

Schottische

Starting position

Stand facing forward, lady on gentleman's right, hands in skater's position (right hand in partner's right hand, left hand in partner's left hand, lady's right elbow bent, gentleman's left elbow bent, lady's extended left arm under man's extended right arm). You will be dancing counter-clockwise around the ballroom.

Beat

1	+	2	+	3	+	4	+
Step,	step,	step,	hop;	step,	step,	step,	hop;

1	+	2	+	3	+	4	+
Step,	step,	step,	hop;	step,	step,	step,	hop.

All together

	Gentleman	Lady
SECTION A	Step left Step right Step left Hop (on left, right in air) Step right Step left Step right Hop (on right, left in air)	Step right Step left Step right Hop (on right, left in air) Step left Step right Step left Hop (on left, right in air)
SECTION B	Step and hop left (right in air) Step and hop right (left in air) Step and hop left (right in air) Step and hop right (left in air)	Step and hop right (left in air) Step and hop left (right in air) Step and hop right (left in air) Step and hop left (right in air)

Repeat, repeat, repeat.....

Notes:

- Leg should be slightly bent at knee when lifted off of the floor.
- Do not lift the leg too high; lower is better.
- Variations include assuming the waltz position during section B; separating and returning together on section A; turning while hopping on section B; one man dancing with two ladies, etc.
- Be creative.