

Military Two-step		
Tunes required		6/8 Pipe marches or jigs
Sets		Rory Macleod; Boys of Ballymote
A lively dance for couples		
Starting formation		Couples facing ACW in a large circle, woman on right, man's right arm around her waist, her left hand on his right shoulder.
Bars	Move / action	Description
1-4	Heel - toe	With outer foot first touch floor with heel and then toe (do a little bounce as you do this if you like). Do this twice. Walk forward for three steps, turn and face the other way.
5-8	Heel - toe	Man now on the right, repeat the previous steps.
9-10	Jump – kick	Take your partner with both hands, jump and kick right leg across to the left. Repeat with left leg.
11-12	Turn under	Man steps twice to left while his partner turns under his left arm.
13-16	Polka	In ballroom hold, polka (or waltz) and take up starting position again.

Orcadian Strip the Willow		
Tunes required		Jigs
Sets		As for Strip the Willow
Often the last dance of the ceilidh. Best thought of as organised mayhem.		
Starting formation		A longwise set of couples, as many as you can fit down the room. You need at least 8 couples for this and there is no upper limit.
Bars	Move / action	Description
1-8	First couple swing.	First couple swing at the top of the set for eight. (Various holds are used!)
9-∞	First couple turn the rest.	With their left arms the first man turns second woman while first woman turns second man. They turn each other and move down the set turn every couple as they go. Swing and join the bottom of the set.
	Everyone follows in turn	Once the first couple reach the fourth couple the second couple swing for 8 and then proceed to turn the others down the set. All other couples repeat in turn. The band should make sure everyone goes the whole length at least once.
Remind the dancers to keep shuffling towards the band otherwise they'll end up bunched together at the bottom of the dance floor.		