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**Highland at Home with Hesperi – Week 1**

**“Braes of Elchies” (Jig)**

**We are counting in phrases of 8 counts (4 bars of 6/8)**

BASIC

MODIFIED (low impact – no jumps, no arms)

Challenge (extra turns)

**Introduction**

Stand for 4 counts, bow for 4 counts

**Section A**

Phrase 1 \* pas de basque right-left, 4 springs pointing left-right-left-right

Phrase 2 \* pas de basque right-left, 4 high cuts lifting left-right-left-right

Phrase 3 \* pas de basque right-left (turn to the right), shedding LEFT foot

Phrase 4 \* pas de basque left-right (turn to the left), shedding RIGHT foot

**Section B**

Phrase 5 \* *travelling to the right side ~* step right close left, 2 hops, step left close right, 2 hops

(or 2 strathspey steps right-left) replace hops with 2 marches

Phrase 6 \* 4 toe-heels right-left-right-left

Phrase 7 \* *travelling to the left side ~* step left close right, 2 hops, step right close left, 2 hops

(or 2 strathspey steps left-right) replace hops with 2 marches

Phrase 8 \* pas de basque left-right (turn to the left), 4 high cuts lifting right-left-right-left

**Reverence**

Bow to finish