

## “Dances in Kintail”

Fiona Macdonald

<u>Alltachruinn</u>	R4x32	4C	4C set
<u>The Herring Wall</u>	S4x32	4C	4C set
<u>Cro of Kintail</u>	S4x32	4C	4C set
<u>The Sisters (Five Sisters of Kintail)</u>	J5x32	5C	5C set
<u>Ratagan</u>	R8x32	3C	4C set
<u>Jackie 'Danie' of Inverinate Square</u>	M S4x32: R4x32		4C square set
<u>Invershiel Gold</u>	S8x32 (or S6x32)	2C	4C(or 3C) set
<u>Barefoot Bairns</u>	R8x32	3C	4C set
<u>Totaig Broch</u>	S4x32	4C	4C square set
<u>Paisley-side</u>	M S48/R48	2 x (1M +2L)	or progressively R48

Alltachruinn (pronounced Aultachrine) R4x32 4 couples (4C set)

- 1- 4 1s & 2s Set, 1s cast to 2<sup>nd</sup> place, while 2s dance up & curve into 1<sup>st</sup> place
- 5 – 8 1s dance down bet 3s, cast up to 2<sup>nd</sup> place
- 9 – 12 1s turn RH (or birl) finishing in centre facing down on own side
- 13 – 16 1s dance down between 3s&4s, cast up to 3<sup>rd</sup> place (3s step up)
- 17 – 20 3s with 1s circle to left
- 21 – 24 1s with 4s circle to right
- 25 – 32 4s facing up retain nearer hands make arch, while 1s dance under & cast up 1 & turn RH (or birl) down to 4<sup>th</sup> place

The burn, Alltachruinn, tumbles off the most westerly of the Five Sisters of Kintail, Sgurr na Moraich, and flows down under the bridge, through the village and on to the shores of Loch Duich

The dance is dedicated to the Kintail Mountain Rescue Team

The Herring Wall S4x32 (4 couples)

- 1 - 2 Advance(1 step) & retire(1 step)
- 3 – 4 Repeat - Advance(1 step) & retire(1 step)
- 5 - 6 All ½ turn RH dancing out to opposite sides
- 7 - 8 All dance towards partner & pull Rsh back dance out to curve into sidelines
- 9 – 12 1s with 2s, 3s with 4s Set & Link (finish 1s facing down 4s & 3s facing up)
- 13 – 16 1s, 4s & 3s dance ½ reel of 3 (1s & 4s pass Lsh to start) (2x3x4x1x)
- 17 – 24 All parallel reel of 4 on sides (Rsh to start)
- 25 – 30 2s with 3s Set, pull Lsh back, cast to chase round top-half of set (anticlockwise) back to place (opposite sides)  
**while** 4s with 1s Set & pull Rsh back cast to chase round bottom-half of set (clockwise) back to place (opposite sides)
- 31 – 32 All cross RH

Running out from the shore on the south side of the head of Loch Duich, a wall was built to catch herring. As high tide approached the rising water level allowed the herring to swim over the wall, later for the level to drop trapping the fish behind it, so that the herring could be harvested on foot. Later the wall was broken rendering it inoperable and the herring could only be caught from fishing boats out on the loch. The dance reflects the motion of gentle waves & swimming fish, crossing the wall and subsequently flowing out through the breach.

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### Cro of Kintail

S4x32 4 couple set

- 1- 8 1s with 2s Set, turn partner two hands,  
opening out into circle (4 hands round) to left for four
- 9 – 16 1s Set, cast into 2<sup>nd</sup> place, 1½ turn RH to face down in centre on opp sides  
(2s moving up on 11/12)
- 17 – 24 1s dance down between 3s & 4s, cast out & up round 4s, cross passing Rsh, (across the causeway)  
cast down to 4<sup>th</sup> place (3s moving up on 19/20) (to flow into Loch Duich)
- 25 – 32 All circle (8 hands round) to left & back

The River Cro slowly meanders down the glaciated valley of Glen Lichd flowing into Loch Beag and under the causeway into Loch Duich.

The river is named after the 'cro' of Kintail where the mountains encircle the low level ground near Morvich as a fold would encircle & protect sheep.

It would be lovely to dance this simple strathspey to the tune of Ian MacMhurachaidh's song  
“Theid mi dhachaidh Chro Cintaille” - “I will go home to the fold of Kintail”

(Stepping up important)

### The Sisters (or Five Sisters of Kintail)

J5x32 5 couple set

- 1 – 4 1s, 3s & 5s Set advancing, balance-in-line in centre of set
- 5 – 8 1s & 5s turn RH, 1s cast to 2<sup>nd</sup> place, 5s cast to 4<sup>th</sup> place  
**while** 3s turn RH & return to sides (2s & 4s stepping out to 1<sup>st</sup> & 5<sup>th</sup> places)
- 9 – 16 2s, 3s & 4s Set advancing, balance-in-line in centre of set  
2s & 4s turn RH, cast to 2<sup>nd</sup> end place,  
**while** 3s turn RH & return to sides (1s & 5s moving out to 1<sup>st</sup> & 5<sup>th</sup> places)
- 17 – 24 All set, All XR and face up  
1s cast to 5<sup>th</sup> place followed by 2s,3s,4s & 5s dancing up and casting to 54321  
all XR & set
- 25 – 28 **while** 1s turn RH (or birl)  
5s,4s,3s & 2s ½ reel of 4 on sides (23451)
- 29 – 32 All set & TR

The ridge of mountains on the north side of Glen Shiel known as the Five Sisters of Kintail are named after the legendary princesses who stand waiting, looking out over the loch for their husbands-to-be to come from Ireland after the youngest sister was only allowed to leave for Ireland with her suitor on condition that his five brothers returned to marry her five older sisters.

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### Ratagan

R8x32 3 couples (4C set)

- 1 - 8 1s turn RH, cast to 2<sup>nd</sup> place, 1¼ turn LH  
(L1 between 2s facing down & M1 between 3s facing up)
- 9 – 16 1s Set, L1 casts out top & down behind L2 & L3 dances up the set to face  
down between 2s  
**while** M1 follows to finish facing up between 3s
- 17 – 24 1s Set, turn RH, face up dance up to top & cast into 2<sup>nd</sup> place
- 25 – 32 2s, 1s & 3s Circle to left & back

Ratagan lies on the south side of Loch Duich just below the road which winds its way up & over the 1000' pass of Mam Ratagan towards Glenelg & the Isle of Skye (by way of the Kylerhea / Glenelg ferry)  
It was the drove road whereby the cattle were brought from Skye, swimming across the narrows of Kylerhea, to the markets further south on the mainland.

The good folk of Ratagan knew how to party and in the dance 1<sup>st</sup> lady can set coquetishly to her partner who then chases, and after setting again they dance off together to 'gather up' the others to join in the circle.  
At the time we were in need of a dance where not everyone is moving all at once!

### Jackie 'Danie' of Inverinate Square ('Danie' pronounced 'Danny')

M S64/R64

4 couples Square set

#### Strathspey

- 1- 8 1s & 3s Advance & Retire, ½ Rights & Lefts
- 9 – 12 With corners all Schottische set
- 13 – 16 turn corners two hands twice
- 17 – 24 1s & 3s Ladies chain
- 25 – 32 Circle to left & back
- 33 – 64 2s and 4s Repeat bars 1 – 32

#### Reel

- 1- 8 1s & 3s Advance & Retire, ½ Rights & Lefts
- 9 – 16 With corners all set twice (or pas de basque coupe) & TR (or birl)
- 17 – 24 1s & 3s Ladies chain
- 25 – 32 Circle to left & back
- 33 – 64 2s and 4s Repeat bars 1 – 32

### Invershiel Gold

(S6 or) S8x32

2 couples (3 or 4C set)

- 1 - 4 1s & 2s Set & turn partner with two hands
- 5 - 8 1s face up & cast to 2<sup>nd</sup> place,  
**while** 2s dance up (nearer hands) cast into 1<sup>st</sup> pl.  
1s turn RH to face own sides
- 9 – 16 2s & 1s Rsh reel of 4, 1s twirl into circle
- 17 – 24 2s & 1s circle to left and back
- 25 – 32 2s & 1s Diamond Poussette

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## Barefoot Bairns

R8x32

3 couples (4C set)

- 1 - 4 1s slip step down & back  
5 - 8 2s slip step down & back  
9 – 16 1s Set , cross, cast 1 place,  
cross RH, cast to Right (finish in the centre M1 above 2s facing down L1 below 3s facing up)  
17 – 24 M1 with 2s & L1 with 3s circle to left for 6 slip steps, all turn right about  
( 2s & 3s in places)  
**while** 1s dance clockwise behind opposite sides (L1 up / M1 down)  
to M1 below 3s & L1 above 2s in centre  
25 – 32 L1 with 2s & M1 with 3s circle to left for 6 slip steps, all turn right about  
(2s & 3s in places)  
**while** 1s cast to 2<sup>nd</sup> place own sides & set

## Totaig Broch

S4x32 Square set

- 1- 8 1s dance across set under triangular arch made by 3s, followed by L2 with M4, then by  
M2 with L4 (who first dance up to first place), divide & cast to original places  
9 – 12 All couples Set & Link  
13 – 16 All Ladies LH across 3 places to meet partners  
**while** Men cast out & dance clockwise 1 place,  
½ turn partner RH, finish M facing out, L facing in  
17 – 24 ½ Schottische Diamond  
(Schottische set to M's Left and pulling Rsh back to set again on 2<sup>nd</sup> side of diamond  
- open out to finish facing clockwise (M1 outside)  
25 – 28 Ladies with L hand on partner's Rsh & Mens' R arm on partners' waist, dance clockwise round set  
29 – 32 All turn two hands & set facing centre (all having moved 1 place clockwise)

The Totaig Broch which sits in a commanding site overlooking the meeting of Loch Duich, Loch Long & Loch Alsh has a triangular lintel stone – hence the triangular arch

## Paisley-side

M S48/R48

Alternatively danced progressively round the room in Reel time  
Set – Man with 2 ladies facing a man with 2 ladies ( L1 on R, L2 on L)

## Strathspey

- 1 – 8 All Set, Dos-si-dos and set  
9 – 16 M in promenade hold with L1 (on R) pass Lsh into reel of 4 across dance  
17 – 24 M drop R hand hold, retain L-hand hold with L1 to make an arch & pass L1 to left,  
while taking L2 with R-hand under arch to Right  
and continue for next 6 bars with arches & turnings,  
M turning about to face out on bars 20 and back on 22  
ie L1 over-under-over-under  
while L2 under-over-under-over  
25 – 32 Reel of 3 with partners ( Rsh to L on R)  
33 – 36 M cross passing Lsh to RA on opposite sides  
36 – 40 M cross back to LA on own sides  
41 – 44 ½ reel of 3 with partners (Rsh to L on R)  
45 – 48 Advance & retire (or progress to next set)

## Repeat in Reel time

Can be danced progressing with sets round the room

The nickname “Paisley” was given to the area near Shiel Bridge from which Birch wood was shipped south to Paisley to make bobbins for the thread manufacturers there (J&P Coats and J&J Clark)  
The dance reflects the twilling of weaving and the winding of bobbins.

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