

# Highland Dancing

*Advanced Highland Technique*

*Video Series*

by

*Deryck & Gareth Mitchelson*

---



10 times World Champions Deryck and Gareth Mitchelson present the initial 2 videos from a series of videos focusing on Highland Dancing technique.



**Volume 1** focuses on the 4 main Highland Dances, namely the Highland Fling, Sword Dance, Seann Triubhas and the Reel, covering a variety of movements, steps, introductions and endings with steps demonstrated by Gemma Baillie and 2004 World Champion Rachel McLean.



The dances are broken down step-by-step and then movement-by-movement with the dancers demonstrating 'good technique' accompanied by commentary by Deryck & Gareth on technique and also tips for avoiding some of the more common faults.

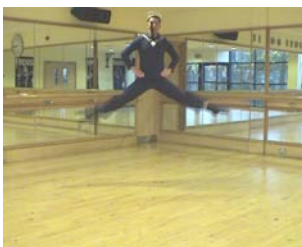


**Volume 3** looks at the Sailors Hornpipe and Irish Jig, covering all of the

- movements
- steps
- breaks
- introductions
- endings



as contained in the Hornpipe and Jig book issued by the Scottish Official Board of Highland Dancing (2004 Version).



Steps and movements are described and demonstrated by Deryck and Gareth and by 2004 Junior World Champion Rachel McLean with male and female styles shown separately for each introduction, ending and step of the Jig.

Learn to dance like a World Champion ....