

## **Peter Knight and the Mighty Mantras of Mary Stoker**

**September 2021**

**Peter Knight talked and danced us, to Ken Martlew's music, through his personal mantras that have helped numberless dancers through intricate formations.**

Peter Knight from London Branch had kindly volunteered to give us and demonstrate the Mantras (or Rhythmic Words) for the main RSCDS Formations. These had mainly been taught to Peter by the highly respected teacher of London Branch, Mary Stoker, and he wanted to be able to pass them on to current and future teachers of serTA.

With the use of a screen and computer, Peter showed us appropriate wording to fit the phrases. Everyone, with one eye on the screen and one eye on their partner managed to chant the mantras as we walked and danced the formations. We then enjoyed putting the specific formations into dances. Firstly the Circassian Circle with its unusual Round the Room Pousette and basic Rights and Lefts. We found some formations easier to chant than others and some wording fitted easier than others and occasionally the chanting became a little quiet. But it was a hugely useful morning spent working on calling appropriate words for each formation. Other dances we used included, Village Reel, College Hornpipe, The Argyll Strathspey and The Triumph.

Ken Martlew accompanied our dancing which gave an added enjoyment to the whole session.

Peter's mantras are shown below in alphabetical order, with space for your own notes.

Many thanks to Peter for sharing these useful chanting words developed over the years and which we can use when teaching our own classes. It was great fun! Thanks also to Ken for the enjoyable music.

**Jane Rose February 2022**

**Peter Knight's mantras**  
developed from those taught by Mary Stoker

<p><b>ALLEMANDE 2 Couples</b></p> <p>To the side 23 Pivot 23 Across 23 Down 23 Into line 23 Turn in 23 Fall back 23 Fall back 23</p>	<p><b>ALLEMANDE 3 couples</b></p> <p>Pivot 23 Across 23 Down 23 Down 23 Into line 23 Turn in 23 Fall back 23 Fall back 23</p>
<p><b>CROSS RIGHT HAND WITH PARTNER AND BACK, 8 BARS</b></p> <p>Approach 23 Take hands 23 Pass on 23 Turn around 23 Approach 23 Take hands 23 Pass on 23 Turn around 23</p>	<p style="text-align: right;">Blank space</p>
<p><b>HELLO and GOOD BYE SETTING</b></p> <p>Set on the right And out to the side Set on the right And in you come Set on the right And out to the ends Petronella turn And out to the side</p>	<p><b>HELLO and GOOD BYE SETTING face 2<sup>nd</sup> corners</b></p> <p>Set on the right And out to the side, Set on the right And in you come Set on the right And out to the ends Set on the right And turn right about</p>

<p><b>KNOT 2 couples</b></p> <p>Turn right hand  Allemande hold  Out to the side  Dance up 23  Ladies dance across  Turn 23  7 23  And out to the side</p>	<p>Blank space</p>
<p><b>POUSSETTE</b>  <b>All round strathspey</b></p> <p>Into the centre  Out to the side  In you come  Turn right round  Out to the side  In you come  Turn half round  Back you go</p>	<p><b>POUSSETTE</b>  <b>Half in strathspey time</b></p> <p>Out to the side  In you come  Turn half round  Back you go</p>
<p><b>POUSSETTE</b>  <b>Quick Time</b></p> <p>Away from the centre  Quarter turn  Up or down  Quarter turn  Into the centre  Turn half round  Fall back 2 3  Fall back 2 3</p>	<p><b>POUSSETTE RIGHT ROUND</b>  <b>Quick Time</b></p> <p>Away and turn  Travel and turn  Into the centre  Away and turn  Travel and turn  In and turn  Turn right round  Fall back 2 3</p>

<p><b>POUSSETTE Round the Room</b></p> <p>Men go forward  Quarter turn  Men go back  Quarter turn  Into the centre  Turn half round  Open out  And on you go</p>	<p><b>POUSSETTE as in Triumph</b></p> <p>Quarter turn  Travel  Quarter turn  Quarter turn  Travel  Quarter turn  Half turn  Fall back</p>
<p><b>PROMENADE 3 Couples</b></p> <p>Out to the side  Turn and move across  Across and move down  All move down  Ones come in  Twos come in  Threes come in  And out to the side</p>	<p><b>PROMENADE 3 couples, 1<sup>st</sup> couple cast to 2<sup>nd</sup> place</b></p> <p>Out to the side  Turn and move across  Across and move down  All move down  Ones come in  Twos come in  Up to the top  And cast to place</p>
<p><b>REEL of FOUR</b></p> <p>Right shoulder  Left in the middle  Right shoulder  Left in the middle  Right shoulder  Left in the middle  Right shoulder  Left in the middle</p>	<p><b>RIGHTS AND LEFTS</b></p> <p>Right 23  Pass 23  Left 23  Pass 23  Right 23  Pass 23  Left 23  And turn around</p>

<b>RONDEL</b>	<b>TOURNEE</b>
Up or down Cross to the side Meet on 3 Across on 4 Ones cross in front Meet on 6 Up or down And out to the side	Promenade hold Quarter way Half way Face opposite side Ladies sweep round Men sweep round And out to the side