

Dashing White Sergeant

The Dashing White Sergeant is usually the first set dance performed at a ceilidh. It is progressive and so is a great mixer and although more energetic than the Gay Gordons, no more difficult to learn.

DIFFICULTY RATING: EASY (BUT ENERGETIC)

WHAT YOU WILL NEED

Two set of three people. Each set of three can consist of either: two gents and a lady; or two ladies and one gent.

Each group of six arranges themselves in a circle around the outside of the dance floor so that each set of three is facing either clockwise or anticlockwise.

WHAT YOU NEED TO KNOW BEFORE STARTING

All dance steps are given in terms of the number of beats (ie simple counting). The figures in brackets give the total number of beats for each block of steps. The music often starts with the original tune the **Dashing White Sergeant**.

You need to be able to 'pas de bas' or set to your partner.

Pas de bas / Setting - Description	
<p>The overall movement is to bounce lightly crossing one foot in front of the other.</p> <ul style="list-style-type: none"> • Take a small side step (bounce) to the right and place your weight on your right foot; • Cross your left foot in front of your right foot and place your weight on your left foot, lifting your right foot slightly; • Place your weight back onto your right foot. Uncross your left foot; • Repeat but this time side step to the left and cross your right foot over. <p>The pas de bas is the single movement to either the right or left. Most dances combine both and use the term set to indicate the combined movement. Unless otherwise indicated in the instructions if you are setting to your partner you should pas de bas both to the right and left. A pad de bas to the right and left (=1 set) should take a count of 4 (beats).</p>	

THE STEPS

Beats	Description
1-16 (16)	<ul style="list-style-type: none"> • All join hands in a circle; • Circle clockwise for the count of 8 • Circle anticlockwise for the count of 8
17-24 (8)	<ul style="list-style-type: none"> • Break into a line with your set of three • Person in the middle of the three turns to face the person on their right; • Both set to each other for the count of 4; • Link right arms and turn all the way round for the count of 4.

25-32 (8)	<ul style="list-style-type: none">• Person in the middle faces the other partner in the set of three;• Set to each other for the count of 4;• Link right arms and spin all the way round for the count of 4.
32-48 (8)	<ul style="list-style-type: none">• Linking right arms, the person in the middle alternately spins with:• the partner on their right, then their left;• and repeats with the partner on their right, then their left.
49-56 (8)	<ul style="list-style-type: none">• Break back into a line, holding hands side by side in your set of three, and facing the other set of three;• step forward towards the other set for the count of two, then stamp your feet three times (for counts 3 and 4);• step backwards from each for two and clap your hands three times (for counts 3 and 4).
57-64 (8)	<ul style="list-style-type: none">• Step forward towards the other set, the line of three moving anticlockwise raising their arms, the line of three moving clockwise dropping their hand holds and passing underneath;• continue on until you have met a new set of three to dance with;• you are ready to repeat the dance.

HOW TO CONTACT THE HEADLANDERS CEILIDH BAND

If you would like a specific dance included on these pages or want to know more about us then please let us know.

Email: mail@headlanders.co.uk, or telephone/text: **07721 494 004**

If you want a list of ceilidh related books with a wide range of dances please refer to the links page.

We have invested substantial time and effort in putting these resources together and you are welcome to use these dance instructions if you are seeking to organise your own ceilidh. In return all we ask is that you do one, or more, of the following:

- send us an email saying thanks, let us know how you found the site (Google etc, recommendation by a friend), some details about your ceilidh - how it went, what it was for etc, tell us if the instructions are clear enough;
- if you're in Aberdeen or the North East of Scotland why not ask us for a quote/check our availability. Our prices are competitive and having a band, with all the equipment, music and dance calls can make organising the ceilidh significantly easier on you - we know the amount of work that is involved in organising a ceilidh (and how heavy PA equipment is!) having been there ourselves;
- mention us to your friends and relatives if they are looking for a ceilidh band;
- provide a link to our homepage on your own website. All you need to do is paste the code between the square brackets into your own html code: [`the Headlanders ceilidh band`]