

Scottish Highland Dance



Dating back to the 11th century, the Highland dances of Scotland tended to be highly athletic male dances of triumph, joy, or some other reflection of everyday life. Competitive Highland dancing, for males only, started during the Highland revival of Victoria Britain. Females began competing at the turn of the 20th century. Highland dancing is one of the few arenas where *men and women compete equally*. No matter who is dancing, Highland dances require both athletic and artistic skills. One study showed that 30 minutes of Highland dance was equivalent to a full game of Soccer.

Throughout the weekend you will have the opportunity to see all aspects of Highland dance:

SATURDAY EVENTS **Championship & Competition**

Includes the: NEUS Championship, Premier Solo Choreography, Premier National Competition and Pre-Premier Competition.

Adjudicators

Ann Johnston (Beaverton, OR)
Jennifer Hastings (Frederick, CO)
Sharon Farrar (Bell Canyon, CA)

Pipers

Derek Davidson (Bethlehem, NH)
Mike Munro (Rexford, NY)

SUNDAY EVENTS **Performance by the** **Braemar Highland Dancers**

Do You Think You Can Dance?

Come to the Sunday Scottish Highland dance performances and take the stage for our *Audience participation* dances...

1PM Show – Pas de Basques & High Cuts

3PM Show – Highland Fling (or claps & jumps)

History of a few dances you will see this weekend:

16 PAS DE BASQUES PAS DE BASQUE & HIGH CUTS

These two short dances are crowd favorites performed by the future of Highland dance, the Primary category (competitors under 7 years of age). Primary dancers are the only competitive category able to compete in these two dances, which prepare them for the Sword Dance.

WILT THOU GO TO BARRACKS JOHNNY?

Classified as a 'National', yet performed in the Scottish Highland costume, this dance is usually referred to as *the Barracks*. Soldiers originally performed this dance in front of recruiting offices to entice men into joining the Army of Scotland during World War I. While watching this dance, imagine it being performed in full military uniform, including the boots, as this was the way it was originally executed! Current dancers can confirm that this dance takes much strength and stamina.

FLORA MACDONALD'S FANCEY

This dance was choreographed in honor of Flora MacDonald, Who helped Bonnie Prince Charlie escape to the islands after he and his troops were defeated by the English at Culloden in 1746. It is said that Flora dressed Prince Charlie as a hand maiden and helped get his small boat over the rough seas to the island of Skye. Flora immigrated to the colonies and lived in North Carolina. Two of her sons died while fighting for the King in our Revolutionary War. Eventually, Flora returned to her homeland. Upon passing, she was buried on the Isle of Skye.

BLUE BONNETS OVER THE BORDER

The Blue Bonnets refers to the blue hats with a white cockade that were worn by the followers and sympathizers of Prince Charlie and his unsuccessful bid for the Scottish Throne in 1745.