

## THE OLD MILL

**Source** : taught at a workshop.  
**Music** : polkas.  
**Steps** : hopsteps.  
**Sticks** : two short sticks each.  
**Set** : eight dancers in two lines.

**Order of Movements** : there are only two figures, the first done several times and the last only once. There is a fixed sticking chorus between each figure, but done in a different pattern each time.

**THE FIGURE** : A rather wild movement ! : The middles turn round their neighbouring corner. Both dancers face the same way and link their inside arms, right with left. The middles start by going inside their neighbour, Nos 3 and 6 going round anticlockwise, Nos 4 and 7 clockwise. The corner rotates more or less on the spot, giving “weight” to help the middle around as quickly as possible, and “flinging” them into the following star. The middles then star four hands around one and a half times so that they end in the other half of the set, but on the wrong side. They then repeat the movement with the other corners to get back to their starting place. The dancers have to turn to face the next direction smartly, there is no time to “drift” or to stop and think! Note that two of the four middles will come to the star with the “wrong” hand. Teams must agree on the rule for the hands in the stars as either both left or both right or alternate will do.

**THE HEY** : The final movement is a complex version of THE FIGURE. It starts the same with turning on the corners, but this time with a turn and a half so that the dancers change places, and the original corners star in the middle round one and half. This pattern continues with pairs continually changing places till all are back to where they started. The movement can be taken more slowly than the figure and of course it takes much longer.

### STICKING :

/b b r+r - /b b l+l - /b unr b unl /b beh b - // repeat in reverse.

The dancers turn on the spot in bar 3 and half of bar 4, turning to the right when starting clashing under the right leg and turning to the left when starting clashing under the left.

b = hit own together in front : r+r, l+l = opposites hit : unr = clash own sticks under a lifted right thigh : unl = under left : beh = clash behind.

**CHORUS 1** : stick with partner.

**CHORUS 2** : in fours, stick with diagonal. The second corner hits 2 bars out of phase, doing the turns before hitting partner.

**CHORUS 3** : ends and sides stick, Nos 1 and 2, 3 and 5, 7 and 8, 6 and 4. The middles move out sufficiently to stand in a square to stick.

**CHORUS 4** : each sticks with their other neighbour, Nos 1 and 3, 5 and 7, 8 and 6, 4 and 2, the person the other side to that in chorus 3. They orientate to form a square rotated 45° from the previous chorus.