



THE REAL CEILIDH EXPERIENCE

The Gay Gordons

STEP-BY-STEP INSTRUCTIONS



The dance

Traditionally this is the first dance of the evening. The dance is over 130 years old, and was named after a famous army regiment from the North East of Scotland called the Gordon Highlanders.

Type:

Couples dance

Intensity:

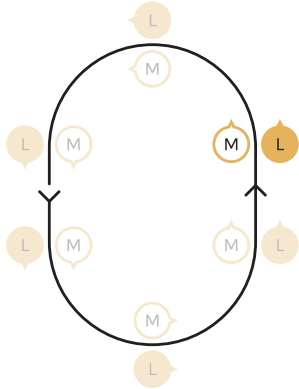
Light

L - The Lady

M - The Man

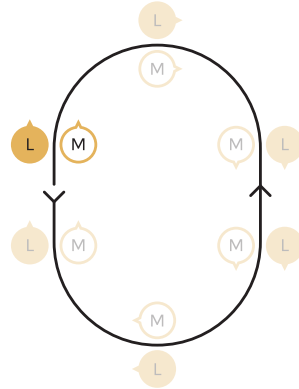
The Gay Gordons

The Steps



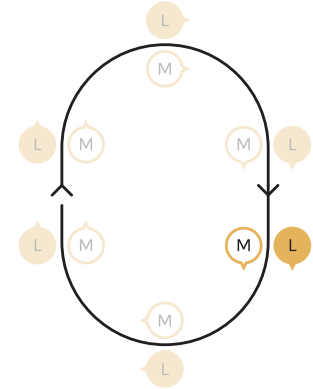
BARS 1-2

Join right hands over the lady's shoulder (*man's arm behind her back*) and left hands joined in front. Walk forward for four steps.



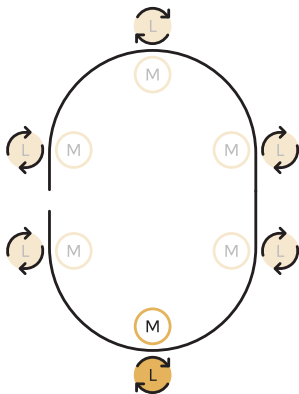
3-4

Still moving in the same direction, and without letting go, turn on the spot (so *left hand is behind lady and right hand is in front*) and take four steps backwards.



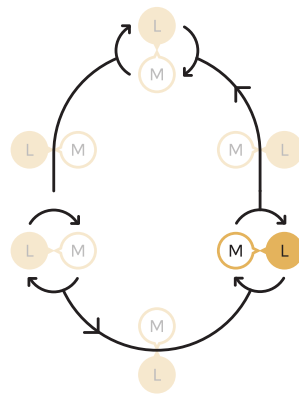
5-8

Repeat in the opposite direction.



9-12

Let go of left hands, raise right hands above lady's head. Lady can twirl on the spot. The man may set. Oh, and don't forget to 'whoop' as you twirl. Whooping is always the right thing to do.



13-16

Joining hands in ballroom hold, polka round the room.