

ALLBROOK (Version for six dancers)

The dance is named after a small village near Eastleigh, Hampshire. It was devised by Diane Allen, a former member of Hampshire Garland Ladies Traditional Dance Team from Southampton.

North West style - long ways set - normal numbering.

Equipment: Short sticks
Step: High single step, right foot start
Tune: Any jig rhythm tune - **can be fast or slow**

CHORUS (32 steps)

Nos. 1, 4 and 5 in for 4, out for 4

Nos. 2, 3 and 6 in for 4, out for 4

Repeat once (there will always be three people dancing on spot).

On step 4 flourish right hand sticks, left hand down by sides. When dancing the four steps back to place, bring stick down on step 1 and turn to face front on step 4.

Throughout the dance all face up when not moving.

STARS (32 steps)

On side odds and evens make stars of three on their respective sides. 5 moves in to left to form RH star with 1 and 3, 6 moves in and right to form RH star. 8 steps round, turn in to form LH star, 8 steps back.

Immediately on step 17 **On ends** 1, 2 and 3 make RH stars at top, 4, 5, 6 make RH stars at bottom. 8 steps round, turn in to form LH stars, 8 steps round and back to place. Swing free hand sticks at side while dancing stars.

CHORUS

DIP AND DIVE (32 steps)

All dance 4 on spot

On step 5, tops (1 & 2) turn out and make arch to start dip and dive **at the same time** bottoms (5 & 6) turn in and down on 5, dance 3 on spot. On step 9 bottoms turn out and up and make arch to join in dip and dive. Dance figure all the way through back to place. On last 4 steps, all turn single out. When reaching both top and bottom of the set, turn **out**. **NOTE: On the 4 steps immediately preceeding the turns single, the bottom couple will have to dance 3 steps facing down while dancing back to place, 1 step to face up and then 4 steps to turn single.** Free hand kept still at sides whilst dancing this figure..

CHORUS

HEYS (32 steps)

On ends 3 & 2 and 4 & 5 meet by R shoulder to start hey **at the same time** 1 & 6 dance a loop of 4 steps round their L shoulders before joining in hey. Dance hey all through and back to original place.

1.	2
3	4
5	6

On sides Dance a full hey back to original place (1 & 2 face down to start it). As 2 & 5 get back to place, they dance a loop of 4 steps round their L shoulders into place.

Note: Dancers stay in place for a split second only between the end and side heys. The two heys flow into each other.

The heys can be danced reasonably slowly to “fill up” the music. Swing arms while dancing heys.

CHORUS

BIG WHEEL

Face up and swing arms whilst dancing on spot only.

3 & 4 dance round 1 3/4 turns

Pick up 2 & 5

Dance round 1 1/4 turns

Pick up 1 & 6

Turn the line once round

Drop off 1 & 6

Dance round 3/4 turn

Drop off 2 and 5

3 & 4 use rest of music to turn and dance back into place.

NOTE: The person doing the picking up (ie the one already in the line) “scoops up” the free dancer joining in by placing their free hand behind that person’s back.

FINAL CHORUS

On last beat, bring feet together and cross sticks in inside hand with partner across set in a high arch.

DANCE OFF

Nos 5 & 6 dance up the middle, sticks crossed at shoulder height, followed by all other couples in turn.