**FSC**

**Folk Dance**

**Manual**

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# July 2005

# Music and recording credits

The recording of the first set of FSC dance music in 1975 by the Woodley Yeomen was initiated by Howell Jones and organised by Marcos Guillen. Two FSC-ers were in the Woodley Yeomen: Ian Graham and Dick Tucker.

In April 2005, another FSC-er turned professional musician was persuaded to record a new set of dance tunes. So, on a sunny Saturday in April a group of musicians and dancers gathered in Banbury for the recording of some FSC dance music.

Jon Boden was very keen to participate, and asked Benji Kirkpatrick and Tim van Eyken to help out.

Jack Sloan (aka Nomad Recordings) provided a very professional recording service with a mobile set-up that could be packed in the back of a Polo!

We started at midday, and by lunchtime had only recorded six dances. After that we got faster, but by the last dance only two people had the energy to ensure that the band were playing at the correct tempo.

The new CD will be sent out with the summer 2005 camps.

Jon Boden fiddle, concertina

###### Tim van Eyken melodeons

Benji Kirkpatrick guitar, bouzouki

Lindsey Kennedy harmonium

Recorded, mixed and mastered by Jack Sloan of Nomad Recordings

FSCD masterminded and produced by Lorna Kennedy

FSCD02: tracks 1-22: Jon Boden et al,

tracks 23-26: The Woodley Yeomen

# Note on number of bars

Each dance is divided into 8 bar sections, as indicated by A1, A2, B1, B2, etc. This should help you to know how long each section should take, i.e. how much music. In most dances there are two steps in each bar, so 16 steps in an 8-bar phrase.

Some dances are non-standard and have their own music with sections labelled differently.

## Jigs and Reels

A Reel is danced to a 4/4 tune, a Jig to a 6/8 tune.

Formation of Dances

## Sets with a stated number of couples

Men and ladies in two lines, each man facing his partner.

Normally the top of the set will be nearest the music, and when facing the music, men will have their partners on their right.

Couples are numbered from the top of the set.

## Longways sets for as many as will

In longways sets couples are numbered as 1’s or 2’s only. The best way to assign numbers is to take hands four from the top before the dance starts: make little circles of four people, and the couples facing down the set (away from the music) are 1’s, and the couples facing up the set are 2’s.

1’s progress down the set dancing with each 2nd couple they meet, while 2’s progress up the set.

When a couple reaches the end of the set, they will change number, standing out as a neutral couple for one turn of the dance.

## Improper longways sets: a longways set as above, but starting the dance with the 1’s having swapped places with their partners, i.e. on the wrong side of the set.

**Square set for 4 couples**

Four couples stand one each on the sides of a square, numbered 1, 2, 3 and 4, anticlockwise from the head of the set. 1’s and 3’s are head couples, 2’s and 4’s are side couples.

## Corner or Opposite

In square or circle dances: your ‘corner’ is the person next to you who is **not** your partner (i.e. the lady to a man's left or the man to a lady's right).

In longways sets: ‘1st corners’ are 1st man and 2nd lady. ‘2nd corners’ are 1st lady and 2nd man.

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| **ALUNELUL** | | | Own tune | |
| Circle,  no partners | | Difficulty: | easy/moderate | CD track **21** |
| All hold hands in circle | | | | |
| 1 | 3 sidesteps to R, stamp L foot twice  3 side steps to L, stamp R foot twice  all that again | | | | |
| 2 | 2 side steps to R, stamp L foot once  2 side steps to L, stamp R foot once  all that again | | | | |
| 3 | Sidestep R, stamp L,  Sidestep L, stamp R  Sidestep R, stamp L twice  Sidestep L, stamp R  Sidestep R, stamp L  Sidestep L, stamp R twice | | | | |
|  | Repeat entire dance | | | | |

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| **AUNT HESSIE’S**  **WHITE HORSE** | | | Own tune | |
| Couples anywhere round the field | | Difficulty: | easy: a good dance to start with | CD track **2** |
|  |  | | | |
| 1 | Fold your arms and walk just past your partners right shoulder and back to place | | | |
| 2 | Fold your arms and walk just past your partners left shoulder and back to place | | | |
| 3 | Do-si-do your partner right shoulders | | | |
| 4 | Do-si-do your partner left shoulders | | | |
| 5 | Swing your partner, then find a new partner | | | |

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| **BLACK NAG** | | | Own tune. Playford Dance | |
| 3 couple set | | Difficulty: | moderate/hard | CD track **20** |
| This is a dance in three parts, with no progression.  Start facing up holding hands in couples | | | | |
| I | All 4 steps forward and back twice  All face partners: 1’s do 4 slip steps up, then 2’s, then 3’s  All turn single  3’s do 4 slip steps back, then 2’s then 1’s, all turn single | | | |
| II | All face partners, walk forward to (nearly) touch right shoulders and back, same with left shoulders  Man 1 and lady 3 change places passing back to back, with a slip step  Lady 1 and man 3 change places, slipping back to back  2’s change places back to back, all turn single  Slip in turn back to places, all turn single | | | |
| III | Partners arm right once round, arm left once round  Mens hey (reel of 3)  Ladies hey (reel of 3) | | | |

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| **BONNY BREAST KNOT (Devon)** | | | | 32 bar reel  Tune: Bonny Breast Knot | |
| 3 couple set | | Difficulty: | hard | | CD track**24** |
| Use a walking or running step throughout. | | | | | |
| Quick reminder: | | | | | |
| A1 | 1’s lead between ladies, cast round ends, meet and lead thru’ men, cast to finish in lines across the set | | | | |
| A2 | Balance in line twice, 1’s switch to own sides, balance again | | | | |
| B1 | 1’s arm R partner, L 1stcorner, R partner, L 2ndcorner, swing to bottom | | | | |
| B2 | All swing | | | | |
| Detailed version: | | | | | |
| A1 | 1st man leads partner between the ladies, she casts L round 2nd lady, he casts R round 3rd lady, and they meet in the centre of the set. First man leads partner between the men, she casts R round 2nd man, he casts L round 3rd man, to form lines across the set, him between the third couple, she between the second couple, lines facing | | | | |
| A2 | Hold hands in threes and balance (kicking with right leg, left, right and left), 1’s each move to the left (to middle place in set, on their own sides), balance as before (the 1’s move on the first beat, as the first kick is being made) | | | | |
| B1 | 1’s arm right 3/4, arm left with 1st corners (1st lady with 2nd man and 1st man with 3rd lady)  1’s meet in the centre of the set, arm right 3/4, arm left with 2nd corners (1st lady with 3rd man and 1st man with 2nd lady) | | | | |
| B2 | 1’s meet in the centre of the set, swing to the bottom of the set, everybody swing | | | | |

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| **BORROWDALE EXCHANGE** | | | Any 32 bar reel | |
| 3\* couples in circles | | Difficulty: | easy | CD track **13** |
| The more groups of three couples, the better | | | | |
| Quick reminder: | | | | |
| A1 | Circle L & R | | | |
| A2 | Into middle, do-si-do partner | | | |
| B1 | All star R | | | |
| B2 | Pull out opposite, promenade to new sets | | | |
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| Detailed version: | | | | |
| A1 | Circle left and right in groups of 3 couples | | | |
| A2 | Into the middle and back, do-si-do partner | | | |
| B1 | Right hand star: only hold the hand of the person opposite. Undo the star by woman whose hand is lowest going under the arch made by the star, being gently pulled by the person who is holding her hand, then next lady, then last lady | | | |
| B2 | Promenade your new partner to make new sets of 3 couples | | | |

Hint: if you want to avoid too much gender swapping, then ensure the man puts his partner on his right when forming the circles of 3 couples!!

#### \*Also: it doesn’t matter if you have groups of 2, 4 or even 5 couples, so long as you hold the hand of the person opposite in the star.

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| **BRIDGE OF ATHLONE** | | | | | Rakes of Kildare or any 48 bar jig | |
| 5 (or 4 or 6)  couple set | | | Difficulty: | moderate | | CD track **3** |
| Start holding hands along each line, men’s line opposite ladies line | | | | | | |
| Quick reminder: | | | | | | |
| A1,A2 | | Lines forward & back, cross over, repeat to place | | | | |
| B1 | | 1’s gallop down and back | | | | |
| B2 | | 1’s cast, arch at bottom, others lead through | | | | |
| C1 | | All arch, lady up the middle, man up outside, and back | | | | |
| C2 | | All swing | | | | |
| Detailed version: | | | | | | |
| A1 | Lines forward and back, and crossover right shoulder to partner, men making arches, turn to face back across the set | | | | | |
| A2 | Lines forward and back, and cross back to place, ladies making the arches | | | | | |
| B1 | 1’s hold two hands and gallop down the set and back | | | | | |
| B2 | 1’s cast off and lead down to the bottom of the set, everyone follows. 1’s make an arch and everyone else leads their partners up through the arch and back to place | | | | | |
| C1 | All arch with partners, except 1’s: lady goes up the middle and back down the outside, while man goes up the outside and back down the middle | | | | | |
| C2 | Everybody swing | | | | | |

This dance works with 4, 5 or 6 couples, but the music goes through 5 times.

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| **CHEKASSIA** | | | Own tune | |
| Circle or line, no partners | | Difficulty: | easy | CD track **22** |
| Leader in front, leading line from left or in the circle.  Start with the chorus, then alternate figure and chorus.  The leader may lead the line across the field, into a spiral, etc. | | | | |
| Chorus: | Do 4 grapevine steps, moving to left | | | |
| Figure: | Moving to right or static  leader makes up the steps, for example:   * place right heel on ground and pivot along on heel * hop on one foot * jump * run on the spot | | | |

Grapevine step:

Put right foot in front of left, then bring left foot next to it

Put right foot behind left, then bring left foot next to right foot.

This involves lots of hip movement!!

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| **CIRCASSIAN CIRCLE** | | | | 32 bar **reel or jig** | |
| Couples in a  big circle | | Difficulty: | easy, traditionally the last dance | | CD track **4** |
| Everybody facing the centre holding hands, men with their partners on their right | | | | | |
| Quick reminder: | | | | | |
| A1 | Into middle and back twice | | | | |
| A2 | Ladies in and clap, Men in and clap | | | | |
| B1 | Swing partners | | | | |
| B2 | Promenade | | | | |
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| Detailed version: | | | | | |
| A1 | All 4 steps forward towards centre and back, twice | | | | |
| A2 | Ladies to centre, clap, back to place  Men to centre, clap and return to lady who was on his left | | | | |
| B1 | Men swing new partner | | | | |
| B2 | Promenade anti-clockwise around circle, (men on the inside, ladies on the outside), reform circle, ready to start again | | | | |

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| **CIRCLE WALTZ** | | | | The Star of the County Down or any 32 bar waltz | |
| Couples in a  big circle | | | Difficulty: | moderate | CD track **18** |
| Everybody facing the centre holding hands, men with their partners on their right | | | | | |
| Quick reminder: | | | | | |
| A1,A2 | | Balance in and out, pass the lady across, four times | | | |
| B1 | | Sway in and out, turn out, sway out and in, turn in | | | |
| B2 | | \*Chassay in 2 steps and back, waltz on | | | |
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| Detailed version: | | | | | |
| A1  A2 | With R foot only, step into centre, step back to place. Man passes the lady from his left in front of him to his right side (lady may turn under his arm as she moves).  All this four time*s* | | | | |
| B1 | Keep this girl, hold two hands, swing arms in, arms out, arms in and turn single away from each other  Take two hands again, swing arms out, arms in, arms out and turn single away from each other | | | | |
| B2 | Chassay 2 steps in and back  i.e. 2 side steps whilst facing partner with a ballroom hold,  Waltz round circle a little, then reform circle to start again | | | | |

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| **CUMBERLAND SQUARE EIGHT** | | | My love she’s but a lassie yet  64 bar dance | |
| 4 couples in a square set | | Difficulty: | easy | CD track **5** |
| Number couples 1, 2, 3, 4 around the set, 1’s and 3’s are head couples, 2’s and 4’s are side couples. | | | | |
| A1 | Top couples gallop across and back. Ballroom hold | | | |
| A2 | Side couples gallop across and back. Ballroom hold | | | |
| B1 | Top couples right hand star, left hand star | | | |
| B2 | Side couples right hand star, left hand star | | | |
| A3 | Top couples basket left | | | |
| A4 | Side couples basket left | | | |
| B3 | All join hands and circle left | | | |
| B4 | Promenade as couples anti-clockwise back to place | | | |

Basket: In groups of four, men put their arms around the ladies waists, and ladies put their hands on the mens **nearest** shoulder.

Then circle to the left, pivoting on your right foot.

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| **DASHING WHITE**  **SERGEANT** | | | Own tune, 32 bars | |
| 3 facing 3 | | Difficulty: | moderate | CD track **17** |
| One man with two ladies or one lady with two men face another threesome anywhere around the field | | | | |
| Quick reminder: | | | | |
| A1 | Circle R & L | | | |
| A2 | Set R & L, and turn R hand partner, then L hand partner | | | |
| B1 | Reels of 3 | | | |
| B2 | Lines forward and back, and forward and pass through | | | |
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| Detailed version: | | | | |
| A1 | Circle R (8 steps), circle L (8 steps) | | | |
| A2 | Middle person, face R partner, set R & L and arm R once round. Middle person, face L partner, set R & L and arm L once round., and goes straight into: | | | |
| B1 | Reel of three: initiated by middle person, who passes R hand partner by the R to start the reel | | | |
| B2 | Hold hands in lines of three, walk forward 4 steps, stamp 3 times, back 4 steps,  Forward 8 steps to change places, one threesome making arches. Find another threesome | | | |

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| **FLYING SCOTSMAN** | | | Any 32 bar tune | |
| 4 couple set | | Difficulty: | easy | CD track **6** |
| Start holding hands along each line | | | | |
| A1 | First man leads the men around the ladies line | | | |
| A2 | First lady leads the ladies around the mens line | | | |
| B1 | First couple holds two hands and gallops down the set and beyond, then back to bottom of set | | | |
| B2 | All couples hold two hands and gallop down and back | | | |

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| **THE GAY GORDONS** | | | | 16 bar dance | | |
| Couples in a circle | | Difficulty: | easy | | CD track **7** |
| Couples face anti-clockwise in a large circle men on the inside, (or at random). Men hold L hand with partner’s L hand, man's R hand holds lady's R hand on lady's R shoulder | | | | | |
| A1 | All walk four steps forward, turn (singly without letting go of hands) and walk four steps backwards (in same direction). Repeat back to place | | | | |
| A2 | Man holds lady's R hand above her head and walks forward (8 steps) as lady spins round under his arm, moving forward at the same time, polka in circle | | | | |
| B1,B2 | Repeat A1 and A2 | | | | |

Progression can be made at the end of A2 and B2

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| **HADDENHAM CIRCLE DANCE** | | | | Any 32 bar reel | |
| Couples in a circle | | Difficulty: | Easy, a good dance to start with | | CD track **13** |
| Partners are facing each other, men with their backs to the centre of the circle | | | | | |
| Quick reminder: | | | | | |
| A1 | Turn R, turn L | | | | |
| A2 | Two hand turn, do-si-do | | | | |
| B1 | Swing partner | | | | |
| B2 | Promenade, men move onto lady in front | | | | |
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| Detailed version: | | | | | |
| A1 | Right hand turn partner once round  Left hand turn partner once round | | | | |
| A2 | Two hand turn partner once round (and don’t cross hands!)  Do-si-do partner right shoulders (and don’t fold your arms!) | | | | |
| B1 | Swing partner | | | | |
| B2 | Promenade round circle anticlockwise, men move on to lady in front | | | | |

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| **JACK’s THE LAD** | | | Merry Sherwood Rangers | |
| Longways for as many as will **improper** | | Difficulty: | moderate | CD track **8** |
| The hand jive dance | | | | |
| A1 | Do the Hand Jive, see below | | | |
| A2 | Right hand star, left hand star | | | |
| B1 | 1’s lead down set and back, and cast one place to progress | | | |
| B2 | Whole pousette, see below | | | |

The Hand Jive:

Make 2 clockwise circles in the air (as if you are washing windows) with right hand, clap 3 times

Make 2 anticlockwise circles in the air with left hand, clap 3 times

Make 1 circle with right hand, clap partners right hand

Make 1 circle with left hand, clap partners left hand

Make 2 circles with both hands, clap partners hands 3 times

Whole pousette:

Men pull their partners out to the side, and then push them back into the set, having changed places with the couple they are working with. Then men continue to push partner out other side of set, and pull her back into the set, having again changed places with the couple they are working with to finish in progressed places.

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| **LA RUSSE** | | | | 64 bar reel  Tune: La Russe, or any reel | |
| 4 couples in a square set | | | Difficulty: | moderate | CD track **1** |
| Number couples 1, 2, 3, 4 anticlockwise around the set. | | | | | |
| Quick reminder: | | | | | |
| A1 | | Men go behind partner, balance and swing next lady | | | |
| A2 | | Return, balance and swing partner | | | |
| B1,B2 | | Working couple keep swinging, then go visiting | | | |
| A3,A4 | | Dip and dive with opposite couple, twice | | | |
| B3 | | Big circle L | | | |
| B4 | | Promenade home | | | |
| Detailed version: | | | | | |
| A1 | Men walk behind (outside) partners to next lady; balance and swing | | | | |
| A2 | Men return to partner, passing outside her, turn to face; balance and swing partner | | | | |
| B1 | First couple (working couple) only keep swinging | | | | |
| B2 | Working couple promenade anti-clockwise inside the set, honouring (bow, curtsey) each couple and return to place | | | | |
| A3 | Dip & dive: Working couple and their opposite couple change places, with opposites making an arch; (men turn partners under their arms); and return to places, working couple making the arch | | | | |
| A4 | Repeat A3 | | | | |
| B3 | All join hands in a large circle and circle left | | | | |
| B4 | All promenade (to the right) back to place | | | | |

Repeat with second, third and fourth couples leading in turn.

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| **MAGGIE MIXER** | | | 32 bar march | |
| Couples in a big circle | | Difficulty: | moderate | CD track **9** |
| All couples face anticlockwise around the circle, holding inside hands with your partner, men on the inside of the set. | | | | |
| Quick reminder: | | | | |
| A1 | March 8 steps forward, 2 chassays on and back | | | |
| A2 | Turn, march 8 steps, 2 chassays on and back | | | |
| B1 | All turn L, countermarch 8 steps, turn and march 8 back | | | |
| B2 | Do-si-do partner, quick swing new partner | | | |
|  | | | | |
| Detailed version: | | | | |
| A1 | All walk 8 steps round circle, turn to face partner and do 2 chassay steps in same direction, then 2 chassay steps back. | | | |
| A2 | Face the other way holding inside hands, walk 8 steps, chassay 2 steps on and 2 steps back | | | |
| B1 | Drop hands, all turn left, and counter-march 8 steps round circle, and 8 steps back to partner. (men and ladies will be going in opposite directions, men anticlockwise) | | | |
| B2 | Do-si-do partner, then look left and have quick swing with new partner | | | |

## \*Chassay

Side step whilst facing partner and holding both hands, or with a ballroom hold.

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| **NOTTINGHAM SWING** | | | Paddy McGinty’s Goat,  16 bar dance | |
| Longways for as many as will | | Difficulty: | moderate | CD track **10** |
| Dance with a step-hop | | | | |
| Quick reminder: | | | | |
| A1 | 1st corners R elbow turn, 2nd corners R elbow turn | | | |
| A2 | 1’s down and back, cast round 2’s, everybody swing | | | |
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| Detailed version: | | | | |
| A1 | 1st men and 2nd ladies R elbow turn (twice round)  1st ladies and 2nd men R elbow turn (twice round) | | | |
| A2 | 1’s hold both hands, take two side steps down the set, two side steps back, and cast out round the 2’s  Everybody swing | | | |
| B1 | Repeat A1 | | | |
| B2 | Repeat A2 | | | |

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| **Oh JOHNNY** | | | Sing as you dance!! | |
| 4 couples in a circle | | Difficulty: | moderate |  |
| Start facing the middle, men with partner on his right | | | | |
| A | Circle to the left 8 steps | | | |
| B | Swing your partner | | | |
| C | Swing your corner\* | | | |
| D | Swing your partner | | | |
| E | Turn your corner with left hand | | | |
| F | Do-si-do your partner | | | |
| G | Promenade R with your corner | | | |
| H | Reform the circle, men with their new partner on their R | | | |

Song

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| A | Well, you all join hands and you circle the ring |
| B | Now you stop where you are, give your honey a swing |
| C | Swing the little girl behind you |
| D | Swing your own, if she can come and look and find you |
| E | Turn by the left with the corner girl |
| F | Do-si-do your own |
| G | Now you all promenade, with that sweet corner maid |
| H | Singing Oh Johnny, oh Johnny Oh,  Oh Johnny, oh Johnny Oh |

Start singing VERY slowly!!

N.B. Each section here is 4 bars, or 8 steps

\***corner**: is the person next to you who is not your partner

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| **ORANGE BLOSSOM**  **SPECIAL** | | | Own tune: the Woodley Yeomen’s signature tune | |
| Circle, no partners | | Difficulty: | easy | CD track**23** |
| Form into a line, each dancer clasping the waist of the person in front. | | | | |
|  | Follow the leader, using any step the leader chooses. | | | |
|  | The leader may wander around the field, may form a spiral etc, etc. | | | |
|  | Encourage others to join the `train' as it progresses. | | | |

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| OXO REEL | | | 32 bar  Tunes: | | |
| 6 couple set,  no more, no less! | | Difficulty: | | easy | CD track **11** |
| Start holding hands along each line | | | | | |
| Quick reminder: | | | | | |
| A1 | Lines forward and back. 1’s gallop to bottom | | | | |
| A2 | Lines forward and back. 2’s gallop to bottom | | | | |
| B1 | Circles and stars | | | | |
| B2 | 2’s gallop back to top, all swing | | | | |
|  | | | | | |
| Detailed version: | | | | | |
| A1 | Lines forward and back  Top couple gallop to bottom of set | | | | |
| A2 | Lines forward and back  New top couple gallop to bottom of set | | | | |
| B1 | Top 2 couples circle L & R, while **O**  Middle 2 couples star R & L, while **X**  Bottom 2 couples circle L & R **O** | | | | |
| B2 | Bottom couple (original 2’s) gallop to top  All swing | | | | |

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| PATACAKE POLKA | | | 16 bar polka  Tunes: Nick Nack Paddy Whack, Little Brown Jug, Buffalo Girls | | |
| couples | | Difficulty: | | easy | CD track **12** |
| May be danced in a Circle, with progression round the circle, or at random on the floor or field | | | | | |
| Quick reminder: | | | | | |
| A1 | Heel & toe, heel & toe, slip 4 steps,  heel & toe, heel & toe, slip 4 steps back | | | | |
| A2 | Clapping, swing partner | | | | |
|  | | | | | |
| Detailed version: | | | | | |
| A | Take ballroom hold and, with man's L foot and lady's R foot, heel, toe, heel, toe, slip step four steps to man's left. With man's R foot and lady's L foot, heel, toe, heel, toe, slip step four steps to man's right | | | | |
| B | Face partner: clap partners right hand 3 times, clap partners left hand 3 times, both partners hands 3 times, own knees 3 times, swing partner.  Find a new partner | | | | |

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| **SHEEPS HILL** | | | Miller of Stralloch, or any 32 bar jig | |
| 6 couple set  (or 4, or 5) | | Difficulty: | easy | CD track **14** |
|  |  | | | |
| Quick reminder: | | | | |
| A1 | Top 2 couples star R & L | | | |
| A2 | 1’s gallop down and back | | | |
| B1 | Single cast | | | |
| B2 | Double cast (man’s side), 1’s gallop to bottom | | | |
|  | | | | |
| Detailed version: | | | | |
| A1 | Top two couples star R and L | | | |
| A2 | 1’s gallop down the set and back | | | |
| B1 | 1’s lead single casts on their own sides, everyone following, to the bottom of the set, meet partners and take ballroom hold, gallop up to top of set | | | |
| B2 | 1’s lead a double cast on the mans side, everyone following. to bottom of set and back up the middle to place, then 1’s gallop down to bottom of the set, splitting other couples as they gallop to new places | | | |

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| **STEAMBOAT** | | | Steamboat or any 32 bar hornpipe | |
| Longways for as many as will | | Difficulty: | moderate | CD track **15** |
| Take hands four from the top, 2’s drop hands and swing back to form lines of four facing away from the music. Lines across the set will be in this order: Man2, Man1, Lady1, Lady2  Link arms and dance with a jaunty walking step. | | | | |
| Quick reminder: | | | | |
| A1 | Down and back in lines of 4 | | | |
| A2 | 1’s go down, 2’s fall in behind. 1’s back through 2’s arch | | | |
| B1 | Star R & L, turning out (the wrong way!) | | | |
| B2 | All swing and change places | | | |
|  | | | | |
| Detailed version: | | | | |
| A1 | Walk 8 steps down the field and return 8 steps back dancing backwards | | | |
| A2 | 1’s followed by 2’s walk 8 steps down the field, and 8 back, 1’s going back through an arch made by 2’s | | | |
| B1 | R hand star, L hand star; when changing turn outwards and clap (this is 'Hands to the Capstan'; to be ‘correct’ use fingerhold\* and stick thumbs up) | | | |
| B2 | Couples swing round each other anticlockwise, changing places, to finish in progressed place.  Then the 2’s link onto new 1’s ready to start again. | | | |

**\*fingerhold**: each person curls their fingers round those of the person in front of them when forming the star

**Words for Steamboat**

Four jolly sailors, strolling on a steamboat

Taking the sea-breeze, sniffing at the air

Full steam astern now, arm in arm together

Four jolly tars are back to where they were.

First couple lead down, second couple after

First couple backing up, second make an arch

First couple under, chugging into Margate

And see how the sea breeze blows away the starch.

Hands to the capstan, hitch your wagon to a star

Spinning on the quarter-deck and getting in a whirl

Change to the other hand round with her the other way

Now you’re back in port again and smiling at your girl.

Hands to your partner, isn’t this a jolly step?

One, two, three, hop and around the other two,

Spinning on your axis, one two three and hop

Cheerio that old couple, welcome to the new.

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| **STRIP THE WILLOW** | | | | 48 bar jig | |
| 4-6 couple set | | Difficulty: | hard | | CD track **25** |
| Use a running step throughout. This is best with four couple sets, but can be danced with 3, 5 or 6 couple sets. The hold throughout is an **elbowhold** where each dancer holds the elbow of the other with their forearms parallel.  ONLY give right arm to partner, left for anyone else | | | | | |
| A1  A2 | First couple turn once and a half round by the R, then the lady turns the second man half round by the L, returning to her partner (who has moved down the middle of the set to meet her) they turn half round by the R and she turns the third man by the L ...… to the bottom of the set …… | | | | |
| B1  B2 | …...where they turn once and a half by the R before the man turns the bottom lady by the L, meets his partner in the middle of the set and progresses up the set to the top. | | | | |
| C1  C2 | At the top the working couple turn twice by the R, and then progress down the set again, the lady turning the men and the man turning the ladies. When they reach the bottom of the set they stay there. | | | | |

It is generally accepted that the second couple may start dancing A1 as soon as the first couple have passed them on C1, possibly waiting until C2.

N.B. The track for this dance only has 40 bars, so you will end up dancing across the music

C1/C2 is the double *Strip the Willow* movement used by several other dances, where the top couple will start by **turning once and a half** with their partners……

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| **THADY YOU GANDER** | | | | 40 bar | |
| Tune: There’s nae luck about the hoose | | | | | |
| 4 couple set | | Difficulty: | hard, because VERY FAST | | CD track **25** |
| Use a running step throughout. | | | | | |
| A1 | 1st man leads partner down the set with R hand, they cross and return up the outside of the set to each others places | | | | |
| A2 | 1st lady leads the men round the set and back to places | | | | |
| A3 | 1st man leads the ladies round the set and back to places | | | | |
| B1  B2 | 1st couple (working couple) dance a double strip the willow starting with one-and-half R elbow turn, to finish at progressed place at the bottom of the set, leaving the 2nd couple as the new working couple.  (See “Strip the Willow” for this movement) | | | | |

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| **VIRGINIA REEL** | | | | 64 bar reel or jig  Tune: any reel or jig | |
| 4 couple set | | | Difficulty: | moderate | CD track **26** |
| Start by holding hands along each line | | | | | |
| Quick reminder: | | | | | |
| A1 | | Lines forward and back twice | | | |
| A2 | | Turn partner R, then L | | | |
| B1 | | Turn partner 2 hands, then do-si-do | | | |
| B2 | | 1’s gallop down and back | | | |
| A3,A4 | | 1’s strip the willow | | | |
| B3 | | 1’s gallop to top of set and lead cast | | | |
| B4 | | 1’s arch, others lead through | | | |
|  | | | | | |
| Detailed version: | | | | | |
| A1 | Form lines down the set: forward and back twice | | | | |
| A2 | Turn partner single by R hand then by L hand | | | | |
| B1 | Turn partner with two hands, then do-si-do | | | | |
| B2 | 1’s gallop down the set and back to place | | | | |
| A3A4 | 1’s dance double strip the willow (right arm to partner, left down the line). See the dance ‘Strip the Willow” for details. | | | | |
| B3 | 1’s gallop UP the set, cast out on each side and others follow | | | | |
| B4 | 1’s make an arch at the bottom, others promenade through and back to place | | | | |

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| **WALTZ COUNTRY DANCE** | | | | Cairn on the Moor,  or any 40 bar waltz | |
| Couple facing couple | | | Difficulty: | easy | CD track **19** |
|  |  | | | | |
| Quick reminder: | | | | | |
| A1,A2 | | Opposites balance forward & back, turn lady under  Repeat with partner. All that again | | | |
| B1,B2 | | In circle, balance in & out, pass the lady across, 4 times | | | |
| B3 | | Waltz on | | | |
|  | | | | | |
| Detailed version: | | | | | |
| A1 | Hold R hand of contrary, balance or step forward, and back, then change places, turning the lady under man’s arm. Repeat with partner | | | | |
| A2 | Repeat A1 | | | | |
| B1  B2 | Holding hands in a circle, balance into centre and back, man releases righthand lady, and passes left hand lady from his left to his right, turning her under his arm.  Repeat this (four times in all), finishing with your partner | | | | |
| B3 | Waltz around and find a new couple to dance with | | | | |

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| **WAVES OF TORY** | | | | Shandon Bells, or any 48 bar jig | |
| 5 couple set  no more, no less! | | | Difficulty: | hard | CD track **3** |
| Start holding hands along each line, lines close together | | | | | |
| Quick reminder: | | | | | |
| A1 | | Lines **back** & forward, R stars | | | |
| A2 | | Lines **back** & forward, L stars | | | |
| B1 | | 1’s gallop down & back | | | |
| B2 | | 1’s cast, make arch, others follow | | | |
| A3,B3 | | Dip & dive | | | |
|  | | | | | |
| Detailed version: | | | | | |
| A1 | Lines **backwards** and forward then R hand stars (1’s with 2’s, 3’s with 4’s) while 5’s turn by the R | | | | |
| A2 | As A1 with L hand star and L hand turn | | | | |
| B1 | 1’s gallop down the set and back | | | | |
| B2 | 1’s cast R and L, all others follow; top couple form an arch at the bottom of the set and the others lead though to progressed place and face down the set | | | | |
| A3  B3 | Dip and dive to end up back at these progressed places: working couple (now at bottom of set) face up, other couples face down, working couple start a progressive under and over, couples start by going under from the ends.  (Reform lines on side, ready to start again) | | | | |

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| **WILLOW TREE** | | | | Any 48 bar reel | |
| 8 (or 10)  couple set | | | Difficulty: | moderate/hard | CD track **16** |
|  |  | | | | |
| Quick reminder: | | | | | |
| A1 | | 1’s gallop to bottom, man returns with bottom lady | | | |
| A2 | | Bottom man gallops top lady back to top and takes partner back | | | |
| B1,B2 | | Strip the willow from each end of the set, make arches | | | |
| A3 | | Cast from each end, go through arches, back to places | | | |
| B3 | | Everybody swing | | | |
|  | | | | | |
| Detailed version: | | | | | |
| A1 | Top couple gallop to the bottom of the set, and man returns with bottom lady | | | | |
| A2 | Bottom man gallops with top lady up to top of the set and takes his partner back home | | | | |
| B1  B2 | Top and bottom couples double strip the willow to the middle of the set, and make a circle of 4 with arches | | | | |
| A3 | Other couples cast out from the ends of the set, go through side arches, meet partner and lead through end arches back to place | | | | |
| B3 | Everybody swing | | | | |

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| **YOU’RE THE ONE** | | | Own tune | |
| 4 couples in a square set | | Difficulty: | moderate | Sing as you dance! |
|  |  | | | |
| A1 | First couple separate, and each dance around the outside of the set until they get back to place.  N.B. Listen to song for who separates each time | | | |
| A2 | Bow to your corner, then everyone promenades their partner round the ring and back to place. | | | |

Song:

|  |  |
| --- | --- |
|  | First couple separate, go out around the ring;  You pass your partner going out,  You pass him/her coming in  You bow to your corner, promenade your own;  Singing I want to be near you,  You're the one, the one, the one  I want to be near you, you're the one for me. |
|  | Second couple separate ... |
|  | Third couple separate ... |
|  | Fourth couple separate ... |
|  | Top two couples separate ... |
|  | Side two couples separate ... |
|  | All four couples separate … |

# Glossary of dance movements (figures)

## Allemande (À-la-main Right or À-la-main Left)

Turn partner with specified hand, elbows touching and hands held high.

## Balance

## Jump onto L leg and kick R leg to left, then jump onto R leg and kick L leg to right.

## Cast, cast out

Normally, turn out, away from your partner, and go down the outside of the set on your own side.

Alternatively in longways sets: turn out, away from your partner, and up or down one place, around the next couple, as directed.

## Chassay or chassé

Side step whilst facing partner and holding both hands, or with a ballroom hold.

## Do-si-do or back-to-back

Pass partner by the right shoulders, cross back to back and return backwards to places passing left shoulders.

## Ladies Chain

Start off with couple facing couple, ladies on mens right. Ladies cross holding right hands and give their left hand to opposite man who puts his right hand round her waist and turns/pushes her into his partner's initial place. Then repeat back to place.

## Promenade

## Couple hold cross hands in front and walk together around the set or circle, anti-clockwise, man with partner on his right, i.e. men on the inside, ladies on the outside.

## Reel of three (figure of eight or hey)

Start as a line of three people; top person faces down and the other two face up. Start by top person crossing R with the middle person and the next with the L. Each person turns L at the ends and traces out the shape of a figure of eight, passing R and L between the other two as they move. Continue until everyone is back in their original places.

N.B. In ‘Dashing White Sergeant”, this movement is initiated by the middle person passing their R hand partner by the R, and everyone turning R at the ends.

### Set R & L

## Spring onto R foot, then spring onto L foot

## Slip

Sliding sideways step

## Star: Right Hand Star or Left Hand Star

Four people (usually) all holding the specified hands to form a star. Usually opposites join hands, and link to the others. Walk once around until back in starting positions.

## Turn single

## Each person turns once around on the spot.

Many other dances can be danced to the tunes on this CD, and if there is demand it will be met.

Please forward specific requests to Lorna Kennedy,

Better still, send me the details of the dances.

Lorna.Kennedy@manchester.ac.uk

**Appendix**

An appendix is available of the original dances that were available on cassette tapes.

A copy of the appendix will be included with each set of tapes requested.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Track | Dances | Formation | Grade | Page |
| 21 | Alunelul | Circle (no partners) | moderate | 4 |
| 2 | Aunt Hessie | Couples (mixer) | easy | 5 |
| 20 | Black Nag | 3 couple sets | moderate | 6 |
| 24 | Bonny Breastknot (Devon) | 3 couple sets | hard | 7 |
| 13 | Borrowdale exchange | 3 couple sets | easy | 8 |
| 3 | Bridge of Athlone | 4-6 couple sets | easy | 9 |
| 22 | Chekassia | Circle (no partners) | easy | 10 |
| 4 | Circassian circle | circle (mixer) | easy | 11 |
| 18 | Circle Waltz | circle (mixer) | moderate | 12 |
| 5 | Cumberland Square eight | square sets | easy | 13 |
| 17 | Dashing White Sergeant | 3 facing 3 | moderate | 14 |
| 6 | Flying Scotsman | 4 couple sets | easy | 15 |
| 7 | Gay Gordons | couples | easy | 15 |
| 13 | Haddenham circle dance | circle (mixer) | easy | 16 |
| 8 | Jacks the Lad | Longways (improper) | moderate | 17 |
| 1 | La Russe | square sets | moderate | 18 |
| 9 | Maggie Mixer | circle (mixer) | moderate | 19 |
| 10 | Nottingham Swing | Longways | easy | 20 |
| Sing | Oh Johnny | square sets | moderate | 21 |
| 23 | Orange Blossom Special | Line (no partners) | easy | 22 |
| 11 | Oxo Reel | 6 couple sets | easy | 23 |
| 12 | Pat-a-cake polka | couples (mixer) | easy | 24 |
| 14 | Sheepshill | 5-6 couples | easy | 25 |
| 15 | Steamboat | longways | easy | 26 |
| 25 | Strip the Willow | 4-6 couple sets | moderate | 28 |
| 25 | Thady You Gander | 4 couple sets | hard | 29 |
| 26 | Virginia Reel | 4 couple sets | moderate | 30 |
| 19 | Waltz Country Dance | 2 couples (mixer) | easy | 31 |
| 3 | Waves of Tory | 5 couple sets | hard | 32 |
| 16 | Willow Tree | 8 couple sets | moderate | 33 |
| Sing | You’re the one | Square sets | sing | 34 |