



Workshop Scottish Dancing

Cape Breton Style

with Sophie Stephenson

7th June 2026 in Wiesbaden

The Teacher: Sophie Stephenson

Sophie Stephenson is a dance artist, teacher and performer from the Scottish Highlands, specialising in percussive step dance. Rooted in tradition yet driven by innovation, her work explores the deep rhythmic connections between language, music and movement within Gaelic culture. Sophie has a distinctive style that blends traditional and newly created steps. She has collaborated with leading artists and groups including Capercaillie, Carlos Núñez, Dàimh and The East Pointers, and performs regularly with acclaimed flautist and uilleann piper Calum Stewart. Hailing from Fort Augustus on the shores of Loch Ness, Sophie's passion for the traditional arts was shaped by an upbringing immersed in cèilidh culture, music sessions and local fèisean. With an academic background in ethnology, she brings a strong awareness of the historical context of Gaelic culture,

where music, song, dance, storytelling, and community are deeply interconnected, and a deep-rooted respect for tradition bearers which informs her teaching practise.

Step dance is a tradition which was retained and carried forward by Scottish emigrant communities in Eastern Canada, and Sophie is part of the legacy of its re-introduction to Scotland. She is dedicated to promoting and passing on step dance tradition through performances, teaching and creative projects across Scotland and internationally. She recently set up Sgoil Dannsa, to keep the heartbeat of Scottish Step Dance alive in the Highlands and beyond - through in-person and online classes (in both Gaelic and English), digital resources, and an interactive seminar series which connects dancers, academics, researchers and tradition bearers. Sophie is particularly interested in the rhythmical connections between language, music, song and dance, which inspired her to create TradBeats - a dynamic project that brings together voice and movement through rhythm, combining Gaelic mouth music, step dance, beatboxing and body percussion through performances, workshops and collaboration.

The Workshops:

*There are two levels of classes available. Complete beginners may wish to take only the first class. If you are a proficient percussive dancer in other step dance forms, such as Irish dancing or American tap, we highly recommend taking both classes, as the first will best prepare your feet for the more complex material in the second. **To ensure you get the most out of the workshop, class sizes will be limited to 15 participants.** Please bring hard-soled shoes for dancing and a bottle of water.*

Workshop 1: Warm-Up & Introduction to Scottish Step Dance

Discover the rhythm and energy of Scottish step dance in this fun and welcoming workshop, open to all ages and experience levels. This session introduces foundational strathspey, jig, and reel steps in a relaxed and supportive environment. The class will include a full warm-up, an introduction to the background of Scottish and Cape Breton step dance traditions, and an overview of basic strathspey, jig, and reel steps. These will provide a strong foundation for participants continuing on to the second, more advanced workshop.

Workshop 2: Intermediate-Advanced Steps

This workshop is designed for dancers with experience in step dance or another percussive dance form. The session will follow on directly from the first workshop and will explore more intricate step patterns across strathspey, jig, and reel rhythms. Participants will work on building longer step sequences, developing new motifs, and exploring dynamics and improvisation within their practice. This workshop is recommended for those with prior dance experience.

The Schedule:

Sunday, 7th June 2026
10 am – 11 am Workshop 1: Warm up & Introduction to Scottish Step Dance
11 am – 12 noon Workshop 2: Intermediate-Advanced Steps

Course Fees:

Course Fees	Early Birds until 7 th May 2026	Registrations from 8 th May 2026
1 Workshop: 1 hour of class	20,- €	25,- €
Both Workshops: 2 hours of class	30,- €	40,- €

Payment:

Please transfer the course fee to the account of „Fiddle and Feet School of Dancing“:

Account Nr.: 110236015 at Nassauische Sparkasse Wiesbaden, BLZ: 51050015

BIC: NASSDE55, IBAN: DE27510500150110236015

Your registration will only take effect once the course fee has arrived in our account. We will confirm that your registration has reached us via e-mail, and we will also let you know of any changes via e-mail. Therefore please make sure that we have your correct and readable e-mail address. Please understand that if you have to cancel your registration after 8th May 2026, we cannot refund your course fees. We recommend you have travel cancellation insurance.

Registration

I would like to register for the

Workshop Scottish Dancing Cape Breton Style with Sophie Stephenson

7th June 2026

Name _____

Address _____

Phone: _____

e-Mail: _____

This registration is for:

Workshop 1: Warm up & Introduction to Scottish Step Dance

Workshop 2: Intermediate-Advanced Steps

I am not certain which class would be the right one for me: Please choose the appropriate level according to my dancing experience:

If the class of my choice is already fully booked, please

put me on the waiting list.

register me for the other masterclass if possible.

I have transferred the course fee of € ____ to the account of the Fiddle and Feet School of Dancing on _____ (date).

(Date, signature)

Fiddle & Feet School of Dancing – Das Studio für Steptanz

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