

# Carnival of Folk Dances

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City  
Arrangements by Walter Eriksson

SIDE 1

## HIGHLAND FLING (Scotland)

The Highland Fling can include many intricate steps and combinations of steps. For variations and more complex patterns, it would be well to consult source material on folk dances. The figures described here constitute a "SIMPLE FLING."

**OPENING FORMATION:** This is a solo dance; each person does steps in place.

**FIRST STEP:** Meas. 1-2: Spring on toes; then, with left arm raised high overhead and with right hand on hip, hop on left foot, bringing right foot behind left leg.

Hop again on left foot, bringing right foot in front of left leg.

Hop again on left foot, bringing right foot behind again.

**Meas. 3-4:** Repeat from beginning, hopping on right foot and reversing hands.

**Meas. 5-6:** Repeat Measures 1-2 (left-foot hops).

**Meas. 7-8:** Place both hands on hips and repeat Measures 3-4 (right-foot hops), turning once around in place, to the right.

**Meas. 9-16:** Repeat Measures 1-8, beginning with the left-foot hop, but raise the right arm first.

**SECOND STEP:** Meas. 1: Spring on toes again, landing on both feet.

**Meas. 2:** With left arm raised, hop on left foot, touching right toe forward and to the side.

Hop again on left foot, bringing right foot in front of left leg.

**Meas. 3-4:** With both hands on hips, and with right-foot hops, turn once around in place, to the right (Meas. 7-8, above).

**Meas. 5-8:** Repeat Measures 1-4, beginning with right-foot hops and raising right arm. This time turn to the left.

**Meas. 9-16:** Repeat Measures 1-8.

