



beginner COURSES

Learn Scottish Country Dancing with
Scots on The Rocks

No previous dancing experience is necessary.

You will learn the steps and the dance figures that are the building blocks of all Scottish jigs and reels, as well as a series of lively, beginner-friendly dances.

When?

Monday 9 August 2010

8 week course

Classes run for 90 minutes from 7.00pm to 8.30pm

Where?

Fort Street Public School

Upper Fort Street, The Rocks

Parking available in the school grounds and we are close to trains and buses

How much?

\$80 per person

for a full 8 week term

What do I bring?

You don't need swords, kilts, a partner or a Scottish accent. Wear a pair of flat, soft soled shoes, so that you can feel the floor under your feet. Dress comfortably, skirts, shorts or loose trousers will give your legs more freedom when you're flying along.

Scottish Country Dancing – why would you do it?

"A late 1990s BBC documentary exploring the question of 'what makes people happy' concluded that the activity generating the greatest degree of happiness in its participants was Scottish country dancing. The aerobic demands of this type of dancing are considerable, and enthusiasts of all ages tend to be physically fit. So here is a hobby that is officially more fun than sex and also better exercise. What's more, you are not only allowed to change partners - it would be impolite not to." <http://www.bbc.co.uk/dna/h2g2/A315929>

For information and bookings contact:

Scots on The Rocks

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