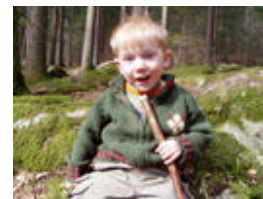


'Fling for Logan'

Forty step fling script



1 - Flinging

Bar 1
Dance the Flinging movement R
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Alan's Ballroom Guide

2 - Backstepping

Bar 1
Spread 2
Pull 3
Spread 2
Pull L 3
Arms - 2nd

Bar 2
Spread 2
Pull 3
Spread 3
Pull 3
Arms - 2nd

Bar 3
Hop L take R to 3A
Dance 3 backsteps jumping R L R
Arms - 3rd

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Charles North

3 - Backstepping

Bar 1
Dance the Flinging movement R then take R to 3A count 4&
Arms - 2nd

Bar 2
Hop L and dance a Shake R
Spring R take L to 3RA
Spring L take R to 3A
dance 1 backstep jumping R
Arms - 2nd

Bar 3
Dance bar 2 contra
Arms - 2nd

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Charles North

4 - Backstepping

Bar 1
Hop L point R 4
Hop L take R to 3RA
Dance 1 frontsteps then 1 backstep
Arms - 2nd (counts 1 2) then 3rd (counts 3 4)

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Charles North

5 - Backstepping

Bar 1
Hop L point R 2
Hop L take R to 5RA
Hop L point R 4l
Hop L take R to 5CA
Arms - 2nd

Bar 2
Dance 4 backsteps jumping R L R L
Arms - 3rd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D G MacLennan

6 - Backstepping

known as 'back step'

Bar 1
Hop L point R 2
Hop L take L to 5ra
Hop L point R in 4l
Hop take R to 5CA
Arms - 2nd

Bar 2
Dance 2 backsteps jumping R R L L
Arms - 3rd

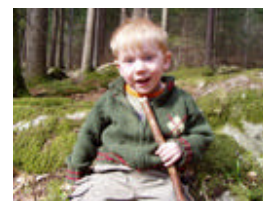
Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D R MacKenzie

'Fling for Logan'

Forty step fling script



7 - Backstepping

Bar 1
Dance the Flinging movement R
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar
Hop L point R 4
Hop L take R 3A
Hop L take R 3RA
Hop L take R 3A
Arms - 2nd

Bar 4
Dance 4 backsteps jumping R L R L
Arms - 3rd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Delvinside

8 - Backstepping

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 2
Hop L take R to 3RA
Arms - 2nd

Bar 2
Dance the Flinging movement R making a complete turn by the L
Arms - 1st or 2nd

Bar 3
Dance 4 backsteps jumping L R L R
Arms - 3rd

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Delvinside

9 - Backstepping

Bar 1
Dance 3 backsteps jumping R L R
Hop R hold L in 3A
Arms - 3rd

Bar 2
Dance bar 1 contra

Bars 3 - 4
Dance 8 backsteps making a complete turn R
Arms - 3rd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Delvinside

10 - Backstepping

Bar 1
Dance the Flinging movement R making a complete turn by the L
Arms - 1st or 2nd

Bar 2
Dance 4 backsteps jumping R L R L
Arms - 3rd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: Delvinside

11 - Backstepping

Bar 1
Hop L point R in 4I 1
Hop L take R to 3A then to 3RA 2&
Dance 2 backsteps jumping onto R L 3 4
Arms - 2nd (1 2&) then 3rd (3 4)

Bar 2
Bar 1 contra

Bar 3
Bar 1

Bar 4
Dance a Flinging movement with L making a complete turn by the R on counts 2 3 4
Arms - 1st or 2nd

Bars 5 - 8
Bars 1 - 4 contra

Source: Marquis of Huntly

12 - Backstepping

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 2
Hop L take R to 3A
Arms - 2nd

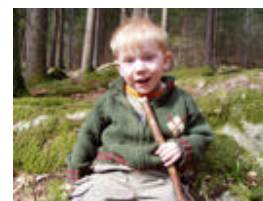
Bar 2
Dance 4 backsteps jumping R L R L
Arms - 3rd
Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: MozartAllen

'Fling for Logan'

Forty step fling script



13 – Toe and Heel

Bar 1
Hop L point R 2
Hop L take R to 3RA
Dance a toe and heel movement jumping R
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance Bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Alan's Ballroom Guide

14 - Toe and Heel

known as 'the toe heel'

Bar 1
Dance the Flinging movement R
Arms - 2nd

Bar 2
Dance 2 toe and heels jumping R L
Arms - 1st

Bar 3
Dance bar 2

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra (but in bar 6 dance 2 toe and heels with R and bar 7 dance 2 toe and heels with L)

Source: D R Mackenzie

15 - Toe and Heel

Bar 1
Hop L point R 2
Hop L take R 3RA
Hop L place R heel 2
Hop L point R 3
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance 2 toe and heel movements jumping L R
Arms - 1st

Bar 4
Dance 4 backsteps jumping L R L R
Arms - 3rd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Dohinside

16 - Toe and Heel

Bar 1
Hop L point R 2 inverted
Hop L place R heel 2
Dance toe and heel movement hopping L
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1 contra

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: J G Atkinson

17 – Toe and Heel

Bar 1
Hop L point R in 2 1
Hop L take R to 3RA 2
Dance a toe & heel with R in 3 3 4
Arms - 2nd pos

Bar 2
Bar 1 contra

Bar 3
Bar 1

Bar 4
Spring to back then dance 3 backsteps

Bars 5 - 8
Bars 1 - 4 contra

Source: Marquis of Huntly

18 - Shake

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 5
Hop L ext R to 4A
Arms - 2nd

Bar 2
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

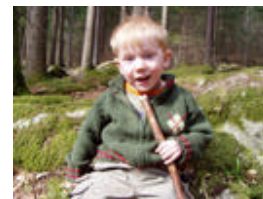
Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D G MacLennan

'Fling for Logan'

Forty step fling script



19 - Shake

Bar 1
Hop L point R 2
Hop L take R 3RA
Hop L take R 3A
Hop L Shake R 4A
Arms - 2nd

Bar 2
Dance the Flinging movement making a complete turn by the R
Arms - 1st or 2nd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D G MacLennan

20 - Shake

Bar 1
Hop L point R 2
Hop L take R 3RA
Hop L take R 3A
Hop L extendR 4A
Arms - 2nd

Bar 2
Dance 4 rocks stepping R L R L
Arms - 3rd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D G MacLennan

21 - Shake

Bar 1
Hop L point R 2
Hop L take R 3RA
Hop L take R 3A
Hop L extendR 4A
Arms - 2nd

Bar 2
Dance 4 backsteps jumping R L R L
Arms - 3rd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D G MacLennan

22 - Shake

known as 'the foot spurn'

Bar 1
Hop L point R 2
Hop L take L to 3RA
Hop point R in 3
Hop and extend R to 4A
Arms - 2nd

Bar 2
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D R MacKenzie

23 - Shake

Bar 1
Hop L point R 2
Hop L take L to 3RA
Hop L take R to 3
Hop and shake R to 4A
Arms - 2nd

Bar 2
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: Alan's Source: D R MacKenzie
Guide

24 - Shake

known as 'rocking'

Bar 1
Hop L point R 2
Hop L take L to 3RA
Hop point R in 3
Hop and extend R to 4A
Arms - 2nd

Bar 2
Dance 4 rocks jumping R L R L
Arms - 3rd

Bars 3 & 4
Dance bars 1 & 2 contra

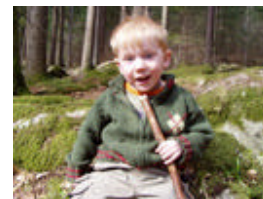
Bars 5 - 8
Dance bars 1 - 4

footnote: In rocking, move the body from the west and away sideways from the foot that is crossed. (The old saying was: "Cut the buckle with your toe across the instep")

Source: Source: D R MacKenzie

'Fling for Logan'

Forty step fling script



25 - Shake

Bar 1
Dance the Flinging movement R making a complete turn by the L
Arms - 1st or 2nd

Bar 2
Dance 4 rocks jumping R L R L
Arms - 3rd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: Delvinside

26 - Shake

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 4
Hop L take R 3AVL
Arms - 2nd

Bar 2
Dance 4 rocks jumping R L R L

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: J G Atkinson

27 - Shake

Bar 1
Hop L point R 2
Hop L take R to 3RA
Step R 3 then beat L 3R
Dance a shake R
Arms - 2nd

Bar 2
Dance 4 rocks jumping R L R L
Arms - 3rd

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: William Cameron

28 - Pointing

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 2
Hop L take R to 3RA
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Alan's Ballroom Guide

29 - Pointing

Bar 1
Spread 2
Jump R3
Jump L3
Jump R3
Arms - 1st

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Alan's Ballroom Guide

30 - Pointing

Bar 1
Dance the Flinging movement R
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance the Flinging movement R making a complete turn by the L

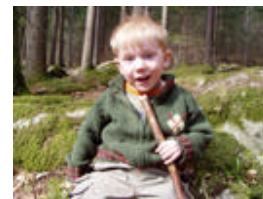
Bar 4
Dance the Flinging movement L making a complete turn by the R

Bars 5 - 8
Dance bars 1 - 4

Source: Alan's Ballroom Guide

'Fling for Logan'

Forty step fling script



31 - Pointing

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 4
Hop L take R to 3A
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance Bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Alan's Ballroom Guide

32 - Pointing

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 4I
Hop L take R to 3A
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Charles North

33 - Pointing

Bar 1
Dance the Flinging movement R
Arms - 2nd

Bar 2
Hop L point R 2
Hop L take R 3RA
Hop L point R 4I
Hop L take R 3A
Arms - 2nd

Bar 3
Dance bar 2 contra

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Charles North

34 - Pointing

Bar 1
Hop L point R 2
Hop L take R to 3RA
Hop L point R 2
Hop L take R to 3A
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance the Flinging movement L making a complete turn by the R
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: David Anderson

35 - Pointing

Bar 1
Hop L point R in 2
Hop L take R to 3RA then extend to 4IA 2&
Hop L take R to 3RA then extend to 4IA 3&
Hop L take R to 3RA then extend to 4IA 4&
Arms - 2nd pos

Bar 2
Bar 1 contra

Bar 3
Bar 1

Bar 4
Dance a Flinging movement with L making a complete turn by the R on counts 2 3 4
Arms - 1st or 2nd

Bars 5 - 8
Bars 1 - 4 contra

Source: Marquis of Huntly

36 - Pointing

Bar 1
Hop L extend R to 4IA 1
Hop L take R to 3A 2
Hop L extend R to 4IA 3
Hop L take R to 3A 4
Arms - 2nd pos

Bar 2
Bar 1 contra

Bar 3
Bar 1

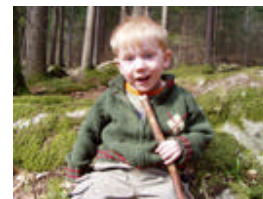
Bar 4
Dance a Flinging movement with L making a complete turn by the R on counts 2 3 4
Arms - 1st or 2nd

Bars 5 - 8
Bars 1 - 4 contra

Source: Marquis of Huntly

'Fling for Logan'

Forty step fling script



37 - Crossover

Bar 1
Shedding RF

Bar 2
Hop LF point RF in 2nd (1)
pause (2)
Dance the low-cutting movement from RF to LF (& 3)
Hop RF point LF in 3rd pos (4)

Bars 2 & 4
Dance bars 1 & 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: May Falconer (from discussion with Anne McIlroy)

38 - Crossover

Bar 1
shedding RF

Bar 2
Hop LF point RF in 2nd (1)
pause (2)
hop LF then spring RF & dance the extended crossover movement (&3)
Hop RF point LF in 3rd (4)

Bars 2 & 4
Dance bars 1 & 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: old SOBHD textbook

39 - Crossover

Bar 1
Shedding RF

Bar 2
Hop LF point RF in 2nd (1)
Hop LF and shake RF in 2nd aerial pos (& 2)
Spring RF taking the LF up through the rear (3)
Hop RF & point LF in 3rd pos (4)

Note: counts 3 4 to be danced in one continuous flowing movement

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: old SOBHD textbook

40 - Crossover

known as 'side step'

Bar 1
Dance the Flinging movement R
Arms - 2nd

Bar 2
Hop L Point R 2
Extend R to 4IA
Step R in 5C
Place L in 5
Arms - 2nd (changing on the step)

Bars 3 - 4
Dance bars 1 - 2 contra

Bars 5 - 8
Dance bars 1 - 4

Source: D R MacKenzie

41 - Crossover

Bar 1
Dance the Flinging
Arms - 1st or 2nd

Bar 2
Hop L point R 2
Hop L take R to 3RA
Jump R take L to 3RA
Hop R point L 3
Arms - 2nd (changing on the jump)

Bar 3
Dance 2 toe and heel movements jumping L R
Arms - 1st

Bar 4
Dance the Flinging movement R making a complete turn by the L
Arms - 1st or 2nd

Bars 5 - 8
Dance bars 1 - 4 contra

Source: Delvinside

42 - Pointing

Bar 1
Dance the Flinging movement R making a complete turn by the L
Arms - 2nd

Bar 2
Dance bar 1 contra

Bar 3
Dance bar 1

Bar 4
Dance bar 1 contra

Bars 5 - 8
Dance bars 1 - 4

Source: Alan's Ballroom Guide