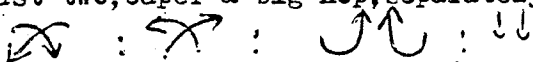


General

- Posture: care needed not to lean backwards too much, especially in the backstep and jumps
- Speed: do not have too rigid an idea of speed as the optimum could change with skill
- Jumps: arm movements must not become a shrug of the shoulders with hands not rising much
- Start rule: weight on left foot first time so working foot usually right
- Plain Capers: free leg not tensed, go for height, lifting c of g & sink onto supporting leg to gain full benefit of thigh muscles & not strain back

Slow Capers

- Hands: First two movements ; "across & apart" - continuous swing move, down & in, up and out.
- Second two movements ; "up & down" - mostly up & only drift down.
- Can separate out the second halves of the slows & practice the last two, caper & big hop, separately to advantage.



Forecapers: ft back, together, big spring onto same foot, big hop - first time right foot is the working foot

Uprights: first two beats are not "shuffles" in either Oddington or Longborough sense but low springs to land with feet crossed (height not as high as ordinary stepping)

DANCES

- Young Collins - clap at forehead level so that hands can be seen from back & hands wave where audience can notice.
- Highland Mary - I like the lean over the arm movement in the sidesteps
- Shepherds Hey - on the spot stepping: r l r hr/l r l r/l hl hl/ etc
Emphasise where underlined - it is a sidestep right in front but steps 3 & 4 of bar 1 are side by side not feet crossed - feet crossed other way throughout bar 2. Note that it is a r in bar 2 beat 4 not hop 1.
- Gallant Hussar - first crossing same stepping as Shepherds Hey - turn to face back on the galley in bar 3 and hook into hey in bar 4
In slows ensure that first caper ends with everyone shoulder to shoulder in line down centre so that first hand movements of next bar can be just behind other sides backs
- Flowers of Edinburgh - the 4 plain capers work up to a climax with the most "definate" one the fourth - do not let them die down in effect as go through them through tension.
- Trunkles - salute - go backwards on the two steps of the $\frac{1}{2}$ caper in bar 2 so that galley can be done in place and not while travelling. When go forward in bar 1 of salute may either do one swing of one hand or two swings of both hands, either would be right
- Cuckoo's Nest - the music of the B for slows only slows the first two bars as third pair do not do a slow caper but rather all do the galleys. For once middles do not have it easy Order is as corner dances with FU, straight into a chorus, then extra half heys instead of foot ups through the dance. End with a half hey and galley up.
- Glorisher - first chorus is each person in turn at top do short sidestep right & left in front. Second chorus is two half capers, third a single slow etc. A fifth chorus could be leapfrog at the top - order 3 over 1, 1 over 3, 6 over 5, 5 over 6 etc at the top of the set between no. 1 position and centre line of set. Make sure that each person only goes round one place of set in walking per turn.
- Sherborne Jig - two rows of dancers facing. Foot up facing doing alternate halves only. Shuffle is just a twist of feet as Brackley rear up. Go forward onto knee for kneeling, jump forward on the others. Retain the forward & back pattern of movement throughout as a special feature.

OVER HILLS AND FAR AWAY

- Pattern: A1 - Foot up, B1 - rounds and jig, B2 - sidestep, cross over and change.
- B1(1st time) 3 & 4 dance 2 half capers and galley & hook, twice through, on the spot.
Other 4 dance rounds clockwise with 2 bars stepping to opposite corner & all galley & hook facing across to partner, then continue on to place.
- B1(2nd time) 3 & 4 dance 2 forecapers and galley and hook, twice through, on the spot, the tune is slowed down for the two forecapers only.
Other 4 dance rounds clockwise getting in 4 bars of step instead of 2 because of the extended tune - should take more space and go out wider.
- B1(3rd time) 3 & 4 dance 2 uprights and galley and hook, twice, on spot etc.
Other 4 dance round with 4 half capers instead of 4 bars of stepping.
End on theis B1 with all facing up on the galley.
- B2(each time) All face opposites - sidestep r in front and left in front etc as Highland Mary but hook into a tight bunch in centre, right shoulders to centre, taking care to go in in the order one is in the set. Cross over to opposite corners place with 2 bars of stepping & while bottom pair turn out on spot to face across the tops and middles change places, tops going between



ODDINGTON DANCES - collected or based on local traditions

- Processional Hey Diddle Dis A: 2 morris steps, double galley without turn,
B: 2 half capers, 4 plain capers.
- Stick Dances Young Collins tips on ground 3x, low clash of tips 3x standing upright, tips on
ground again 3x, high clash of tips 3x, last harder, half hey. Repeat.
- Constant Billy evens hold horiz at ends, odds hit middle with tips, reverse this,
then hit butts, tips, butts, tips, r to l or alternately l to r,
r to l, with capers, then half hey. Repeat.
- Clapping Young Collins b. b. b. -/r+r, r+r, r+r, -/b. b. b. -/l+l, l+l, l+l, -/ and half hey. Repeat
Constant Billy b. slap r/b. slap l/b. beh/b. ^{r+l}/_{l+r} and half hey. Repeat.
1st. slap knee, well raised, 2nd. slap opposite shoulder 3rd. head.
(it is worth considering alternate common tunes for these say Maid of Mill, BtheSt)
- Handkerchief Sidestep dance closed ss r in front, r hand up, double step facing front, both hands
up, closed sidestep l in front, l hand up, hook into half hey.
Tunes - London Pride, Highland Mary, Brighton Camp.
- Gallant Hussar Cross over with opposite doing 2 of something, double galley to
face back and to hook into the half hey. Half hey on wrong side
& repeat to place. Order of "somethings" A,
1) ss 2) $\frac{1}{2}$ capers 3) forecapers 4) uprights.
- Shepherd's Hey short ss r in front, short ss l in front without hop, double galley
facing across and hook into the half hey. Repeat.
- Flowers of Edin 2 $\frac{1}{2}$ capers, 4 plain capers facing across and half hey. Repeat.
- Corners Old Frog Dance Facing corner along diagonal, short ss r in front, double step,
^{-burgh}
(Swaggering Boney) short ss l in front, short ss r in front, 2 bars of something
passing and double galley to turn to face back. Order of somethings
B. 1) 2ss 2) 2 $\frac{1}{2}$ capers 3) plain capers L R R L 4) Leapfrog
1 & 3 through, 2 and 4 half through in Bampton sense.
- Trunkles B - double step, $\frac{1}{2}$ caper, double galley back to place.
C - cross with 4 of something(A) & double galley to face back.
- Cuckoo's Nest All face up, 1st 2 pairs in turn do one of something (A) and all
join 3rd pair to double galley, hooking into half hey. Face up
again for the repeat.
- Glorisher walk round and each in turn does one of something(A) at top of
set, double galley to face across and then a sidestep dance chorus
- Line Dance Saturday Night A: 2 double steps and a double galley - repeated.
B: ss r, double step, ss l, double step, 2 $\frac{1}{2}$ capers, 4 plain capers
to pass.
Come in in order 1, 2, 3&4, 5&6, Finally galley into column & WHey.
- Heel & Toe Gen. Monks March A: start with rounds - rest of dance to B musics.
B: all face centre & do 4 of something (A), then Heel & Toe
round circle clockwise, repeat.
- Jigs Princess Royal FU: 6 double steps & double galley
Jig: ss seq as Old Frog (4 bars) 1 extra ss, 3 bars of something(C)
2 double steps and a double galley.
Something(C) 1)x steps 2) $\frac{1}{2}$ capers 3) claps/b. un r. b. -/b. un l. b. -/
Jockey to Fair FU: 6 double steps and backstep.
Jig: ss seq, 4 half capers, 8 plain capers.
Slows: end with 2 double steps & backstep & jump.
- Highland Mary FU: 2 double steps, backstep & jump, 2 doubles & double galley.
Jig: ss seq = long ss to l, short ss to r & to l, 2 bars of
something(C), double galley.
No slows in this dance only FU's.
- Nutting Girl FU: as Highland Mary
Jig: ss seq, 2 doubles and backstep & jump, ss seq, 2 doubles &
double galley.
- Sherborne Jig FU: as Highland Mary
Jig: 3 shuffles & something, three times & 3 shuffles & a jump
Something = kneel, LL (or RR), ft tog J.

As a consequence of the Instructional meetings at Cecil Sharp House March 1963 and at Sheffield November 1963, it is obvious that the leaflet was not as adequate as hoped. Herein are some additional notes and comments.

ODDINGTON

Contact with the Travelling Morrice has turned up some data although their notation of Swagging Boney has been lost over the years.

He called a galley a "hook-leg" & made it very near the ground.

THE OLD FROG DANCE

a. Once to self when coming into corners - must put in a faint step to get onto right foot to start sidesteps.

b. In Leapfrog corners do not pass in bar 4. We find it best if even man goes down on last beat of bar 4.

TRUNKLES

order of figures as Old Frog Dance, but single & double capers to slow music on 3rd & 4th crossings.

Salute - wbin down up wrin wlin.
l. r. l. hl./r. -. l.r./l. -. hl.hl./r. -. hr. -./

BOBBING A JOE - the sticks were about 2 feet long, painted half red & half blue. The movement is similar to the first 2 bars of Fieldtown Bobby & Joan done 4 times. Evens turn backs to odds holding stick in one hand behind head. (turn clockwise & really end with back to partner so that stick in right hand points to the right away from body) This done on first beat of bar then odds tap downwards on middle beat. Repeated evens striking odds in second bar. These two bars repeated 4 times in all. (by standing this way there is little chance of partner being hit). Nos 1 & 3 will find that they have to do a very quick turn into the heels.

CONSTANT BILLY - Sharp does not give the movement but Fryer was told that the sticks were swung out on 1st beat & tips clashed on the middle beat, the men hopstepping throughout. It is assumed that this refers to Constant Billy but it could be another dance.

RIGS OF MALLOW - Sharp does not mention this dance. Fryer was told that evens hold their sticks horizontally & odds hit down onto the tip rather hard on the first beat. Evens hit odds on middle beat. This is repeated for 8 bars in all with the men hopstepping throughout.

CLAPPING DANCE - no handkerchiefs. Order taken as that for stick dances.

SHEPHERD'S HEY - last bar of figures, stationary & clap both hands together in front, behind body & in front again. (written thus = b. beh. b. -.)

To B music

Bar 1 - 1st beat clap hands together. 2nd beat touch outside of right ankle with right hand

Bar 2 - 1st beat clap together, 2nd touch left with left.

Bar 3 - 2 hopsteps with hands circling.

Bar 4 - stationary & clap b. beh. b. - as in figures.

Repeat these 4 bars.

In further repeats touch 2. outside knee, 3. outside hip, 4. shoulders - on top with tips of fingers as p.t. exercise 5. cheeks, 6. mouth blowing kiss.

HANDKERCHIEF DANCES. - order of figures different for each dance.

OH DEAR WHAT CAN THE MATTER BE - order of figures = Hey-up, Sidestep, Hey-up, Rounds; this sequence being done ad lib. Sharp indicates that the sidestep is done as Lumps of Plum Pudding. (presumably Bampton). This seems to mean the following. Face partner & sidestep on the spot - 2 bars, left foot behind, doing high twist with right hand, left hand making a small circle clockwise horizontally inside right arm at elbow level. then 2 bars right foot behind, 2 bars sidestep each way, then a $\frac{1}{2}$ caper + 2 plain capers. It could also mean that in bars 3 & 5 a double step was done facing front with arms going up & down (This is less effective than the continual flying handks.) (The hands seem to be, in effect, counter twists done horizontally) It is probable that slightly open side steps are intended.

TRUNKLES - this does not have the usual tune. Intermediate figures single & double heys only. B music - partners face, do 6 bars of hopstep with hands doing circles - then 4 swing steps - foot swung out, forward & across (as Fo 1s Jig) the toe of the free foot touching the ground. "To make your bells ring - almost a caper movement."

ROOM FOR CUCKOO - Fryer was told this was a corner dance. All step throughout the corner movement - non active men doing this in position. 1st & 2nd corners only, not middles. 4 bars hopstep across & 4 bars back to place passing back-to-back. Rounds the across & salute figure in this dance. only intermediate figure in this dance.

JIGS.

SHEPHERD'S HEY - as set dance - hey-up between each clapping.

OH DEAR.... - Hey-up, sidestep as above, $\frac{1}{2}$ capers, sidestep, $\frac{1}{2}$ capers & hey-up done presto.

starting foot - left foot for everything except sides eps)