

## **ILMINGTON - WARWICKSHIRE**

A controlled but relaxed style. Upright stance, sticks at the trail when moving but upright for chorus. Outside leg lead so anticipatory hop is on the other (inside) leg. Sets of 6 dancers.

### **COMMON FIGURES**

Foot up and foot facing, shoulders, back to back, cross and turn, out and round, half hey (chorus only).

### **COMMON STEPS**

Double step (D), single step (S), open side step (SS), plain capers (PC), feet together jump (FTJ).

### **COMMON STEP SEQUENCE**

2 doubles, 2 singles, feet together jump. 1D to travel, 1D on the spot, 2S to spiral turn , FTJ on the spot.

### **ROLL**

One Ilmington characterisation is couples executing a roll in the hey and in some choruses. The roll is performed by one couple at a time. They move in close together and both turn a complete circle in the same set direction (either up or down) so back to back. At all times they stay very close together.

## GENERAL KEY POINTS IN FIGURES

**Start** – Facing front. That is towards your partner. Use beat 8 of the introduction to jump and face up the set.

**Foot Up** – Anacrusis hop on inside foot, lead with outside foot. 1D up, 1D on the spot, 2S to spiral out and round to face your partner. FTJ.

**Foot Facing** – 2D facing, 2S to spiral down and out to face partner, FTJ.

**Shoulders** – 1D to pass partner by the R shoulder (L lead), 1D on the spot, 2S to spiral to the L finish home, FTJ. Repeat other side with R lead and R spiral home, FTJ. When you spiral you cannot see your partner.

**Back To Back** – 1D to pass by R (L lead), 1D to move to R, 2S to spiral L finish home, FTJ. Repeat other side with R lead and R spiral home, FTJ. When you spiral you can see your partner.

**Cross And Turn** – 1D to pass by the R (L lead), use hop at end of double to turn 90° to the R. 1D on the spot, 2S to spiral to L and face partner, FTJ. Repeat exactly to home position.

**Out And Round** – All use anacrusis to hop on R and turn to right to form a circle. 2D to dance  $\frac{1}{2}$  way around circle, 2S to spiral to L, FTJ. Repeat exactly that to reach home position.

## GENERAL KEY POINTS IN FIGURES

Start – Facing front. That is towards your partner.  
Use beat 8 of the introduction to jump and face up the set.

Foot Up – Anacrusis hop on inside foot,  
lead with outside foot.

1D up, 1D on the spot, use hop at the end of this to begin to turn out. 2S to spiral out and round to face your partner. FTJ.

Foot Facing – 2D facing, 2S to spiral down and out to face partner, FTJ.

Shoulders – 1D to pass partner by the R shoulder (L lead), 1D on the spot, 2S to spiral to the L finish home, FTJ. Repeat other side with R lead and R spiral home, FTJ. When you spiral you cannot see your partner.

Back To Back – 1D to pass by R (L lead), 1D to move to R, 2S to spiral L finish home, FTJ. Repeat other side with R lead and R spiral home, FTJ. When you spiral you can see your partner.

Cross And Turn – 1D to pass by the R (L lead), use hop at end of double to turn 90° to the R. 1D on the spot, 2S to spiral to L and face partner, FTJ.

Repeat exactly to home position.

Out And Round – All use anacrusis to hop on R and turn to right to form a circle. 2D to dance ½ way around circle, 2S to spiral to L, FTJ.

Repeat exactly that to reach home position.

## **ILMINGTON – THE JUBILEE**

Music Sequence    A 5(ABB) 1short stick

A    INTRO

A    FOOT UP, FOOT FACING

BB    CHORUS, HALF HEY

CHORUS HALF HEY

A    SHOULDERS

BB    CHORUS, HALF HEY

CHORUS, HALF HEY

A    BACK TO BACK

BB    CHORUS, HALF HEY

CHORUS, HALF HEY

A    CROSS AND TURN

BB    CHORUS, HALF HEY

CHORUS, HALF HEY

A    OUT AND ROUND

BB    CHORUS, HALF HEY

CHORUS, HALF HEY

CHORUS (Stationary Striking)

To P forehand. To diagonal L forehand.

To P backhand, forehand.

To P backhand. To diagonal R backhand.

To P forehand, backhand.

½ Ilmington Hey. Repeat chorus.

# ILMINGTON – CUCKOO’S NEST

Music Sequence - A 5(ABB).

1 Long stick (at trail)

A	INTRO
A	FOOT UP, FOOT FACING
2 BB	CHORUS
3 A	SHOULDERS
4 BB	CHORUS
5 A	BACK TO BACK
6 BB	CHORUS
7 A	CROSS AND TURN
8 BB	CHORUS
9 A	OUT AND ROUND
10 BB	CHORUS

## CHORUS

Striking – Odds 3 strikes down with tip on to evens butt. Evens 3 strikes down with tip on to odds butt. All strike T forehand B backhand x 3, all strike tips.

## 1/2 HEY

All use 1D. Bottom couple roll in, down and round and face up while tops dance down inside middles, middles dance up outside tops. All use 2<sup>nd</sup> D for middles (at top) to roll up, bottoms dance up the set inside original tops who dance down outside to the bottom of the set. All 2S for original tops (now at bottom) to roll down, original middles to dance to place down inside of set, original bottoms dance up outside to reach top of the set, all FTJ. Repeat this to get home. Hey is lead by same people. Original bottoms, now at top roll in and up and round and face down. At end all face partner to FTJ and clash.

## ILMINGTON – BUMPUS O'STRETTON

Music Sequence - A 4 (AAB). 2 Hankies.

	A	INTRO
1	3x ½ A	CHORUS.
2	½ A	½ HEY.
3	B	SHOULDERS.
4	3x ½ A	CHORUS.
5	½ A	½ HEY.
6	B	BACK TO BACK.
7	3x ½ A	CHORUS.
8	½ A	½ HEY.
9	B	CROSS AND TURN.
10	3x ½ A	CHORUS.
11	½ A	½ HEY.
12	B	OUT AND ROUND.

### CHORUS

All face partner. Top couple use J to face up, anacrusis hop, dance common step sequence, spiral is turn out to face P. Top 2 couples repeat.

All 3 couples repeat. Dance Ilmington half hey.

Next chorus is lead by new top couple, always up to music. Middles always up in the hey.

### HAND MOVEMENTS

Down + Up. Down + Up. Down Up Down. Hold. Up.

### FEET

D       D       S       S     FTJ

DANCE END Finish facing partner with hands up and a flick up and out.

## HEADINGTON - OXFORDSHIRE

A brisk and lively tradition, taken fast with a lot of movement from hips and shoulders less from wrist, elbow or knee.

### COMMON FIGURES

Foot up, foot down, cross over, back to back and whole hey.

### COMMON STEPS

Double step (D), single step (S), side step (ss), cross – backstep (xbs), plain capers (PC).

### COMMON HANDS (Crook's chosen style)

Down and up on doubles. Small circles, horizontal (helicopters), in to face to start.

Down and up with a flick on the step and jump (s j). Down, up, down, up, in, in, down, up and flick. In the slow chorus sequences of Trunkles and Laudnum Bunches the hands are down, up, down, up to complement the steps.

### COMMON STEP SEQUENCE

2 doubles, 2 singles, sj.

## GENERAL KEY POINTS IN FIGURES

All leads are with the left foot.

Foot Up and Down – Corner dances.

Foot Up Twice – With others. Handkerchief dances only start with a jump.

Cross Over – Long when possible. 2 doubles to cross passing by the right, 2 singles to turn right and face,

f t j. Repeat to get home.

Back To Back – Tight where possible. 1 double to pass by the right, 1 double to move to the right, 2 singles to reverse home and then f t j. Repeat but left shoulder this time.

Whole Hey – Tops and middles head up the set, bottoms head down. Tops cast into middle place and face up using 2 doubles, then 2 singles to reverse to bottom. Middles dance 1 double up into tops place, 1 double to cast out and face up, 2 singles to reverse to original place. Bottoms cast down and out with 1 double, then use 1 double to come in between your top and middle dancer and meet your partner facing down, 2 singles to reverse into tops position. Repeat all this in the opposite direction

## HEADINGTON – RIGGS A'MARLOW

Music Sequence – A 4(AB) 1 short stick.

- A INTRO.
- 1 A FOOT UP. FOOT UP.
- 2 B CHORUS.
- 3 A CROSS OVER (LONG).
- 4 B CHORUS.
- 5 A BACK TO BACK (TIGHT).
- 6 B CHORUS.
- 7 A WHOLE HEY (EXTEND).
- 8 B CHORUS.

### CHORUS

Face your partner.

Spring onto L hop x 4 R is kicked forward 4 times.

Spring onto R hop x 4, spring onto L hop x 4,

4 quick changes of feet R L R L.

Spring onto R hop x 4, spring onto L hop x 4,

spring onto R hop x 4, 4 quick changes of feet L R L R.

L is free for next figure !

### Sticks.

Evens hold in middle, horizontal at chest height.

Odds - - s s, evens - - s s, odds - - ss, odds again, butt up on L, down on R, up on L, down on R. Coincides with 4 quick feet changes. Repeat evens lead.

Final chorus ends with a high clash instead of down.

Once To Yourself – 2 high strikes on beat 8. Single step all the time apart from chorus. Cross over is short at half way you strike twice. Back to back is very tight.

Hey is extended and always forward, lots of travel, 2 strikes half way facing opposite direction from the start.

## HEADINGTON – LAUDNUM BUNCHES

Music Sequence – A 2(A3B)2(2A3C)

Left foot start. 2 bunched handkerchiefs.

- |   |                              |
|---|------------------------------|
| A | INTRO (4 PCs).               |
| 1 | A      FOOT UP. FOOT DOWN.   |
| 2 | BBB    CHORUS 1 FOR CORNERS. |
| 3 | A      CROSS OVER (LONG).    |
| 4 | BBB    CHORUS 1 FOR CORNERS. |
| 5 | A      BACK TO BACK (TIGHT). |
| 6 | BBB    CHORUS 2 FOR CORNERS. |
| 7 | A      WHOLE HEY.            |
| 8 | CCC    CHORUS 2 FOR CORNERS. |

### CHORUS 1

Corners pass by the right with doubles, turn right to face with 4 PCs. All join in with 4 PCs.

### CHORUS 2

Corners meet with 1 double s j.

Slows. R      L      R      J      repeat.

2 doubles L lead 4PCs L R L R.

Hands. Up down up down. Repeat. Normal.

No singles, replaced throughout with 4 PCs.

Foot up then turn out and down gradually using 4 PCs. Cross over is short turn on PCs.

Back to back is very tight, reverse on 4PCs.

Whole hey very tight and get to half way place with 2 doubles then a complete turn single on the 4PCs. Repeat to place and finish all up!

**HEADINGTON - TRUNKLES**  
Music Sequence – A4(A3B3C)A2(A3B3D)  
2 Handkerchiefs.

- |        |                     |
|--------|---------------------|
| A      | INTRO               |
| 1 A    | FOOT UP. FOOT DOWN. |
| 2 BBB  | CHORUS 1. CORNERS.  |
| 3 CCC  | CHORUS 3 CROSSING.  |
| 4 A    | CROSS OVER.         |
| 5 BBB  | CHORUS 2. CORNERS.  |
| 6 CCC  | CHORUS 3 CROSSING.  |
| 7 A    | BACK TO BACK.       |
| 8 BBB  | CHORUS 1. CORNERS.  |
| 9 DDD  | CHORUS 4 CROSSING.  |
| 10 A   | WHOLE HEY.          |
| 11 BBB | CHORUS 2. CORNERS.  |
| 12 DDD | CHORUS 4 CROSSING.  |

**CHORUS 1 & 2**

3 dbls step R, low foot clash L foot, drop back.  
Chorus 2 is start with the R so clash is with R.

**CHORUS 3**

Side step R, side step L, repeat all. Turn right,  
come into meet with 3 singles spring off last  
one and land on L. Reverse back to opposite  
place.

**CHORUS 4** Slow capers.

L R J R, L R J R, L R J R. L R J.

3 Singles moving in to meet.

Spring off the last one and land on R.

## LICHFIELD - STAFFORDSHIRE

Large body movements coupled with a loose style.  
Generally a right foot lead so anacrusis on the left.  
Sets of 8 dancers.

### COMMON FIGURES (in Crook dances)

Swagger round, heading up, heading down,  
heading out, back to back,  
Lichfield hey, step in line, round in 4s, cross over,  
double up – up and down back to back.

### COMMON STEPS

Walking (W), doubles (D), singles (S),  
side steps (SS), plain capers (PC),  
galley over (GO), swing back steps – hockle backs  
(HB).

### COMMON STEP SEQUENCE

2 doubles, 4 huckles. 2 doubles, 2 huckles, FTJ.

### STICKS

If 1 stick then held with both hands, L at butt and R in the middle.

Stick is then held diagonally across body.

If 2 sticks then either at trail (Ring O'Bells) or low but upright and held in the middle (Milly's Bequest).

## GENERAL KEY POINTS IN FIGURES

Swagger Round – this is a danced whole rounds, clockwise for the odds anti clockwise for the evens. Odds are on the outside at the top, evens are on the outside at the bottom.

Heading Up – all face up. 1s and 3s dance on the spot while the 2s and 4s split and move up and out. 2 lines of four dance in line, huckle back to place and use FTJ to face next direction.

Heading Down – all face down, 2s and 4s are on the spot, 1s and 3s split and move down outside. Same stepping rules apply as for HD.

Back To Back – 1D to pass partner by the R shoulder, 1D to move to R and finish L shoulder to partner, all in a line, huckle to place, repeat in other direction though huckles may be completed with a FTJ.

Lichfield Hey – Always turn the easiest/shortest way for where you are heading next.

1, 4, 5 and 8 the pattern is R, R, L, L.

2, 3, 6 and 7 the pattern is L, L, R, R.

1 with 4 , 5 with 8 pass by R shoulder into each others place, 2 with 3 , 6 with 7 do same, Pause.

4 in the middle of the set face the far end and pass L shoulder to move one place. At end of set the dancers face across and pass next by L shoulder moving one place. From new positions repeat these moves until you're in your original place.

# LICHFIELD – VANDALS OF HAMMERWICH

Music Sequence - 4 ( AB ) 2A B. 1 Long stick

## 5 NOTES

1 A SWAGGER ROUND

2 B CHORUS

3 A HEADING UP

4 B CHORUS

5 A BACK TO BACK

6 B CHORUS

7 A HEADING DOWN

8 B CHORUS

9 2A LICHFIELD HEY

10B CHORUS

1 6 D, 2 PC, J and clash.

3 2 D to make lines, 2 D on spot, 4 H home. (still facing up). 2 PC, turning to face partner, J and clash.

5 2 D, 4 H. 2D, 2 PC home, J and clash

7 Same as for 3.

9 Move on bars 1 2 3 hold on 4.

## CHORUS

All strikes are with tips. Diagonal R, diagonal L, partner forehand, backhand, forehand and hold.

Turn R SSR, Turn L SSL, 3PC strike at end.

Repeat all. At end, 2 hands apart,  
sticks high and horizontal.

# **LICHFIELD - THE SHERIFF'S RIDE**

Music Sequence - A 4(AB)AAB

## **INTRO**

- 1 A COLUMN ROUNDS
- 2 B CHORUS
- 3 A HEADING UP
- 4 B CHORUS
- 5 A BACK TO BACK
- 6 B CHORUS
- 7 A HEADING DOWN
- 8 B CHORUS
- 9 AA HEY
- 10 B CHORUS

## **CHORUS**

Hands at chest (rabbits!). Go up on toes and flick up, repeat. Hands make an oak tree shape.

Hands go up vertically in front and close to you, then out and down and in. This is as you do a small spring back onto R, then you step forward onto L. Hands are in balance position. Hop on L and hook with R. Jump and flick.

Repeat off L foot.

## LICHFIELD - RING OF BELLS

Music – Sequence 2 (A B ) 2A 2B. 2 Long sticks

- 1 A LINES DANCE ROUND
- 2 B CHORUS
- 3 A BACK TO BACK
- 4 B CHORUS
- 5 2A LICHFIELD HEY
- 6 B CHORUS
- 7 B HEADING UP

1 14 S FTJ.

3 2 S to pass by R, 2S to move right, 4 H  
reverse to place. The repeat is pass L, move L,  
2 PC, J and clash.

5 Move on bars 1 and 2, hold on 3, move on 4.  
On final ends and middles use 2 PC, J and clash.

7 All are in a circle at end of chorus.

All head up with 2 S. 2<sup>nd</sup> couple split to move up &  
outside top couple. 3<sup>rd</sup> couple stay out,  
4<sup>th</sup> couple move up in between the 3s to form 2 lines  
2S on the spot. 4 H reverse,  
OUTSIDES back to behind insides.

All use 4 S to make one line.

1s go L, 2s go R, 4s go L, 3s go R, to make one line.  
Then 3 PC R L R to finish with L leg up and sticks high  
and crossed and clash on last beat.

### CHORUS

All strikes are with tips and are forehand.

R tip to diagonal R, L tip to partner, R tip to diagonal L,  
L tip to partner, repeat all. 4 PCs up, out, down, in.  
Middles move out to form a circle. Point L stick to L  
down and diagonal towards next person, use R stick to  
strike x 3 out and down to diagonal R to next person.

## BORDER TRADITIONS

These dances come from the counties of England that border Wales - Shropshire, Herefordshire and Worcestershire.

They are totally different in style from Cotswold dances.

Generally they are much simpler, more relaxed limb movements and often characterised by a 'loping' step and angled body (not upright).

All dances start with the R foot. Stick chorus are usually very simple but work well because of the number of repetitions. Many of the dances use a single step but it is low with hardly any height off the floor. Some dances are a R hop, L hop, run, run, run. It is often the case that a lot of ground is covered in the figures and heys so the dances become big and exuberant. Dancers need to mirror this in their own individual performance. Shrieks (not too high pitched!) and yells are often bellowed out. This happens when an individual 'feels it', it is NOT choreographed to happen at set times.

## UPTON UPON SEVERN STICK DANCE S

Music Sequence – A 6(AB) A

Step sequence is strike and reverse first.

In hey tops and bottoms reverse away  
from the set, middles face up and move L

OY

MORRIS  
CHORUS 1

ALLEMAND R  
CHORUS 2

ALLEMAND L  
CHORUS 3

MIDDLE R  
CHORUS 1

MIDDLE L  
CHORUS 2

U.U.S. HEY  
CHORUS 3

MORRIS  
ALL IN

Choruses. You dance all the time apart from the second chorus 3 when you stand in the first half and there are more strikes.

### CHORUS 1. Tips and Butts.

Tip forehand strike and then butt back hand strike x 2.

All forehand strike and dance a small circle 4 turns L.

### CHORUS 2. Fighting.

Stick in 2 hands R at bottom, L at top, stick at 45 \* diagonal clash with P. Turn stick 90\* anticlockwise so L is low and R is high diagonal clash. Repeat then same strike and turn L.

### CHORUS 3. Windmill.

Forehand high strike, backhand low strike. Hand describes a large anticlockwise circle, repeat. Same strike and turn L.

Final Morris ends with 4 plain capers in. On 3<sup>rd</sup> and 4<sup>th</sup> cry of “Upton” as stick goes down and up high.

## UPTON UPON SEVERN – WORCESTERSHIRE STICK DANCE

Music Sequence – A 6(AB) A 6 Dancers, 1 long stick

- |    |       |                 |   |
|----|-------|-----------------|---|
| A  | INTRO |                 |   |
| 1  | A     | MORRIS          | Rounds no turn out  |
| 2  | B     | CHORUS 1        | Tips and butts  |
| 3  | A     | ALLEMAND R      | Back to back, R   |
| 4  | B     | CHORUS 2        | Fighting  |
| 5  | A     | ALLEMAND L      | Back to back, L   |
| 6  | B     | CHORUS 3        | Windmills   |
| 7  | A     | MIDDLE R        | Middles go R,<br>hey with ends  |
| 8  | B     | CHORUS 1        |   |
| 9  | A     | TOPS L          | Middles go L, hey<br>with other ends.   |
| 10 | B     | CHORUS 2        |   |
| 11 | A     | UP AND DOWN HEY | Tops through middles,<br>then bottoms through tops,<br>then middles through bottoms<br>continue home. |
| 12 | B     | CHORUS 3.       | Still, double speed windmills   |
| 13 | A     | MORRIS.         | STICKS IN (Wheel spokes)  |

Replace final 2 UD with 4 PC, on last 2 sticks go down and up high, call UPTON

Figures use 8 Upton doubles (standard but with free heel hitched up and across other on the hop).

Figures start with a stick clash, 1 UD on the spot, 1UD reversing.

In hey the reversing is tops up, middles out, bottoms down.

Chorus 1 – Dance facing partner, 4 Upton doubles strike on beat 1 of each bar – t, b, t, b.

Finish off with a strike and dance a small circle c anticlockwise to L. 1 UD odds up evens down, 1UD out, 1 UD down or up, 1 UD in.

Chorus 2 – As 1 but fighting. 4 strikes on beat 1.

R hand low on butt, L hand high on tip, turn stick so R is high L is low for strike 2, continue pattern for 3 & 4. Finish off for C1.

Chorus 3 – As1 but windmills. 4 strikes on beat 1. One handed strike on 1<sup>st</sup> beat, high, sweep to L in big circle, backhand low strike, etc. Finish off as for C1.

Second time 8 strikes, it is faster, so you stand still!

## CHANGES MADE PRE CHRISTMAS 2006

### UPTON UPON SEVERN

Tops – When middles go to the end couples to start the hey across the set the dancer they are going to pass first needs to dance to the side (into the space left by a middle). This will help this movement.

The remaining dancer dances backwards then to side to help. Side means towards the normal set line middle!

Up and Down Hey – Tops do 1 UD reversing away from rest of set as middles dance 1UD out of set and bottoms dance 1 UD reversing away from rest of set. Then as tops and middles start hey by dancing 1 UD ( tops between middles ) the bottoms continue with another UD reversing. There are 2 effects. The set becomes much longer and also we will have to dance with more of a border style i.e. loping not upright.

Chorus 3 – To avoid hitting people along side you, especially the second time, the set needs to be well spread out.

## KNICKERS IN THE HEDGEROW

This is a Welsh Border style dance for 8.

It was written in 2005 by Martyn Harvey and ‘tweaked’ at practices by Crook Morris.

The title comes from the late John Peel’s wonderful Saturday morning show ‘Home Truths’ and the exceptional programme where people recounted the strange occurrence of dozens of pairs of knickers which just seemed to haphazardly appear in random hedgerows across the country! It will not come as any surprise that Alan Stewart of Ryknild Rabble and Jet Set quickly remarked ‘Well that just has to be the title for a dance’.

The dance is initially for Ryknild Rabble, Crook Morris and Jet Set. It was first danced out in Whitby town on a cold and blustery Saturday 11<sup>th</sup> February, 2006.

The recommended music is ‘Theme Vannitaise’.

All dancers should start with their right foot. The exception is the final dance off where pair 1 start on their right foot, when pair 2 join in they start on their left foot, pair 3 right foot, pair 4 left foot. The general step is step hop, step hop (stationary), run, run, run, hop (moving). When not striking the stick is rested on your right shoulder.

Musicians are positioned away from the audience. 4 dancers are ready to enter from each side between the musicians and the audience.

## KNICKERS IN THE HEDGEROW

### FIGURE 1. DANCE ON

4 Bars. 2 dancers from each side dance on the spot then move forward until left shoulder is alongside left shoulder of corresponding dancer from the other side.

4 Bars. 2 x SH Dance on the spot then link left arms. and execute 1 complete left arm turn.

4 Bars. Unlink as you dance on the spot. All 8 move forward until left shoulder is alongside left shoulder of the next corresponding dancer from the other side.

4 Bars. Dance on the spot then link left arms and execute 1 complete left arm turn. Finish in 1 long line facing the dancer you have just left arm turned with.

### CHORUS

### FIGURE 2. GALLICIA

4 Bars. 2 step hops for the 4 dancers at the callers (1) end to turn to face the music, the other 4 turn their backs on the music. All 8 dance forward to turn the line through 90\*. You need to keep the line straight !

12 Bars. Repeat 3 times. 2 stationary step hops, followed by movement to turn the line through 90\*. Finish home facing your partner by turning the easiest way.

### CHORUS

**FIGURE 3. CRABS.** This turns the set from a single line into a 4 couple set. The head at the music.

4 Bars. All dance on the spot then the caller plus partner dance sideways towards the music. The couple at the other end of the set dance sideways away from the music. The other 2 couples just dance on the spot.

4 Bars. All dance on the spot then all couples dance sideways (aim for a diagonal line).

4 Bars. Dance on the spot then all couples dance in towards the others, the closest 2 couples are now alongside each other. Those furthest out dance in 1 position.

4 Bars. All dance on the spot then the furthest out couples dance in to join the nearest end of the set which has been formed. Set is now a 4 couple, the head at the music.

## CHORUS

**FIGURE 4. HEDGEROW**

4 Bars. End couples turn their backs on the others on the 2 step hops, the middles immediately start to dance a  $\frac{1}{2}$  figure of eight through the ends. At the end of the step hops you have 2 lines of dancers with their backs to the other line. Each couple then turn as a couple with the end dancer dropping backwards as the middle dancer moves forwards. Each couple needs to drift in towards the opposite line. Set is at right angles to its original position. Original middles are at the end, original ends are in the middle. The middles dance the figure of eight.

**GIVE WAY TO THE DANCER WHO'S ON THE RIGHT.**

4 Bars. Repeat for new middles.

8 Bars. Repeat twice more all dancers should be home.

## CHORUS

## FIGURE 5. COGS

4 Bars. You are standing opposite your partner. All use 2 step hops for the middle 4 dancers to turn right and make a left hand star with a wrist grip.

Other 4 face clockwise (2 and 7 will need to turn left).

Move forward pass partner and the next to meet the next.

Star MUST turn slowly just one position each time.

4 Bars. You've met your opposite. Dance on the spot and do 2 stick strikes with this person.

All move forward and meet your partner.

4 Bars. All dance on the spot, 2 stick strikes again.

All move forward and meet the same stranger as before.

The outer 4 MUST cover more ground than the star.

4 Bars. All dance on the spot, 2 stick strikes. All move to home place and reform the set. 2 and 7 will need to turn left again when home to face partner for the chorus.

CHORUS

## FIGURE 6. UP & DOWN BACK TO BACK

4 Bars. In your own line 2 step hops for the 2 music end dancers to turn the easiest way to face the bottom

2 dancers who have turned the easiest way to face you. All dance forward passing right shoulders and go beyond the other dancers from your own line.

4 Bars. 2 step hops for all to move sideways to right and reverse until left shoulder is alongside the left shoulder of the corresponding dancer from your own line.

4 Bars. 2 step hops dance on the spot. Dance forward again beyond your own line.

4 Bars. 2 step hops to dance sideways to the left, start to drift back straight away, and dance backwards to your place and face your partner.

CHORUS

## FIGURE 7. SCARY MAN

4 Bars. All dance 1 step hop and turn your back on the music.

Dance the second step hop on the spot. +

R, r, r, H all dance on the spot apart from the pair nearest the music who split and move up outside the next pair.

4 Bars. All dance on the spot, 2<sup>nd</sup> bottom pair split and move up outside the next pair.

4 Bars. As before. The bottom 3 pairs split and move up outside the last pair.

4 Bars. As before. In the final move up take your stick in both hands and hold aloft, horizontal with noise !

Feet will be left, right and left firmly forward. Music stops.

## FIGURE 8. DANCE OFF

In our band one person gives 4 loud drum beats or stamps. Music restarts.

Right hand pair (caller) use 1 R step hop to turn right, 2<sup>nd</sup> L step hop on the spot and put stick on right shoulder.

That pair starts the dance off with r, r, r, hop m(curving around to the right). Next pair then join in, also turn right with 1 L step hop. 2<sup>nd</sup> R step hop and drop stick onto R shoulder.

Dance forward following 1<sup>st</sup> pair evenly spaced.

3<sup>rd</sup> pair join in the same way right foot lead. 4<sup>th</sup> pair last, left foot lead.

When all 8 are dancing round the dance caller can choose where and how to lead them off or even repeat the end of SCARY MAN.

## CHORUS

All strikes are forehand. Striking is from right to left.

All strikes are with the tip of your stick.

Dance caller and partner start with 2 single stick strikes.

They continue and pair next to them join in.

Then the next pair joins in. Last pair joins in.

Then all strike 1, 2, 123. Repeat.

## DORIS LANCER - s

Step sequence:-

step hop, step hop, run, run, run, hop.  
(SH, SH, r, r, r, H.)

Dance sequence summary:-

WALK ON.

FIG 1s for 4. (LINE), (SQUARE).

CHORUS, LINK.

FIG 2s for 6. (MANX), (REEL).

CHORUS, LINK.

FIG 3 for 8s. (WINDFARM), (COMPASS).

CHORUS, LINK.

FIG 4 10+. (CROWN).

CHORUS, LINK.

DANCE OFF.

CHORUS

Striking.

Forehand high, backhand low, F, B, F all high.

Backhand high, forehand low, B, F, B all high.

Repeat all this.

LINK

Back To Back. 1<sup>st</sup> SH on the spot, 2<sup>nd</sup> SH forward.

Then r, r, r, H pass by right, finish L shoulder to  
P's L shoulder.

2 Shs to take hold with P. L arm around front of P  
at waist height. Stick on shoulder. Body Swing.

## 2 FIGURES FOR 4 DANCERS

### LINE, WALK ON

MUSIC > 4, 3, 6, 5.

4 dancers facing music. 1<sup>st</sup> SH front 2 turn left, back 2 turn right. 2<sup>nd</sup> SH middles take L elbow hold, all put R hand out with short stick P holds it. 90\* line turn on r, r, r, H. 3 more times to reach original place of line.

### SQUARES

3 5

MUSIC >

4 6

Use 1 SH for middles to break line and 2<sup>nd</sup> SH to drop back and face the other pair.

All have stick on shoulder. Pass by R with facing dancer strike on 1<sup>st</sup> beat of r, r, r, H. 1<sup>st</sup> sh turn 90\* to face next dancer. 2<sup>nd</sup> sh on the spot.

Pass by R with facing dancer strike on 1<sup>st</sup> beat.

Repeat for 3<sup>rd</sup> pass. All cast out and come into P. 3<sup>rd</sup> couple join in at start of the chorus by coming on from the music end and from opposite sides to make a 3 couple set.

2 4 6

MUSIC >

1 3 5

### CHORUS & LINK

## 2 FIGURES FOR 6 DANCERS

MANX 3 couple set.

1<sup>st</sup> SH for all to move L a little. 2<sup>nd</sup> SH to make 3 handed LHS (MANX). Middle couple, strike on beat 1 of r, r, r, H turn star 2 places round.

Pass P and next. Repeat twice each dancer gets one strike. 4<sup>th</sup> music phrase make a line facing P. All couples use SH SH to let go of star, 1,3 & 5 face down. 2,4 & 6 face up. All use r, r, r to slide into one line facing P.

REEL Line of 6 facing partner.

MUSIC > 1 2 3 4 5 6

RSH on the spot big move to L for LSH.

Pass by R, clash on first beat of r, r, r, H.

Angle in to make the single line. Repeat. LSH on the spot big move to R for RSH.

Pass by L, NO clash. with r, r, r, SH. Repeat all. When you reach the end SH (L) on the spot 2<sup>nd</sup> move to R. Use r, r, r, H to turn L and face back. All end up where they started. 3 and 4 both turn R as they get home to face 7 or 8 who join from opposite sides.

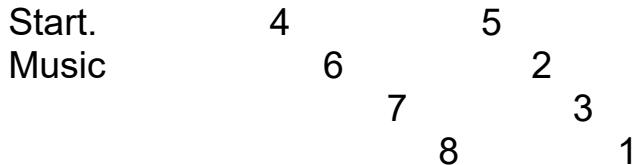
1 & 2 stay at top N. 5 & 6 stay at bottom S.

3 faces out W to 7. 4 faces out E W to 8.

CHORUS & LINK

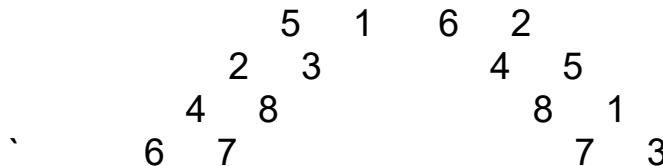
## 2 FIGURES FOR 8 DANCERS.

Finish body swing in time ! In 2 lines NE to SW  
WINDFARM make 2 diagonal lines.



1<sup>st</sup> SH break from body swing take left elbow hold with P. 2<sup>nd</sup> SH on the spot. r, r, r, H for lines to  $\frac{3}{4}$  turn. 2 dancers in each line clash on first beat.

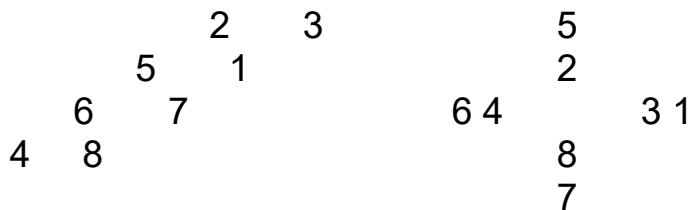
1<sup>st</sup> turn  $\frac{3}{4}$  turn.



2<sup>nd</sup>  $\frac{3}{4}$  turn.

3<sup>rd</sup> turn  $\frac{3}{4}$  turn.

Last turn into compass



## COMPASS

1<sup>st</sup> SH inners turn 90\* L so R shoulder in centre, sticks in and up. Outers turn 90\* R so L shoulder nearer to centre. 2<sup>nd</sup> SH sticks go out and up.

r, r, r, H move one place round. Inners only travel a little. 2 SHs on spot. Repeat to half way place and meet p. Use 2 SHs to link L elbows and ½ turn to swap quickly and begin to move.

Repeat sequence to original position and compass shape. All reach original position face your P. New dancers join in at start of chorus.

## CHORUS & LINK

1 FIGURE FOR 10 + DANCERS. Double length.

## DOUBLE CROWN

Twice through.

1<sup>st</sup> SH to break and face p, 2<sup>nd</sup> SH on the spot.

All clash on first beat of r, r, r, H. Pass P by R.

All 1<sup>st</sup> SH to turn 90\* right, 2<sup>nd</sup> to turn 90\* right again. Repeat but turn left at end to face new P.

Repeat 3 times.

## CHORUS & LINK

At the end finish the body swing where you started. Inner dancers face clockwise and stay, outer dancers let go but turn in to face same way as P, clockwise, and swap stick into left hand. Arms around P waist to dance off. Set dances round once then Couple near the band leads off.

## RIQUE LLINARES

The background to the dance Doris Lancer.

Almost 20 years ago Sandy & Sally Lee turned up at a Crook Morris practice with a neighbour in tow.

Rique had watched the side dance at the Pheasant Inn, Casterton and he was so impressed with the fun and joy the whole side had that he came along with his infamous words “I just want to learn the dances. I’m not interested in any of the social stuff, that’s not for me.”

So now all those years later with the side we all have very fond memories of his contribution to Crook Morris :-

- \* A Langdale social weekend. Yes social (!) with a cross dressing dance display where his kit was velcroed and when ripped asunder revealed Rique’s version of Madonna’s conical bra, stockings and suspenders !
- \* Socials (!) where he unleashed his witty powers with the poem ‘Doris Lancer’.
- \* Mummers plays where he became the coy princess Zabra. Yes, yet another chance to don a wig and a dress.
- \* Years of being Mr Sign man for our wonderful weekend and Mr Fix Anything to sort the hanging streamers for the early Crook Christmas Ceilidhs.
- \* The surprise and pleasure he showed when we asked him to be our squire for the standard two year stint.
- \* The pleasure we showed when he and Anne got together!

An inspiration for what is possible, an always positive attitude, a true gentleman and a man we all love to bits. When this idea was mooted it got unanimous support and that was no surprise to anyone.  
He deserves this dance in his honour.

BORDER – THREE JOLLY SHEEPSKINS  
(NO STICKS OR HANDKERCHIEF)

Music Sequence – A 5(AB) A. Dance for 6.

- A INTRO Face P.
- 1. A HALF ROUNDS All spin on L, 6 steps heading anticlockwise, 1 step out & 1 step to face back, 8 steps home.
- 2. B ODDS CHORUS
- 3.  $\frac{1}{2}$  A UP & OUT Dance up and out of set. turn in dance back to place.  
 $\frac{1}{2}$  A DOWN & OUT Dance down and out of set, turn in dance back to place.
- 4. B EVENS CHORUS
- 5. A BACK TO BACK Dance R around partner and hat. Repeat to L.
- 6. B ODDS CHORUS
- 7. A BODY SWING Odds cross set to partner and body swing on evens side. End by odds heading up the set and around ‘hat’ to home in time.
- 8. B EVENS CHORUS
- 9. A BODY SWING Evens cross set to partner and body swing on odds side, face up side by side.
- 10. B DOUBLE CHORUS
- 11. A FULL CAST All cast to below bottom of set. Link & head up with partner, dance up set (straddle set) finish astride own hat.

Chorus – Sheepskin Hey. Line dances up around top hat and weave down the line of hats. Last dancer go past the middle hat and circles around it to head back up the line (now in lead). New last dancer goes past the middle hat and around it to become the lead. Once more and you are back in order, all dance up to the far side of your hat , once around and to home place.

## **CHANGES MADE 2006 PRE CHRISTMAS**

Three Jolly Sheepskins

**BODY SWING ON EVENS SIDE**

The timing of the finish is crucial.

You need to aim for the odds to be facing up the set with enough time for them to dance up the set, and across to place above the hat / tankard / underwear !

Meanwhile the evens have time to turn and face up ready for their sheepskin hey.

# ALEXANDRA PARK NORTH 22 STICK DANCE

Music Sequence – A 5(AABB)

Step hop throughout. 1 long stick

## A INTRO

- 1 A CROSS, ROUNDS Strike tips as you dance into partner's place, and turn R.  
Dance rounds to partner's place.  
A REPEAT To home place.
- 2 B CHORUS  
B REPEAT
- 3 A INTERLOCKING SQUARES  
R shoulder in. Strike floor. 3 steps forward, turn R on 4<sup>th</sup>, 3 steps across, turn R on 4<sup>th</sup>, 3 steps down/up, R on 4<sup>th</sup>, 3 steps across, turn R on 4<sup>th</sup>.  
A REPEAT
- 4 B CHORUS  
B REPEAT
- 5 A SOLAR SYSTEM  
All forward pass R, turn toward nearest dancer in other line, make set across, do 3 more times. Strike on 1<sup>st</sup> beat.  
A REPEAT
- 6 B CHORUS  
B CHORUS

## 7 2A SPAGHETTI JUNCTION

R shoulder in. Strike. Follow leader. Lead  
dancers cloverleaf, keep turning L pass other  
line by R. Strike on 1<sup>st</sup> beat. Back dancers  
need to get fully round to create new set lines.

8 B CHORUS

B CHORUS

9 A CROSS, ROUNDS As in fig 1

A REPEAT

2B ROUNDS

Chorus – Jump into it with L shoulder into set as you strike floor. Strike with partner, forehand, backhand, floor, fore, back, floor twice, sweep strike forehand as R foot goes across L. 2 steps for odds to face up, evens down, 2 steps up / down and turn L, 2 steps across set and turn L, 2 steps up / down to partner's place.

Repeat.

In 9 The final Bs are for the dancers, lead by number 2, to dance around the musicians who will move into the middle on the first B.

The second B is for the dancers to put hats on to the top of their sticks, they continue to dance round. The finish is to face in to music and throw hats flamboyantly into the air and catch them !

ALEXANDRA PARK NORTH 22 STICK DANCE  
Interlocking Squares (Squares) – We now strike floor as we start figure and at half way stage (when heading up or down).

Finale – We use the 2B music to continue the rounds. We have fixed the dancer who will lead the dancers around the musicians, it is the Number 2 no one else, PLEASE !

We use 1 B to continue the dance round, hats on sticks for final B, throw hats in air to finish.