

# Quick Start Guide Scottish Country Dancing



**This guide is to be used by anyone that is already familiar with navigating various websites in order to gather information.**

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# Quick Start Guide

## Scottish Country Dancing

### Your Quick Start Guide to Scottish Country Dancing

Welcome to the world of Scottish Country Dancing! This handbook, based on the RSCDS Quick Start Guide (<https://rscds.org/learn/steps-techniques/quick-start-guide>), will equip you with the essentials to get started on your dancing journey.

#### What is Scottish Country Dancing?

Scottish Country Dancing is a vibrant social activity with a rich history. It involves dancers moving in coordinated formations to lively music. The dances consist of a series of steps, linked together to create a flowing sequence.

#### Getting Started:

1. **Master the Basics:** Before diving into dances, familiarize yourself with the fundamental steps. The RSCDS website offers resources for learning the "Setting" position, basic walking steps, and turning techniques. (<https://rscds.org/learn/steps-techniques>)
2. **Understanding Formations:** Scottish Country Dances involve dancers forming specific patterns on the floor. Learn about basic formations like circles, squares, and lines. The Quick Start Guide provides diagrams and explanations.

#### Exploring the Music:

Scottish Country Dancing is traditionally accompanied by lively music, often played on instruments like fiddles, accordions, and pianos. The music sets the tempo and mood for the dance. Familiarize yourself with common dance types like reels, jigs, and strathspeys.

#### Finding Your Dance Community:

Scottish Country Dancing thrives on social interaction! Use the "Find a Club" function on the RSCDS website to locate clubs near you. (<https://rscds.org/branch-group-finder>) Most clubs offer beginner classes and social dances, providing a welcoming space to learn and practice.

#### Embrace the Journey:

Here are some tips to keep in mind as you begin:

- **Start Simple:** Look for dances with a "1" difficulty rating. These dances typically have fewer formations and simpler steps, allowing you to build a solid foundation.
- **Practice Makes Perfect:** Take time to practice the steps and formations at home before attending classes. Use the RSCDS website's resources and consider watching instructional videos online.
- **Don't Be Afraid to Make Mistakes:** Everyone makes mistakes, especially when learning something new. Focus on having fun and enjoying the learning process.

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- **Dress for Comfort:** Wear comfortable shoes with good support that allow for smooth movement on the dance floor.

### **Beyond the Basics:**

The Quick Start Guide is just the beginning! As you gain confidence, explore more advanced steps, formations, and dance styles. The vast resources of the RSCDS website and your local dance community will support your ongoing development.

### **Embrace the Joy of Dance:**

Scottish Country Dancing is more than just steps and formations; it's about connecting with people, enjoying the music, and celebrating a rich cultural tradition. With dedication and the resources provided, you'll be well on your way to experiencing the joy of Scottish Country Dancing!

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