

ALLBROOK

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 for eight - long ways set - normal numbering.

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

Chorus (16 steps) (repeat between each figure)

(In two sets of four). First corners meet in middle (4 steps), on step 4 flourish right hand sticks, left hand down by sides. 4 steps backwards to place, bring stick down on step 1 and turn to face front on step 4. Second corners do the same. Repeat once through.

All face up when not moving, swinging sticks by sides throughout except when flourishing. A little “whoop” when flourishing is optional!

First Figure - Stars (32 steps)

(a) on the side

Step 1: turn to face in right direction, and move to nearest place in a ‘+’ shape RH star (*ends move sideways in to right, middles move diagonally out to right*)

Steps 2-8: RH star, inside hands at shoulder height, free hands held loosely at side (8 steps). Turn in at end of step 8 to form LH star (8 steps).

Steps 9-15: LH star, hands as above

Step 16: Think about reforming line, **BUT DON’T DO IT!**

(b) on the ends

Step 17: move quickest way to form an ‘x’ shape RH star on ends

Steps 18-31: right and left hand stars as in (a) above

Step 32: Back into line, facing up.

CHORUS

Second Figure Dip and Dive (32 steps)

On beat 1, first and third couples turn down the set to start the dip and dive (these couples make arches first). Usual dip and dive format, four steps to meet and pass each pair, sticks up on step 1, down on step 4 (**this should be very crisp and definite**). Keep going until back to place. When each pair reach the **top** end of the set they should face the way they are going for 3 steps and turn **out** on step 4 to join back in the dip and dive. When each couple reach the **bottom** of the set, they should face the way they are going for 3 steps and turn **in** on step 4 to join back in. It is essential in this figure that the arches are nice and high and the space between couples wide enough to allow room to pass through.

CHORUS

Third Figure Heys (32 steps)

(a) on ends

Steps 1-15: Second corners meet and cross by R shoulders and ends dance a loop at the same time before joining in. 15 steps to dance a full hey. **NOTE: the dancers should not spread out too much, and move quickly.**

Step 16: Back to place for a split second. **There is no real pause between the two heys. They flow from one to the other.**

(b) on sides

Step 17: Commence heys with dancers in middle of lines facing each other and meeting by R shoulders.

Steps 18-31: Dance a full hey. Same note as in (a) applies.

Step 32: Back to place and face up.

Swing sticks by sides during figure.

CHORUS

Fourth Figure Big Wheel

2nd short corners (4 & 5) meet by R shoulders. They dance round and pick up **1st short corners** (3 & 6). The line moves on round and picks up **2nd long corners** (2 & 7). The line moves on round again and picks up **1st long corners** (1 & 8). **NOTE: All odds should be on one side of the wheel, evens on the other.** Dance one full rotation as a line of 8. Then start dropping off dancers in reverse order in their original places - ie 1 & 8 first, 2 & 7 next, then 3 & 6 and finally 4 & 5. **To keep the line straight, cross arms behind waists when forming up. 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. 1 & 8's free hands should be down by their sides.**

All dancers should swing sticks by sides while waiting to form up and after being dropped off. They should also move in slightly just before being picked up to make this easier.

NOTE: It is not possible to calculate the exact number of steps in this figure, the music will tell the dancers what to do.

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 7 & 8 dance up the middle, sticks crossed at shoulder height, followed by all other couples in turn.