

NEWCASTLE or WHITE ROSE

Source : White Rose of Wellington - as noted from a demonstration
Music : Playford tune of same name
Implements : Garlands or sticks
Set : 6 dancers in two files facing across
Step : polka and skip, choice depends on how team likes it.

CHORUS 16 bars in all

All face up : (Turn out to face up) : Polka sideways to change places with opposite, 2 bars into single file, 2 bars to opposite. Those starting on the odd side go in front every time.
Ends change, up and down the set, with skip or polka step, original top pair go between bottom pair each time. 4 bars. The centres move back a little to let others through with comfort and then forward into set formation again. All face up again and repeat.

FIGURES

1. SPIRAL ON or ENTRY

Come on in one line, 1 3 5 2 4 6, in a serpentine path, then odds come up own side and evens up on their side, skip or polka. Immediately into a chorus.

2. HELICOPTERS

Stars right and left in 3's, middles go to the right to start, take 8 bars each way, knuckles touch in centre. Turn in at ½ way.

3. C'EST LA VIE

Move into one line along centre in 2 polkas, right shoulder with opposite, and Nos 1, 3, 4 & 6, turn to right on 2 polkas so that all face anticlockwise relative to the middle of the line, taking no more than 2 polkas. The Line of 6 rotates as one line completely round in 8 bars, 2 polkas for each 90°. Nos 2 & 5 then ½ turn right so that all face own place and all dance out forwards, 4 polkas in all.

4. HERRINGBONE CIRCLE

All face up : (skip) cast round to other side, lines going through at the top alternately, no.1 crossing first. Down the outside of the set on the wrong side then cast in and back up the centre shoulder to shoulder with opposite. Now on the "wrong" side. Cast down outside again and cross alternately at the bottom to come on the starting side to place. (come in close before crossing at bottom)

5. SHOELACE HEY

Diagonals cross etc. each change taking two bars. The following are as per starting numbers not position in set (1) 1 with 4, 3 with 6 (2) 2 with 6, 1 with 5 (3) 4 with 5, 2 with 3. The set is now reversed. Cross with opposite to complete the phrase of music. Then repeat the pattern from other side and cross back to place at the end. With either polka step or skip step each change is 2 bars.

6. EXIT

As entry lead off by odds, followed by the evens 1 3 5 2 4 6 not 1 3 5 6 4 2