

## WELCOME!

Welcome to Scottish Country Dancing, a world of fun, fitness and friendship. We're glad you're here! We are the Portland Branch of the Royal Scottish Country Dance Society (RSCDS) which is headquartered in Edinburgh, Scotland and is the worldwide umbrella organization for Scottish Country Dance.

Scottish Country Dancing has been a source of joy to its participants for over three centuries.

- It is high energy and sociable – sometimes challenging, but always fun.
- You don't need to be Scottish to enjoy the dancing.
- You don't need a partner, either – everyone dances with everyone.
- Certificated Scottish Country Dance teachers teach the local classes. What you learn here can be applied in Scottish Country Dance classes, workshops, and dances offered all over the world.

Get the Most out of your Class

- Arrive a few minutes before your class begins, to sign in, pay, and put on your dancing shoes. Don't worry about special shoes - sneakers are fine or any shoes that are close-fitting, flat, and flexible, with clean soles.
- Start moving around so that your muscles are warmed up when the class starts.
- You may want to bring your own water, although water fountains are available.
- Different teachers may have different methods, but all will teach steps and formations along with dances.
- Listen carefully to the teacher, and if you have questions, ask the teacher (not the dancer standing next to you).

There's MORE to it than Classes

- There is a Social Dance almost every month in the Portland/Vancouver area!
- Bring the skills you have learned in class to join in dancing with others. The dance programs always include a mix of dances for beginners and experienced dancers to enjoy and each dance is walked through as a memory aid.
- At dances, folks bring finger food to share. Taking the time to enjoy tea and snacks after a dance is a great way to relax and learn about your fellow dancers. (There isn't much time for a chat during the dance.)

Getting Further, Faster

- Practice makes perfect! Try to attend class every week and if you can go to some additional local classes you'll progress that much quicker.
- When you're ready for it, there are other opportunities like one day or weekend or week long workshops.

## Useful local links

Local weekly classes in Portland and Vancouver WA.

- RSCDS Portland, OR Branch - [portlandscottishdancers.org/index.html](http://portlandscottishdancers.org/index.html)  
**Monday evening class**-1<sup>st</sup> hour for newer dancers; 2<sup>nd</sup> hour for more experienced dancers

Teachers:

Linda Mae Dennis – [lmae@comcast.net](mailto:lmae@comcast.net)

Don Gertz – [dlgertz@frontier.com](mailto:dlgertz@frontier.com)

Lin Pettengill – [ldpettengill@gmail.com](mailto:ldpettengill@gmail.com)

Melissa Whitson – [mawhitson@ameritech.net](mailto:mawhitson@ameritech.net)

- RSCDS Southwest Washington State Branch - [rscds-swws.org/](http://rscds-swws.org/)

**Friday evening class**, suitable for beginners

Teachers:

Linda Mae Dennis – [lmae@comcast.net](mailto:lmae@comcast.net)

Liza Halpenny – [lizabah@msn.com](mailto:lizabah@msn.com)

Melissa Whitson – [mawhitson@ameritech.net](mailto:mawhitson@ameritech.net)

**Tuesday evening class**, for experienced dancers who want to increase their fitness.

Led by local dance enthusiast Tom Halpenny [gnitened@yahoo.com](mailto:gnitened@yahoo.com)

## Interesting links from further afield:

Welcome from RSCDS Headquarters: [rscds.org/get-involved/new-scottish-country-dancing](http://rscds.org/get-involved/new-scottish-country-dancing)

History of Scottish Country Dancing: [rscds.org/about/history/history-scottish-country-dance](http://rscds.org/about/history/history-scottish-country-dance)

Steps and Techniques: [rscds.org/learn/steps-techniques](http://rscds.org/learn/steps-techniques)

## Instructions for Dances

Scottish Country Dance Database - [my.strathspey.org/dd/index/](http://my.strathspey.org/dd/index/)

Lots of information here along with LOTS of videos of individual dances.

Scottish Country Dance Dictionary - [www.scottish-country-dancing-dictionary.com/](http://www.scottish-country-dancing-dictionary.com/) Lots of information here also – check out the list on the right of the page.

And here's a place where you can buy actual paper and e-books of dances.

TACBooks - [books.tac-rscds.org/](http://books.tac-rscds.org/)

## Music for Dancing

TACSound - [sound.tac-rscds.org/](http://sound.tac-rscds.org/)

Listen to snippets and buy CDs of Scottish Dancing Music!

## Workshops:

Examples of some one day and weekend workshops:

San Diego: [www.dancescottishsd.org/spring-2023-workshop-dance/](http://www.dancescottishsd.org/spring-2023-workshop-dance/)

Sacramento: [www.rscds-sacramento.org/](http://www.rscds-sacramento.org/)

San Francisco: [www.sfasilomardance.wixsite.com/asilomarweekend](http://www.sfasilomardance.wixsite.com/asilomarweekend)