

HORWICH POLKA

hands and cheshire Dances.

It is said that this dance/team was the English entry in the cultural events at an early Olympics. As danced by Garstang at Sidmouth 1972. (37)

Music: Rose Tree  
Hands: Tiddlers

Order: Step-Up, Polka-& turns, Step-Up, Cross-Over-& Back, Step-Up, Polka-& Turns, Step-Up, Up in 4's cast & end in 4's, Step-Up-in-4's, Star-on-Sides, Step-Up-in-4's, Star-on-Sides, Step-Up-in-4's, Cast-& Up-in-Column, Step-Up: (repeat from first Polka-& Turns) ; Polka-& Turns, Step-Up.

Step-Up: all start with left foot. Forward, l, r, l, kick right but no hop, backwards r, l, r, tog. Repeat with same feet. Both hands do 3 outside circles and one inside going forward and 4 outside circles coming back. Outside circle is at chest level, elbows close to side, forearms angled out, sling moving almost in a plane fore and aft, starting forward from under the hands to up and over etc. Inside circles are between the hands coming into body and then down.

Polka-& Turns: when an arm is up it does 3 twists of slings per bar.

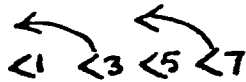
hands	r up	l up	r up	l up	oc oc	oc up	r up	d&up	ft=front d=down oc=outside circle Ω=spring
face	up	in	down	out	walk up	up	up		
polka	l in ft	r in ft	l in ft	r in ft	l r	l Ω r	l in ft	r in ft	
								move back a bit	

In bar 6 spring and kick right foot forward. Called a "Mossley".  
When twist one hand, other is held behind body, against small of back.

Cross-Over: 4 bars across and 4 bars back with polka step starting left foot forward & right hand up. Pass left shoulder in bar 2, all turn to face up in bar 4, pass left shoulder again in bar 6 and face up at end.

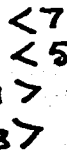
Up-in-4's-Cast-& up-again: start left foot in front and right hand up.

In bar 1 3&7 move up inside.

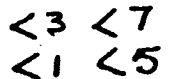
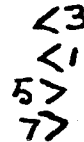


In bar 2 they are shoulder to shoulder, 1&5 still dancing on spot (or perhaps by mid bar 2)

At start of bar 4 in line of 4 across, 5&7 face up, 1&3 face down, 5&7 have moved up and 1&3 rotated on 1's position



At start of bar 6 the line has rotated 180 deg



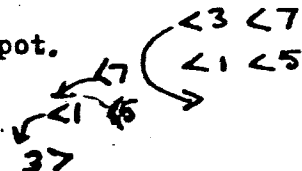
By the end of bar 8 1&3 have come up set & 5&7 turned in behind them. Otherside mirror image.

Star-on-Sides: hands across right and back left in 4's on sides, 1, 3, 5&7 etc. Left foot in front first, go only half way round, turn in to go back, both hands down at sides at end of bar 4 and 8. Twist free hand sling. Hands in middle joined just above waist level. Come out of star to face up turing way already turning except no. 1 who goes clockwise.

Cast-& Up-in-Column:

In bars 1-2, only 3 moves going around 1, rest step on spot.

In bars 3-4, no. 1 follows 3 and 7 moves in front of 5



In bars 5-8, rotate in circle and then straighten out in changed order <3 <1 <7 <5

Repeat sequence with men in the new order to get back to initial order.