

Highland Fling

(Time 4/4)

For many years after the Act of Proscription, very little Highland dancing was to be seen in the country, as the spirit of the people had been somewhat subdued. "Tullochgorm" sometimes erroneously called "Reel of Tullochgorm" was the earliest form of Highland Fling. Towards the end of the 18th century, it had undergone changes and improvements, frequently finding a place in concerts, theatricals and entertainments, becoming popular throughout Great Britain, the Dominions and America.

This dance is inspired by the site of a red deer stag prancing on a hill-side. The arms and fingers are held in the form of the stag's antlers, however in VSU dancing we hold the fingers flat. The dancer must never move from the spot on which the dance began.

The steps now described for this dance have been accepted as standard for over 50 years.