

Frequently Asked Questions

I haven't done Scottish dancing before – is it difficult?

No problem. We start with simple ceilidh-type dances and most people find these easy – come along and try

Do I need a kilt?

Kilts are only worn at social dances – just wear casual comfortable clothes

Do I need dance shoes?

Dance shoes are not required initially. Soft shoes or sneakers are fine; trainers are ok but you may find them a bit bulky

Is this good for fitness?

Yes. Classes involve light movement that promotes cardiovascular fitness, bone health, coordination and memory

I enjoy the music but I think I have 2 left feet

No problem – bring them both!

What is RSCDS Dundee?

RSCDS Dundee is the Dundee Branch of the Royal Scottish Country Dance Society, a charity with a worldwide reach. We run classes for different levels and interests of dancers.

The Branch runs occasional social dances, from Beginner level to more experienced which allows dancers to enjoy dancing to bands comprising some of the top musicians in the country.

For current classes and events, do check out the website.



Jig your way into a world of Scottish country dance!

RSCDS Dundee Branch
Scottish Charity SC 024986
Email: rscdsdundee@gmail.com



Discover Scottish Dance in Dundee

Connection. Culture. Community.

www.rscds-dundee.org.uk



RSCDS Dundee

What is Scottish Country Dancing?

Scottish ceilidh and country dancing is a sociable, group-based dance form with a long history and a joyful spirit. Ceilidh dancing is the entry level for many dancers and the dances are in couples, trios or in sets of 8 people. These are simple dances which let people get a feel for the music and tempo.

Scottish Country Dancing brings people together in small groups to dance patterns called 'formations', which are joined together to make up a dance. The dances are set to uplifting music – either quick tempo jigs and reels or slower tempo strathspeys, played on accordions, fiddles and drums.

The dances are light and rhythmic, with many moments of connection with others in a 'set' – usually comprising 8 people. Teachers will gently guide you through the dances and will introduce the steps as the class progresses.

Why People Love Scottish Dance

People come to Scottish Country Dancing for many reasons, some want to exercise more, others want to meet new people, and many are simply drawn to the music and culture. Whatever brings you in, you will find:

- A relaxed, friendly environment
- Music that lifts your mood
- Movement that is easy and adaptable
- Sharpening of memory and focus
- Opportunity to make new friends
- Improvement in mental and physical fitness
- Potential to dance worldwide

Whether you have danced before or this is a new activity, come along and our teachers and experienced helpers will guide you through.

Who Can Join?

Scottish ceilidh and country dance is an inclusive activity regardless of age or background. Some dancers have experienced other types of dance while others are trying dance for the first time. Everyone starts as a beginner at some point, and no-one dances alone.

- You do not need fancy clothes – just wear loose, comfortable clothing
- You do not need dance shoes at the start – soft shoes or sneakers are fine
- Do bring water – this is good cardiovascular exercise and you will get warm
- Men are particularly welcome – the dances are easier to learn with men at the classes
- You don't have to be Scottish to join in – Scottish dance is enjoyed all over the world
- If you want to learn a specific dance, just let our teachers know