

**NOT THE PRESTON DANCE
or PRESTON CLUB**

for those who do not know the circumstances!

Source: watching Preston Royal and trying for the spirit but not the actual figures.

Set: units of 8, in 2 lines of 4.

Music: jigs ("95", "Bonnie Dundee" etc).

Sticks: 2 short, held in middle. In step-up, down at sides horizontal, or up by ears, also horizontal. Change position movement to be like pulling on a hat or pulling it off. In figures, swing down into start of movement, swung a little & together during figures.

STEP-UP: chorus before each figure. Face up, hop-step on spot, hands down 2 bars, up 2 bars etc. It takes 8 bars in all. Get knees well up.

FIGURES: normally each lasts 16 bars. Aim for a "surge" into each figure.

1. Cross Over & Back Twice.

Pass right shoulders (2 bars) every time & reach other side (4 bars) & turn to right in small loop past the opposite place to face back in opposite's place (4 bars). Surge into each crossing.

2. Progressive Half-Gip.

All stand still facing in till brought into the movement. Top pair only, into one line right shoulder to right shoulder along centre line (2 bars) & retire to place (2 bars). Repeat by top 2 pairs (4 bars), top 3 pairs & then all pairs (8 bars) always right shoulders.

3. Cast & Progressive Arches.

Top pair lead single cast down outsides of set & meet at bottom, turn in & face up, stand still with inside sticks crossed high (8 bars). Rest come through in pairs, forming arches and standing still as soon as each reaches the front of the file. Set reversed in order & facing up (8bars) Repeat from new top till all in place - to keep it flowing bottom pair do not stop at top but move straight into the second cast.

4. Star on Side & Swop.

Top pair lead single casts but into stars on sides, hand is the natural one on the inside of the turn. As top pair come to the middle of the set for the first time they start a swop sides, two at a time, people on the odd side of the set going in front (ie nearer the top) of the other side. They end forming a star with their other hand. They make a complete circuit in a star on the other side & then swop back, those on the odd side in front. Continue stars just enough to break out coming up the set to form the column. Problem is getting it quick enough and not be still straightening out when going into next step-up. The stars on own side are about $\frac{3}{4}$, whereas on other side they are full.

5. Corners.

Only actives skip but this is two pairs after first 4 bars. 1st(1&8), 2nd(2&7), 3rd(3&6), 4th(4&5) corners cross in turn, each takes 4 skips to cross diagonal, clashing inside sticks on the 3rd as pass. Then each takes 4 skips to turn to right to face back (as in fig 1). Repeat to place in same order. Last pair go straight into step-up by turning up in bar 4. Half of the set should be stepping at the same time to keep interest in the movement.

6. Squares.

All dance into one line down centre of set, right shoulder to right shoulder (2 bars) all face up towards music & move up in single file (2 bars) all turn to face direction of original movement & cross to opposite side (2 bars) all turn to face down and dance down in two files (2 bars) now roughly where started but on opposite sides. Repeat is similar. Into line down centre of set, left shoulder to left shoulder (2 bars) all face down & dance down in single file (2 bars) all turn to face starting side & dance out to that side (2 bars) all face up & dance up in two files to place (2 bars). Lines & spacing are more important than pairs being side by side when moving in two columns - by the nature of the movement this would be difficult to ensure but if all are moving the audience will not notice.

7. Progressive Cross Overs & Off.

All stand still facing in till brought into the movement. The top pair only cross over & turn back, as in fig 1, the turn is done pass the stationary row of dancers so the surge forward picks up the next pair. Cross back has 2nd pair added, next cross over includes 3rd and last cross back the 4th. Note two pairs are on wrong side.

Exit by casting down the centre of the set and everybody following in turn.