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**Highland at Home with Hesperi**

**Week 2 – Fast Feet**

 **“Miss Nancy Frowns” (Jig)**

**Phrases of 8 counts (4 bars of 6/8)**

BASIC

Challenge

**INTRODUCTION**

~ stand for 4 counts, bow for 4 counts

OR ~ step to right and curtsey (counts 1-4), step back to the left & rise on the balls of the feet

**A SECTION**

Phrase 1 \* skip change of step right-left, assemble (right), spread 2nd, assemble (left), change (right front)

Phrase 2 \* pas de basque right-left, 4 high cuts lifting left-right-left-right (turn to the right)

**B SECTION (Flora McDonald’s Fancy – 1st step)**

Phrase 3 \* hop-brush-beat-beat (twice right foot)

spring onto right – left goes behind – extend to the left corner, repeat with the right foot

Phrase 4 \* point left in 2nd, take it behind right leg, hop-brush-beat-beat left (turn to the right)

4 springs pointing right-left-right-left

**C SECTION**

Phrase 5 \* hop & travel left foot (twice), bouree derriere (behind-side-behind) from left, then from right

Phrase 6 \* pas de basque left-right (turn to the left to face the back)

 skip change of step left-right (finishing where you started, facing front)

**B SECTION ON THE LEFT**

Phrase 7&8 \* repeat section B – but with the other foot (starting left)

**REVERENCE**

~ curtsey/bow to finish