



## Medlock Rapper – Traditional Competition Notation – High Spen

Medlock Rapper will be performing the traditional dance 'High Spen' as performed by the High Spen Blue Diamonds. In fact, we will be performing High Spen's 'First Dance'. We have taken our notation from three sources:

- 1) Video footage of the team
- 2) Direct tuition from a team member (Tom Besford)
- 3) Direct tuition from Ricky Forster

The primary video giving us the dance is [HERE](#) – it is from this video that we get the figures and their order.

As with any filmed footage of a team, it only records one performance. Because dances are slightly different each time they are performed, we have also taken inspiration and style points from a selection of videos of the High Spen Blue Diamonds performing their 'First Dance' over a 25 year period. Other videos we have learnt from are below:

<https://www.youtube.com/watch?v=c5fgXJFTJrI>

<https://www.youtube.com/watch?v=5vubLkpdxE>

<https://www.youtube.com/watch?v=0wtIHoxoOaI>

<https://www.youtube.com/watch?v=i-vKZjHXbPI>

<https://www.youtube.com/watch?v=dAsr8vbqX78>

<https://www.youtube.com/watch?v=7NCdycmKrTs>

The figures we will perform are:

Single and Double Guard

-Please note that in different videos, Number Three steps for different amounts of time, dependent on the speed of the other dancers. There is no set beat for this to finish.

Double Front Jump

Double Figure Eight

-Please note that this figure can vary in length substantially depending on dance surface, music speed and dancer selection. The proximity of the dancers to one another also varies significantly in each video.

Granny Knot

Tommy Knot

-Please note that this figure can vary in length substantially depending on dance surface, music speed and dancer selection. It can also vary in length depending on how many circuits Number One chooses to do.

Choker

Bulldog

-Please note that this figure can vary in length both getting in to the bulldog but also getting out of it. The team do not always make it in time for this to be displayed with the music.

Line out and Star



## Medlock Rapper – Traditional Competition Notation – High Spen

### Music

-Any 6/8 jig is acceptable to perform the dance to. This depends on the preference of the musician. Any instrument is also appropriate to dance to. The current side practice and perform to fiddles, melodeons and whistles. You will also notice that the speed the dance is performed at varies significantly across the videos. On occasion, the dance either speeds up or slows down during a performance too.

### Stepping

-Dancers should not always start or stop stepping at the same time, and there are a variety of styles on display when 'trotting' round, or when stepping.

### Characters

-Sometimes there is a Tommy and a Betty. Sometimes there is just a Tommy. The First Dance always begins with the three verse monologue (not song).