

## UP TAILS

- Set** : longways for 8 or 12 in two files of 4.
- Music** : “Barren Rocks of Aden”, March. This a relaxed swaggering dance.
- Sticks** : two short held at bottom.
- Steps** : walk, polka, hop-steps (knee well raised) skip (not).  
Start with right foot.
- Arms** : on walk - left arm swung in to chest while right goes out to low  
or hops at side, then right swung in while left out to side, to produce a distinct swagger.  
on polka - swung both in to cross over chest on 1st beat & raise both up and out diagonally to the side on the main beat & hold on the 2nd bar. Where possible the up sticks are touching neighbours to form lines, squares or circles.  
on skips - candles  
on turns - outside arm up on diagonal

**STRUCTURE:** walk-up, figure - part 1 (hops & polkas) & part 2 (skips)

### WALK-UP

Face up in two files.

Walk up 4 steps, 2 polkas on spot, retire 4 walks, 2 polkas on spot. Repeat.

### FIGURES

1. **TWOS** - hop-steps (or walk) into face opposite, face to face not side by side, polka on spot sticks crossed with neighbours forming lines along the set. Retire to place & polka on spot etc.  
  
Skip in, turn opposite with right hand once round (till lines across the set not along it), turn in & change hands, turn with the left hand & then skip out to place.
2. **FOURS** - as 1 but in fours - hop (or walk) in on diagonals & form a small square with sticks up crossed with neighbours in a crown etc & skip a right & left star, turning in at half way etc.
3. **EIGHTS or SIXES** - as 2 but all 8 or 2 sets of 6 - hop (or walk) in along a radius as with “fours” & form a bigger circle with high crossed sticks etc & retire, but follow by skipping a circular hey. All start together if 8 in set, or progressive starting with top pair crossing if sets of 6, rest wait till reached (alternatively a rounds clockwise, 4 skips to start, reach forward and place right stick on shoulder of dancer in front for 8 skips, then 4 skips to place)
4. **LINES** - up in fours, all 2nds hopstep (or walk) up to between 1sts in front of them, then then all retire still in lines of 4. Next the lines of four move either (a) up the middle between the fours in front who split and move sideways or (b) the lines of four split and move up outside the line in front of them, both ways end with a line of 8 or 12 in a line across set. All turn half out, left ½ to left etc & skip off casting up and round to meet as pairs and off down middle of original set.