

# DUKE OF LANCASTER

## HOOPS

## RIGHT FOOT

**DANCE ON** 8 polkas          Dancers stop

## BOWS

16 polkas

Beats 7 and 8          couples 1,2 bow then Polkas

Beat 1 and 2          couples 3,4 bow then Polkas

Beat 3 and 4          couples 5,6 bow then Polkas

Beat 5 and 6          couples 7,8 bow then Polkas

## INVERT

8 polkas

Cast in to reverse the set

## URNS

8 Polkas

Turn on the spot. 1 up, 1 out, 1 down and 1 in          4 steps

Join hoops with partner 2 polkas to meet, 1 to join hoop (into one hand 2 ends), 1 to face direction going. 1,2 down the set. 3,4 up the set. 5,6 down the set. 7,8 up the set.

## DIP & DIVE

8 polkas

1,2 and 5,6 hoops go under, 3,4 and 7,8 go over. 2 polkas to each couple, on polkas 7 and 8 meet partner and collect own hoop, back to place.

## DIAGONALS

1 & 5 turn out to face the bottom of the set. 2 Polkas

2,3 and 6,7 meet right shoulders, 2 Polkas (make a diagonal line), 4 and 8 dance on the spot, 2 Polkas

2,3 and 6,7 turn ½ turn 2 polkas everyone else 2 polkas on the spot. Everyone turns ½ turn, up and down the line until 2,3 and 6,7 are right shoulders back to where they started. Everyone 2 polkas back to place.

## STAR

16 polkas

3,4,5,6 form a right hand star 1 polkas then clockwise for 5 Polkas. Everyone else 6 Polkas on the spot.

On polkas 7 & 8 (2,3,4,5) join the star then round for 6 polkas, then 2 polkas back to place.

## HEY (into line)

32 polkas

Each dancer moves in turn starting with number 1,

1 polka on the spot, and 1 polka into the line facing out.

## REEL

16 polkas

Passing right shoulders first 1 to pass back to back and 1 to turn, up and down the line, on polka 15 & 16 move forwards to form a circle.

## CIRCLE

8 polkas

Dance round anticlockwise until back to place

## LINES

16 polkas

Starting with number 2, form a line down the centre of the set facing forwards.

1 polka on the spot, and 1 polka into line.

## CAST

16 polkas

Cast to own side 8 polkas to the bottom of the set and 8 polkas back to place.

## DANCE OFF

Start with 1 and 2 bow as in the start of the dance.