

Highland Fling

(Scotland)

Comment: Probably the most famous of all the Scottish dances, the Highland Fling is still the same as it was over a hundred years ago. Originally, it was performed by members of clans before a battle; it has become an extremely popular folk dance of great tradition and requires much skill.

Formation: A straight line of dancers facing the audience; right arm curved overhead; free arm on hip.

Basic Step: Continuous hopping on one foot while performing various patterns with the other foot.

Part I

- 1 1 Right arm curved overhead. Hop on right foot, point left foot to side.
- 2 Hop on R foot, raise L foot in back of R leg below the knee, toe toward ground.
- 3 Hop on R foot, switch L foot and point it in front of R leg, toe toward ground.
- 4 Hop on R foot, switch L foot and point it in back of R leg, toe toward ground.
- 2 Left arm curved overhead, repeat meas 1 of part I, using opposite footwork and arm movements.
- 3 Repeat meas 1 of Part I.
- 4 First Break.
- 1 L arm curved overhead. Hop on L foot making $\frac{1}{4}$ turn to L, point R foot toward audience.
- 2 Hop on L foot making $\frac{1}{4}$ turn, point R foot in front of L leg.
- 3 Hop on L foot making $\frac{1}{4}$ turn, point R foot behind L leg.
- 4 Hop on L foot making $\frac{1}{4}$ turn, (face audience), point R foot in front of L leg.
- 5-8 Repeat meas 1-4 of Part I, using opposite foot work and arm movements.

Part II

- 1 1 R arm curved overhead. Hop on R foot, point L foot to L side.
- 2 Hop on R foot, Raise L leg at knee, point L foot backward.
- 3 Hop on R foot, point L foot to front.
- 4 Hop on R foot, raise L leg at knee and point L foot backward.
- 2 Left arm curved overhead, repeat meas 1 of Part II, using opposite footwork and arm movements.
- 3 Repeat meas 1 of Part II.
- 4 Repeat Break turn, meas 4 of Part I.
- 5-8 Repeat meas 1-4 of Part II, using opposite footwork and arm movements, do the Break turn to the R.

Part III

- 1 1 R arm curved overhead, hop on R foot, point L foot to side.
 2 Hop on R foot, raise L leg at knee and point toe backward.
 3 Hop on R foot, touch L heel to floor in front, toe up.
 4 Hop on R foot, point L toe in front.
 2 Repeat meas 1 of Part III, using opposite footwork and arm movements.
 3 Repeat meas 1 of Part III.
 4 Do the Break turn, meas 4 of Part I.
 5-8 Repeat meas 1-4 of part III, using opposite footwork and arm movements and do the Break turn to the R.

Part IV

- 1 Repeat meas 1 of Part II.
 2 Repeat meas 1 of Part III.
 3 Repeat meas 1 of Part II, using opposite footwork and arm movements.
 4 Repeat meas 1 of Part II, using opposite footwork and arm movements.
 5 Repeat Break turn, Meas 4 of Part I
 6 Repeat meas 1 of Part III.
 7 Repeat Break turn, meas 4 of Part I, using opposite footwork and arm movements.
 8 Repeat meas 1 of Part III, using opposite footwork and arm movements.

Part V

- 1 Repeat meas 1 of Part I.
 2 1 Both arms curved overhead, hop backward on L foot, kicking R foot across L leg.
 2 Hop backward on R foot, kicking L foot across R leg.
 3 Hop backward on L foot, kicking R foot across L leg.
 4 Hop backward on R foot, kicking L foot across R leg.
 3 Repeat meas 1 of Part I.
 4 Repeat meas 2 of Part V, moving forward on each hop.

Part VI

- 1-3 Repeat Break turn, meas 4 of Part I, three times.
 4 Back up three steps, starting with the R foot. On the fourth ct turn the left wide to the audience, point L toe forward, raise R arm curved overhead, L arm on hip.