

**VIOLET ALFORD BASQUE MATERIAL**

- Source** : Cecil Sharp MSS, sent to him by Miss Violet Alford early in his collecting period.  
**Sticks** : two plain sticks, struck violently. In the figures only move arms slightly, rather like sb and sf, but with the elbows very little bent.  
**Set** : 8 dancers, 4 a side, lines very far apart so that the set formed a square for the figures.

**ONCE TO YOURSELF** : face front holding sticks in two hands in front of thighs.

**FOOT-UP** : in front formation, moving sideways, 4 bars up and 4 bars down, ending with an immense leap.

**STICKS** : rhythm / x x x - / x x x - //

1. First No. 1 with both sticks struck both sticks of No. 2 on right, then left, then high, then low (right and left)  
Dancers then separated and struck their sticks under thighs, behind etc as Shepherd's Hey.
2. The lines changed very suddenly to a formation at right angles done in one movement. Hitting then recommenced.
3. Then they broke up into two teams of four each, then hit up and down as before, but couples striking at different times so that two of the couples were always hitting up and two down simultaneously.  
Performed these several times in each position.
4. The top couples also ran outside (cast off) and struck sticks with each other and then ran (not danced) back. Then the bottom couples did ditto. The other two couples remained stationary.
5. Break into a circle and face in pairs and do sticking.