

Step Up

4 steps forward, 4 step back - girls: LRLR (right kick)
men: RLRL (left kick) Repeat

Tap foot on 8th and 16th step.

Sticks resting on shoulders.

Facing across set: sticks vertical on '1' of next phrase, 8 hop steps on spot then 8 turning full circle on spot starting down the set. Sticks upright for these 16 hop steps. 32 beats

Cross Over

Left foot start, girls, right foot, men.

In lines, 8 hop steps to form centre line: 8 to reach opposite side, 8 backwards to centre line, 8 back to place. Partners pass right shoulders.

Sticks vertical but down/up on 7/8, 15/16, 23/4 and 31/2. 32 beats

Step Up

Corners and Star

1st corners cross over - 4 hop steps, 2 forwards, turn inwards passing right shoulder with partner, 2 backwards.

2nd corners repeat.

Repeat all the above.

Right hand star: for 8 beats, complete circle. Sticks pointing down in centre, outside stick vertical. On 7th beat raise inside stick, turn in to face opposite direction on 8 and point left stick into centre on '1' for left hand star and back to place. 32 beats

Step Up

Centre Wheel

In fours, 4 steps to meet in middle, 4 steps turning to right to finish back to back in centre. Sticks vertical. Then lower sticks to touch knuckles as in 'spoke of wheel' idea and dance to right for 8 beats, back for 8 beats, finishing with 8 beats, raising sticks to vertical on '1', to dance back to place.

32 beats

Step Up

Arches

Top couple in each four form an arch with sticks, outer stick vertical. Dance backwards (4 beats). At same time 2nd couple with sticks facing ground move under arch to top position (4 beats)

Do this 4 times (16 beats).

Top couple form an arch* and move backwards outside the set. Rest of side (sticks down) move under then form own arch* and follow backwards. Whole side inverted.

Top couple move up centre of side^o, under arches, sticks down, rest of side follow to reach original positions. Bring up sticks to shoulders for Step Up.

32 beats

Step Up

* arches formed on 1st, 3rd, 5th, 7th beats, ^o top couple then start return to places up the set on 1st beat, 2nd couples on 3rd etc.

Hey

Cross and Turn: (8 beats)

partners cross over set in two lines, passing right shoulders, turning as in corners before i.e. always facing partner (4 beats)

Repeat back to place (4 beats)

2 sets: 1st corners cross (4 beats)
2nd corners cross (4 beats)

Cross and Turn - everyone (8 beats)

Middle set: middle group of 4: 1st corners cross
2nd corners cross
The two end couples dance on spot

Cross and Turn etc.

Sticks held vertically throughout.

Cross and Turn)
2 sets)
Cross and Turn)
Middle set) this pattern is danced 4 times (128 beats) so that
) each dancer ends up in original position.

Step Up

Suggested music: Oyster Girl, Tight Little Island, Old Black Joe

This dance was devised for Handforth Morris by its founders and uses traditional steps and figures.