

# FOUR UP

	<b>FOUR UP</b>
<i>Created</i>	Juliette Pegram of the Minster Strays, York.
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<i>Style</i>	Border
<i>Name</i>	Four Up
<i>Music</i>	Four All (by Barry Goodman). A intro. 4 x (2B chorus + 2A figure). 2B final chorus.
<i>Formation</i>	Set of four in a diamond formation relative to up.
<i>Numbering</i>	1 at apex of diamond. Number clockwise.
<i>Equipment</i>	Small stick each.
<i>Stepping</i>	1 hop, 2 hop, 123 hop. (I count this as 1 step in explanation.) Laid back and relaxed.
	<b>The dance:</b>
<i>Chorus To B music</i>	<p>At start of dance work out sticking partner; 1 with 2, 3 with 4.</p> <ol style="list-style-type: none"> <li>1. Heads (1 and 3) cross, clashing on beat 3 (first beat of the "123 hop" step).</li> <li>2. Sides same.</li> <li>3. Heads cross back.</li> <li>4. With sticking partner, everyone sticks up, down, up.</li> <li>5. Repeat steps 1-4, but this time the Sides start the crossing clashing movement.</li> </ol>
<i>Figure 1 To A music</i>	<p><b>Heads Hey with Hands</b></p> <ol style="list-style-type: none"> <li>1. Heads grab left hands and turn three-quarters of the way round to face Sides (1 step). Meanwhile Sides move slightly to left.</li> <li>2. Heads progress to nearest Side and step on spot, sticks held out side by side. All dancers in square formation; Heads facing out, Sides facing in.</li> <li>3. Sides meet in middle, left hand to left hand, while Heads small cast to where Sides were ie small cast round right shoulder to face in.</li> <li>4. Sides progress to side position they are facing and hold sticks out with Head facing them; ie square formation. Original Heads facing in, original Sides facing out in opposite position to where started.</li> <li>5. Heads meet in the middle holding left hands. Sides cast to the position next them and face in.</li> <li>6. Heads move forward, right hand sticks in with Side person facing them.</li> <li>7. Sides move forward and meet in the middle holding left hands. Heads small cast to position next to them.</li> <li>8. All back to place. Heads one step sideways, Sides one step forwards.</li> </ol> <p>CHORUS</p>
<i>Figure 2</i>	<p><b>Heads Lead Out</b></p> <ol style="list-style-type: none"> <li>1. Heads lead out, leading sticking partner out on the diagonal formed by their starting positions at the start off the figure. Two steps, turn on final hop and return to place.</li> <li>2. At end, Sides finish in their starting position but facing the way they were going on return from lead out. Heads move slightly closer to stand side by side.</li> <li>3. Steps 5-8: Heads waist swing moving half a turn each 123 hop, so manage two complete turns in the four steps. Sides move quarter turn on each 123 hop, thus moving one complete circle during the four steps.</li> </ol> <p>CHORUS</p>

<p><i>Figure 3</i></p>	<p><b>Wigwam</b></p> <p>Original No. 1 always clashes</p> <ol style="list-style-type: none"> <li>1. On step 1, all put sticks in a wigwam and step on the spot.</li> <li>2. On beat 3 (ie first beat of the 123 hop) No 1 hits up the wigwam.</li> <li>3. All dancers cast round their left shoulder moving one place round the set anti-clockwise (This cast takes one and a half steps, ie 123 hop, 1 hop, 2 hop, 123 hop).</li> <li>4. On first beat of step 3, Sticks in.</li> <li>5. On third beat of step 3, No 1 knocks up again and all cast one place anti-clockwise.</li> <li>6. Repeat Step 5.</li> <li>7. Repeat Step 7 and back to place.</li> </ol> <p>CHORUS</p>
<p><i>Figure 4</i></p>	<p><b>Sides Hey with Hands</b></p> <p>As Heads Hey with Hands, but led by Sides and orientation up and down instead of side to side.</p> <p>CHORUS</p> <p>On very last Sides cross, Sides clash and continue off, followed by Heads clash and off.</p>