

## THE HIGHLAND FLING (Scotland)

- Source:** The Highland Fling is a solo dance consisting of 6 or 8 steps danced in place without travel. The first figure is always "round-the-leg." The last figure is also always a "round-the-leg" variation. The other figures may be varied to suit the dancer.
- Record:** Dominion 55
- Formation:** Solo dance done anywhere on the floor.
- Steps:** Disassemble: A movement of elevation begun with the wt distributed equally on the balls of both ft and finished by landing on the ball of one ft.  
Hop\*, leap\*
- Styling:** The fling is danced on the balls of the ft. The toes and knees should be well turned out throughout the dance with the body held erect. When the hand is raised to the side slightly above head level, it is always on the side opp to the working ft. The fingers are lightly grouped, the thumb being in contact with the first joint of the middle finger. The head faces the front with the eyes level except when an arm is raised, and then the head is turned from the raised arm, diag R or L, with the chin slightly raised.  
\*Described in Volumes of Folk Dances from Near and Far, published by the Folk Dance Federation of California, Inc. The leap used here is defined differently from the leap as ordinarily used in Scottish dancing.

<u>Measures</u>	<u>Pattern</u>
	<u>Introduction</u>
1 - 2	Stand erect with ft flat on the floor, heels together and toes apart (first pos), and with hands on hips, backs of hands to the front, knuckles facing the body with wrists straight and elbows pointing directly to the side.
3 - 4	Bow from the waist.
	<u>1. Round-the-leg</u>
1	Raise L arm to side slightly above head level, palm turned twd the face with arm and wrist slightly curved. R hand remains on hip. Disassemble landing on L ft with R ft pointing on the floor directly to R side, R ft being in line with L heel (ct 1). Hop L raising R ft behind L calf with R toe pointing down and R knee turned out (ct 2). Hop L moving R ft in front of L calf (ct 3). Repeat action of ct 2 (ct 4).
2	Change arm pos to L hand on hip and R arm raised to side.

## THE HIGHLAND FLING (CONT.)

<u>Measures</u>	<u>Pattern</u>
	Leap onto R and repeat action of meas 1, hopping R and raising L ft.
3	Leap onto L and repeat action of meas 1 exactly.
4	Place both hands on hips. Leap onto R and repeat action of meas 2, making one complete turn CW.
5 - 8	Repeat action of meas 1-4, starting with hop on R, reversing footwork and arm pos throughout, and turning once CCW during meas 8.
<u>II. Toe-and-Heel</u>	
1	Hopping on L, repeat action of Fig I, meas 1.
2	Place both hands on hips. Leap onto R and point L toe beside R toe (ct 1). Hop R and place L heel beside R toe (ct 2). Leap onto L and point R toe beside L toe (ct 3). Hop L and place R heel beside L toe (ct 4).
3	Repeat action of Fig II, meas 2.
4	Repeat action of Fig I, meas 4.
5 - 8	Repeat action of Fig II, meas 1-4, starting with hop on R, reversing footwork and arm pos throughout and turning once CCW during meas 8.
<u>III. Rock</u>	
1	Hopping on L, repeat action of Fig I, meas 1, cts 1,2. Hop L and point R ft beside L toe (ct 3). Hop L extending R ft diag fwd R (ct 4).
2	Raise both hands and dance rocking step as follows: Leap onto R, pointing L toe close behind R heel (ct 1). Leap onto L, pointing R toe close beside L toe (ct 2). Repeat rock again (cts 3,4).
3 - 4	Leap onto R and repeat action of Fig III, meas 1-2, reversing footwork and arm pos.
5 - 8	Leap onto L and repeat action of Fig III, meas 1-4.
<u>IV. Cross-Over</u>	
1	Leap onto L and repeat action of Fig I, meas 1.
2	Hopping on L, repeat action of Fig I, meas 1, cts 1,2. Moving R ft around in front of L calf and down, leap onto R, raising L ft behind R calf. Change arm pos to L hand on hip and R hand raised (ct 3). Hop R and point L toe close beside R toe (ct 4).
3 - 4	Hop R and repeat action of Fig IV, meas 1-2, reversing footwork and arm pos.
5 - 8	Hop L and repeat action of Fig IV, meas 1-4.

## THE HIGHLAND FLING (CONT.)

Measures      PatternV. Shake and Turn

- 1 Repeat action of Fig III, meas 1. (As R ft is extended, it may be shaken.)  
 2 Repeat action of Fig I, meas 4.  
 3 - 4 Hop R and repeat action of Fig V, meas 1-2, reversing footwork and arm pos.  
 5 - 8 Repeat action of Fig V, meas 1-4.

VI. Round-the-Leg Variation

- 1 - 3 Hop L and repeat action of Fig I, meas 1, three times.  
 4 Repeat action of Fig I, meas 4.  
 5 - 6 Repeat action of Fig I, meas 5, two times.  
 7 - 8 Repeat action of Fig I, meas 8, two times.

With both hands still on hips take a small step R to R and close L to R with R flat on the floor, heels together and toes apart (first pos) and bow from the waist.

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