *Round the leg*.
Ladies may miss out count 'and'.

Double Toe Off: (right foot) Hopping four times on the left foot, point right toe to 3rd position (1), extend with a shake to intermediate 4th aerial position (and 2). Point right toe to 3rd position (3), extend with a shake to intermediate 4th aerial position (and 4).

Glasgow Highlanders: (Quick time) Step right diagonally forward onto right foot (1), hop on right foot placing left foot in 3rd aerial rear position (and), step diagonally back onto left foot lifting right foot to intermediate 4th aerial position (2). Bourrée to the left (a 3 and 4).