

Ashton Dance Notes

Sling dance, notes rewritten for 6 dancers (original dance notes from workshop run by Trefor Owen at Felixstowe Folk Festival, 1982)

Rant, OF start, swing sling with same arm as foot

Chorus (8 bars)

- Bars 1-2 3 walks FU, 1 caper on IF, slings twirled at side on walks and brought in over IF on caper
Bars 3-4 3 walks backward FU starting with RF, 1 stamp LF bringing feet together, slings twirled at side for the whole time.
Bars 5-8 3 rants on spot FU, swing sling above head with same arm as foot, 1 rant to FI.

Four Across (8 bars)

- Bar 1-4 3 rants to cross LS with partner, 1 rant to TU and FI.
Bars 5-8 3 rants to cross LS with partner back to place, 1 rant to FU.

Back to Back (16 bars)

- Bars 1-8 Evens stand still with arms by side. Odds take 3 rants to pass partner RS (up the set), 2 rants to move down set behind FO and 3 rants back to place, always facing across set.
Bars 9-16 Odd stand still with arms by side. Evens take 3 rants to pass partner LS (up the set), 2 rants to move down set behind FO and 2 rants back to place, 1 rant for everyone to FU.

Stars for Three (8 bars)

- Bars 1-8 1 rant for 3 to join 1&2 to make RH star and 4 to join 5&6 to make RH star, 2 rants to turn star halfway, 1 rant to TO on spot, 2 rants to turn LH star half-way, 1 rant out backwards to place and 1 rant to FU.

Face to Face (8 bars)

- Bars 1-8 1 rant into line with partner RS, 1 rant to face partner, 1 rant into line LS with partner, 2 rants for LH turn with partner back into line crossing LH low and swinging RH high, 2 rants backwards to place, 1 rant to FU.

Eight Across (8 bars)

- Bars 1-8 4 rants to cross LS with partner, 2 rants on spot FO, 1 rant to FU, 1 rant to FI.
Bars 9-16 Repeat back to place with last rant on spot FU.

Cross Molly (20 bars) – for 6

- Bars 1-8 2 rants on spot FI, 1 rant to form RH star for 6, 3 rants to turn RH star halfway, swinging LH sling, 2 rants backwards to diagonally opposite position, 2 rants on spot
Bars 9-20 2 rants on spot FI, 2 rants to form RH star for 6, 4 rants to turn RH star halfway, swinging LH sling, 2 rants backwards to place, 1 rant to FU, 1 rant on spot

Diagonals (12 bars)

- Bars 1-2 3 and 4 stand on spot with arms down by side. 1&6 take 4 rants to change places, passing LS, 2 rants to TL and 4 rants to pass LS back to place, 2 rants on spot FU. 2&5 take 2 rants to face each other, 4 rants to change places passing LS, 2 rants to TL and 4 rants back to place, FU on last rant.

Cast (16 bars)

- Bars 1-16 First couple take 1 rant to TO, 1 rant to FD, 4 rants to dance down outside of set, 1 rant to TI and face partner, 1 rant to FU and cross sticks low with partner FU, 6 rants up set with sticks crossed low, 2 rants out to place FU. Everyone follows 2 rants behind.

Line of 6 (8 bars)

- Bars 1-4 3&4 rant on spot for 4 rants, 1&2 dance backwards FU to outside of 3&4 and 5&6 dance up FU between 3&4
Bars 5-8 4 rants on spot FU with both slings swinging above heads, bringing slings down and stamping inside foot on last rant.

Carr Lodge Dance Notes

Belled stick dance, notes rewritten for 6 dancers (original dance notes provided by Mary)

Rant and marching step, OF start, sticks flicked on marching step and shaken at ear level on rant

Chorus (8 bars)

Bars 1-2 4 marching steps FU on spot. Step 1 - sticks crossed in front of lower body, sticks pointing down, step 2 - up in front of face, sticks pointing up, step 3 - out at 45 degree angle to body with distinct flick to this position and step 4 - sticks down at 45 degree angle to body

Bar 3-8 Repeat 3 times

March On

As needed March on single file in numerical order, flicking sticks with arms in comfortable position

Bars 1-2 4 marching steps when whistle blows, start chorus movement with 1 & 2 moving sideways to set position, sticks doing chorus movements, everyone else on spot flicking sticks

Bars 3-4 4 marching steps for 3&4 to move to set position

Bars 5-6 4 marching steps for 5&6 to move to set position

Bars 7-8 Everyone completes chorus in position

Crossovers (32 bars)

Bars 1-4 4 rants for odds to cross in front of evens, evens marching on spot

Bars 5-8 4 rants for evens to rant clockwise round odds who are marching on spot

Bars 9-12 4 rants for odds to cross back to place, evens marching on spot

Bars 13-16 Diamonds for everyone – 1 rant to move diagonally forward into set, 1 rant to move diagonally forward out of set, 1 rant to move diagonally backwards out of set and 1 rant to move diagonally back into place, FU throughout.

Bars 17-32 Repeat with evens crossing to odd side, odds dancing round evens, evens crossing back.

T-Shape (24 bars)

Bars 1-2 1&2 march on spot, 2 rants for 3,4,5&6 into single line in centre between 1&2 to form T shape, odds in front of evens. Everyone FU throughout.

Bars 3-4 1&2 march on spot, 2 rants for 3&4 to pass to opposite side in front of 1&2, (3 in front of 2 and 4 in front of 1); 5&6 move forward between 1&4 and 2&3 forming rectangle.

Bars 5-6 1&2 march on spot, 2 rants for 3&4 to move to outside of 2&1 and 5&6 move to opposite side in front of 1&2.

Bars 7-8 1,2,5&6 march on spot, 2 rants for 3&4 to move backwards behind 2&1.

Bars 9-16 Set is now 6,1&4 on odd side and 5,2&3 on even side. Repeat from these positions.

Bars 17-24 Set is now 3,6&2 on odd side and 4,5&1 on even side. Repeat from these positions.

OXO (16 bars)

Bars 1-4 4 rants for 3 to form RH star with 1&2 and 4 to form LH star with 5&6, and turn, touching knuckles

Bars 5-8 4 rants for 1&2 to make LH turn and 5&6 to make RH turn. 3&4 pass each other by LS to change stars shaking sticks at ear level

Bars 9-12 4 rants for 4 to form RH star with 1&2 and 3 to form LH star with 5&6, turn star

Bars 13-16 4 rants for 1&2 to make LH turn and 5&6 to make RH turn. 3&4 pass LS back to place. All FU in position on last rant

Cast Up (8 bars)

Bars 1-4 4 rants for 5&6 to dance up the set ending between 1&2; 1,2,3&4 march on spot.

Bars 5-8 4 rants for 5&6 to TU and cast behind 1&2 into 3&4 positions whilst 3&4 cast up between 1&2; 1&2 TO marching on spot.

Bars 9-12 4 rants for 3&4 to cast behind 1&2 between 5&6 forming close set. 5&6 march on spot and 1&2 TO marching on spot.

Bars 13-16 3&4 and 5&6 march backwards FU to place, 1&2 TO marching on spot.

Final Figure (8 bars)

Bars 1-16 16 rants with sticks held still at ear level, dancer 1 passes in front of 2 and weaves in and out of 4&6, passing behind 5 and around 3 continuing in a circle until catching up with 3 as everyone else is still weaving. On 3rd rant, 2 turns out to follow 1, on 5th rant, 4 turns in to follow 2 etc. Face in to perform final chorus. Circle off marching, following number 1.

Duke of Lancaster Dance Notes

Garland dance, notes rewritten for 6 dancers (adapted from Roy Dommett's notes)

Rant throughout, RF start

Bowing (16 bars)

Bars 1-8 1&2 bow for 2 bars; then 6 rants, 3&4 bow on bars 3-4 then 4 rants; 5&6 bow on bars 5-6 then 2 rants (FU on spot throughout)

Insidés (8 bars)

Bars 1-2 1&2 TI and TD on spot, 3&4 and 5&6 DU; 3&4 finish in line with 1&2
Bars 3-4 3&4 TI and TD on spot, 5&6 DU, 1&2 DD, shoulder to shoulder
Bars 5-6 5&6 TI and TD on spot, 3&4 and 1&2 DD, shoulder to shoulder
Bars 7-8 Everyone rants on spot FD, shoulder to shoulder

Hey (8 bars)

Bars 1-2 TO and TU on spot separating into set
Bars 3-4 1&2 DU, 3&4 DD backwards to outside of 1&2, 5&6 dance on spot
Bars 5-6 5&6 DD backwards, 1&2 DU to outside of 5&6, 3&4 dance on spot
Bars 7-8 3&4 DU, 5&6 DD backwards to outside of 3&4, 1&2 dance on spot

Second Corners (16 bars)

Bars 1-2 2&5 meet RS ready to turn, 1&3 and 4&6 meet RS (set turned slightly on angle)
Bars 3-4 RH half-turn
Bars 5-8 LH stars on side (1,2&3 and 4,5&6), 2&5 end up back in middle
Bars 9-10 RH half-turn
Bars 11-14 LH star on side (1,3&5 and 2,4&6)
Bars 15-16 Back to place without turning on yourself

Star (16 bars)

Bars 1-2 1, 4&5 make centre LH star, 2,3&6 dance on spot
Bars 3-8 Turn LH star, 2,3&6 dance on spot for 4 rants then joint LHS partnering (2 with 4, 3 with 1 and 6 with 5) to make double LH star
Bars 9-14 Turn LH double star
Bars 15-16 Break the star and return to place, swivelling forward or backward in pairs.

Make a Line (8 bars)

Bars 1-6 Make a line one at a time, meeting RS, 1 on first rant, 2 on second rant etc.
Bars 7-8 All dance on spot in line

Reel (16 bars)

Bars 1-2 Move right back to back with partner then turn 180 degrees into space in line
Bars 3-12 Repeat until line reversed, 2 rants on spot at end of line
Bars 13-14 Turn RS with partner to change places in line
Bars 15-16 1 rant forward out of line and 1 rant to form large anticlockwise circle. Odds FU and evens FD on opposite sides.

Circle (8 bars)

Bars 1-8 Dance in circle back to place for 6 rants, 2 rants to reform set.

Make a Line & Cast (8 bars)

Bars 1-8 Make line as before TU on last rant. Cast to make reverse set, odds left and evens right.

Repeat dance in set facing down (on same side)

Set is 2, 4, 6 on left side and 1,3,5 on right side FD.

Second Corners starts with 1 & 6 meeting RS ; 2,3&6 make LH Star; 2 moves first on Make a Line.

Bars 15-16 of Reel, 1 rant forward out of line and 1 rant RT to form large clockwise circle. Odds FD and evens FU on opposite sides.

Handforth Dance Notes

Ribboned stick dance; notes rewritten for 6 dancers (original notes from Handforth side formed in 1981)
SS, OF start, sticks vertical

Chorus (8 bars)

Bars 1-4 3 walks forward, hop on OF whilst kicking IF; 3 walks back FU, stamp IF (sticks rest on shoulders)

Bars 5-8 Repeat

Bars 9-12 1 SS to FI and drop sticks to upright, 7 SS on spot

Bars 13-16 2 SS to TD, 2 SS to TO, 2 SS to TU, 2 SS to TI

Cross Over (16 bars)

Bars 1-4 6 SS to meet partner in middle by RS, 2 SS on spot, flicking sticks down and up

Bars 5-8 6 SS to cross to opposite side, 2 SS on spot, flicking sticks down and up

Bars 9-12 6 SS backwards to meet partner in middle by RS, 2 SS on spot, flicking sticks down and up

Bars 13-16 6 SS backwards to place, 2 SS FU, flicking sticks down and up

Corners and Star (16 bars)

Bars 1-4 1&2 take 2 SS diagonally forward to TI and RS and 2 SS backwards to opposite position always facing each other; 3&4 dance on spot for 4SS facing diagonally in; 5&6 take 2 SS forward TI for quarter turn and 2 SS backwards

Repeat for 3&4 to turn and 1&2 on spot

Bars 5-8 Repeat bars 1-4 back to place, 5&6 continue quarter turns.

Bars 9-16 1,2&3 form RH star and 4,5&6 form LH star, 7 SS to turn stars with inside sticks pointing down, 1 SS to raise inside stick and TI to change direction, 8 SS to turn stars with inside stick pointing down and back to place FU

Centre Wheel (16 bars)

Bars 1-4 4 SS to meet in small circle in centre, 4 SS to turn right and FO of circle

Bars 5-8 8 SS to turn circle right, lower sticks to touch knuckles on first step

Bars 9-12 8 SS to turn circle left

Bars 13-16 4 SS to turn left and FI, raising sticks on first step; 3 SS backwards to place, 1 SS to FU

Arches (16 bars)

Bars 1-2 1&2 make arch with inside stick and dance backwards, 3&4, 5&6 dance forward arms down by side

Bars 3-4 1&2 continue moving backwards, 3&4 make arch and move backwards, 5&6 move forward

Bars 5-6 3&4 continue moving backwards, 5&6 make arch and move backwards, 1&2 move forward

Bars 7-8 5&6 continue moving backwards, 1&2 and 3&4 move forward back to place

Bars 9-10 All TD to repeat, with 5&6 first to make arch and 1&2, 3&4 moving forward FD the set

Bars 11-16 Continue back to place, TU on last step

Hey (56 bars)

Bars 1-4 Cross & Turn: 2 SS towards partner TI and pass RS and 2 SS backwards to opposite position, always facing each other, repeat back to place

Bars 5-8 Diagonals: 1st corners (1&4, 3&6) change places as in Cross & Turn, 2&5 dance on spot; new 2nd corners (2&3, 4&5) change places, 1&6 dance on spot (Numbers are for positions not dancers, i.e. dancers for 2nd corners are 2&6 and 1&5) with 3&4 dancing on spot)

Bars 9-56 Repeat Cross & Turn and Diagonals until back to place

Final Chorus

Bars 1-8 As in first part of chorus

Bars 9- 1,2&3 form RH star and 4,5&6 form LH star. On second turn of stars, 1&6 pass to change stars then 3&5 pass to change stars, then 2&4 pass to change stars. Continue to change from RH to LH stars until 1&6 meet again. 1&6 cast off RS, followed by 3&5 and 2&4

Hindley Circle Dance Notes

Ribboned stick dance, sticks held close to end, notes rewritten for 6 dancers (adapted from Roy Dommett's notes)

Rant, lilted walk, RF start

Walk On

Dance on using lilted walk in single line (in number order 1-6) and form a clockwise circle.

Bars 1-2 On the whistle, commence 2 rants and 4 walks (sticks held vertical for rants and swinging sticks on the walk)

Bars 3-4 2 rants and 4 walks, TO and make anti-clockwise circle on rants

Bars 5-6 2 rants and 4 walks

Bars 7-8 2 rants and 4 walks, turning to face into circle on last walk

Chorus (8 bars)

Bars 1-2 2 rants on spot

Bars 3-4 Odds 4 walks forward into centre, evens 4 walks backwards, facing in

Bars 5-6 2 rants on the spot

Bars 7-8 Odds walk back to place, facing in, and evens walk forward to place

Right & Left Through (8 bars)

Bars 1-2 2 rants, 1&2 and 4&5 pass RS whilst 3&6 dance on the spot

Bars 3-4 4 walks, 1&5 form brief ½ RH star with 3; 2&4 form brief RH star with 6; ending up with 1 facing 2 and 4 facing 5. 3&6 move backwards and forwards slightly to make space for the others

Bars 5-6 2 rants, 1&2 and 4&5 pass RS whilst 3&6 dance on the spot

Bars 7-8 4 walks, 1&5 form brief ½ RH star with 6, 2&4 form brief RH star with 3; ending up back to place facing in. 3&6 move backwards and forwards slightly to make space for the others, all facing in on last walk

Promenade (8 bars)

Bars 1-2 2 rants for odds to form RH star and evens to move next to their partner (1&2, 3&4, 5&6), crossing inside sticks down low and outside sticks held diagonally high on 2nd rant

Bars 3-5 6 walks in star formation

Bars 6-7 2 rants to change direction, sticks vertical

Bars 8-9 2 rants to change places, facing forward with evens now forming LH star and odds on outside, crossing inside sticks down low and outside sticks held diagonally high on 2nd rant

Bars 10-12 6 walks in star formation, facing in on last walk

Circles (16 bars)

Bars 1-16 OD complete a full circle dancing clockwise around the outside. ED complete two full circles dancing anti-clockwise on the inside. 2 rants and 4 walks twice back to place, all facing in on last walk

Petals (8 bars)

Bars 1-2 2 rants, odds on the spot and evens into centre to face out to partner (2&1, 4&3, 6&5)

Bars 3-4 4 walks to change places in a curved line by RS, odds now on inside, evens on outside

Bars 5-6 2 rants to change places in curved line by RS, OD now on outside, ED on inside

Bars 7-8 4 walks for evens to go back to place in curved line and odds to curve back to place across the top of the petal, all facing in on last walk

Grand Chain (32 bars)

Bar 1-2 2 rants to face partner and pass by RS in circle to meet next person by LS (odds travel clockwise round circle and evens travel anticlockwise)

Bars 3-6 8 walks for full LH turn (crossing sticks low with LH, RH in air)

Bars 7-8 2 rants to pass and meet next person by RS

Bars 9-12 8 walks for full RH turn (crossing sticks low with RH, LH in air)

Bars 12-30 Continue until back to place

Bars 31-32 2 rants on the spot back in place

Walk Off 2 rants and 4 walks to walk off set in single file, following number 1

Lancaster Dance Notes

Belled stick dance, sticks held parallel to ground in the middle, notes rewritten for 6 dancers (adapted from Roy Dommett's notes)

Rant and SS, OF start (sticks down for SS and shaking by ears for rants)

Chorus (16 bars)

Bars 1-4 3 walk steps forward, 1 caper on IF; 2 rants on spot starting OF

Bars 5-8 3 walks steps backward, starting OF, 1 caper on IF; 2 rants on spot starting OF

Lines Across (16 bars)

Bars 1-4 1 SS on spot FU, 1 SS to FI, 2 SS to meet partner by RS in middle; 2 rants on spot

Bars 5-8 2 SS to opposite side, 1 SS to FU, 1 SS on spot

Bars 9-16 Repeat back to place

Gypsy in Pairs (8 bars) – in pairs

Bars 1-2 1 SS on spot FU, 3 SS sideways to meet partner as a pair in middle FU (do not cross feet)

Bars 3-6 4 SS, 3&4 dance on spot, 1&2 dance back to right of 3&4 FU, 5-6 dance forward to left of 3&4 FU; 2 rants on spot in line of 6 FU

Bars 7-8 4 SS, 3&4 dance on spot, 1&2 dance back and 5&6 dance forward to briefly form a set

Bars 9-12 4 SS, 3&4 dance on spot, 1&2 dance forward to left of 3&4, 5&6 dance back to right of 3&4; 2 rants on spot in line of 6 FU

Bars 13-14 4 SS, 3&4 dance on spot, 1&2 dance forward, 5&6 dance back to form still in pairs

Bars 15-16 4 SS, dance back to place FU

Single Line & Gypsy (16 bars) – in pairs

Bars 1-4 1 SS on spot FU, 3 SS sideways to make one line in middle, odds in front, 2 rants on spot

Bars 5-8 4 SS, evens dance left round odds whilst odds dance backwards FU, 2 rants on spot

Bars 9-12 4 SS, odds dance right round evens whilst evens dance backwards FU, 2 rants on spot

Bars 13-16 4 SS, back to place FU

Gypsy in Three's (16 bars)

Bars 1-4 4 SS, 3 dances forward between 1&2 whilst 4 dances back between 5&6 FU, 2 rants on spot

Bars 5-8 4 SS, 1&2 dance backwards & outwards whilst 5&6 dance forwards in between 1&2 to make line of 4; 3 dances forward and 4 dances backward by themselves FU; 2 rants on spot

Bars 9-12 4 SS, 1&2 dance forward to meet 3 dancing backward FU whilst 5&6 dance backward FU to meet 4 dancing forward in 2 lines of 3; 2 rants on spot

Bars 13-16 4 SS to dance back to place FU; 2 rants on spot

Up & Turn (16 bars)

Bars 1-2 4 SS, 1&2 dance on spot, 3&4 and 5&6 meet in middle in pairs FU

Bars 3-4 4 SS, 3&4 & 5&6 move forward to next position, 1&2 dance out to make room FU

Bars 5-8 4 SS, 5&6 move between 3&4 to make line of 6 FU; 2 rants on spot

Bars 9-12 8 SS, odds and evens swivel away from each other with 1&2 the pivots, to set formation ending up FI

Bars 13-16 4 SS on spot to FU, 2 rants on spot

Final Figure (16 bars)

Bars 1-4 4 SS, 5&6 dance forward between 3&4, 1&2 dance on spot FU; 2 rants on spot

Bars 5-8 4 SS, 5&6 dance forward between 1&2, whilst 3&4 dance back to meet together; 2 rants on spot

Bars 9-12 4 SS, 5&6 dance forward and to side in front of set; 3&4 dance forward between 1&2, 2 rants on spot

Bars 13-16 4 SS, 5&6 dance on spot, 3 & 4 dance forward to place, 1&2 dance to back of set; 2 rants on spot, set reversed

Final chorus in reverse set to finish

Mobberley Dance Notes

Belled stick dance, sticks held in the middle and hands on hips, notes rewritten for 6 dancers (adapted from Roy Dommett's notes)

SS, RF start

Turns & Lines (24 bars)

- Bars 1-4 7 SS on spot FU, 1 SS to FI
- Bars 5-8 8 SS to meet partner RS, one line in middle
- Bars 9-12 8 SS for ½ turn RS with partner
- Bars 13-16 8 SS for ½ turn LS by yourself
- Bars 17-20 8 SS for ½ turn LS with partner
- Bars 21-24 7 SS back out to place FO, 1 SS to FU

Cast to Single Line & Turn Right (12 bars)

- Bars 1-4 8 SS TO and cast to bottom
- Bars 5-8 8 SS to cast up set in single line FU, odds in front
- Bars 9-12 8 SS for ¼ turn RS by yourself in single line

Swivel, Hey & Windmill Hey (20 bars) – in three's

- Bars 1-4 8 SS to swivel, separating in middle of line, and form 2 lines FU, 1,2&3 moving forward and 4,5&6 moving backward
- Bars 5-12 16 SS for hey in three's, 1&2 and 4&5 pass RS first
- Bars 13-20 16 SS for windmill hey, arms extended, right arm up when passing LS, left arm up when passing RS – do not change arms at ends of hey

Casts (16 bars)

- Bars 1-4 8 SS to swivel back to a single line, all facing right
- Bars 5-12 1 SS to FU, 7 SS to TO and cast down set, 8 SS to cast up and reform set FU
- Bars 13-16 8 SS to form a circle FI

Star (16 bars)

- Bars 1-4 4 SS for 1&2, 3&5 and 4&6 to form pairs FI, 4 SS for each pair to swivel and form RH star, 1,4&5 in centre, moving forward, and 2,3&6 on outside, moving backwards
- Bars 5-12 16 SS to turn RH star clockwise
- Bars 13-16 4 SS for pairs to swivel back to circle FI, 4 SS to separate and return to place, FU

Cast & Hey (16 bars)

- Bars 1-8 8 SS TO and cast to bottom, 8 SS to cast up set FU
- Bars 9-16 Hey on side (1,3&5 and 2,4&6), 1 SS for 1&2 to TD, passing RS first, all finish FU

Inward Cast & Dance Off

- Bars 1-4 1 SS for everyone to TO and FD, 7 SS to TI and cast up set in single line, odds in front (5 is in front); dance off in single line

Whalley Dance Notes

Ribboned stick dance, notes rewritten for 6 dancers (adapted from Roy Dommett's notes)

SS, OF start, sticks held vertical at bottom

Chorus (8 bars)

Bars 1-4 4 SS on spot arms down by side, 4 SS raise outside arm vertical, halfway down, vertical then lower all the way down

Bars 5-8 Repeat Bars 1-4

Turns & Crossover (8 bars)

Bar 1-4 Start on IF, sticks down on step and raised vertical on hop, 1 step hop FI, 1 step hop FD, 1 step hop FO and 1 step hop FU.

Bars 5-8 3 slide steps across set FU (odds in front) and 2 stamps on spot. Repeat back to place.

Diagonals (16 bars)

Bars 1-8 7 SS, 1&4 and 2&6 turn RS, 1 SS backwards to place; 7 SS turn LS, 1 SS back to place. 8 slow step hops for 3&5 on spot FU, same hand movements as Turns & Crossover.

Bars 9-16 8 SS, 2&3 and 4&5 turn RS, 1 SS backwards to place; 7 SS turn LS, 1 SS back to place. 8 slow step hops for 1&6 on spot FU, same hand movements as Turns & Crossover.

Cross Hey (16 bars) – three's (1,2&4 and 3,5&6)

Bars 1-2 4 SS, 1&2 and 5&6 RH turn to end up diagonally across set, 1 next to 4 and 6 next to 3(TD)

Bars 3-4 4 SS, 1&4 and 3&6 half turn LS, 2 and 5 full turn LS on spot

Bars 5-6 4 SS, 2&4 and 3&5 half turn RS, 1 and 6 full turn RS on spot

Bars 7-8 4 SS, 1&2 and 5&6 half turn LS, 4 and 3 full turn LS on spot

Bars 9-10 4 SS, 1&4 and 3&6 half turn RS, 2 and 5 full turn RS on spot

Bars 11-12 4 SS, 2&4 and 3&5 half turn LS, 1 and 6 full turn LS on spot

Bars 13-14 4 SS, 1&2 and 5&6 half turn RS, 4 and 3 full turn RS on spot

Bars 15-16 4 SS, 1&2 and 5&6 swing back to place, 3 and 4 back to place

Insides (16 bars)

Bars 1-4 8 SS TI and TD to cast to bottom of set, arms down by side

Bars 5-8 8 SS TO and TU to cast to top of set, 1 & 2 meet on steps 15&16 bringing arms back to vertical position, 3 & 4 on steps 17&18 and 5&6 on steps 19&20.

Bars 9-12 8 SS, TO and TD to cast to bottom ready to form single line

Bars 13-16 8 SS, TI and TU in single line cast to top FU, odds in front

Sidesteps (8 bars)

Bars 1-2 3 slide steps sideways and 2 stamps FU, odds to right and evens to left

Bars 3-4 3 slide steps sideways and 2 stamps FU, back to single line, odds in front of evens

Bars 5-6 3 slide steps sideways and 2 stamps FU, odds to left and evens to right

Bars 7-8 3 slide steps sideways and 2 stamps FU, back to single line, odds in front of evens

Stepping (8 bars)

Bars 1-2 Placing sticks on shoulders of person in front (1 hold sticks vertical), place weight on LF and step RF out to side, in front of LF, out to side again and across behind LF

Bars 3-4 Spring to change weight to RF and step LF out to side, in front of RF, out to side again and across behind RF

Bars 5-8 Repeat ending with a stamp of LF

Dance Off

Bars 1-2 Hold sticks on shoulders standing still

Bars 3-4 Bring arms down by side standing still

Bars 5-6 Chorus in line and dance off

Four Hand Reel Dance Notes

Garland dance, original dance written by Albion Fair for 4 dancers (for any multiple of 4)

Rant, RF start – single line of 4, 1&4 facing out and 2&3 facing in to start

Outsides, Insides, Altogether (8 bars)

Bars 1-2 Outsides (1&4) rant on spot FO, Insides stand still

Bars 3-4 Insides (2&3) rant on spot FI, Outsides stand still

Bars 5-6 Everyone rants on spot

Bars 5-8 Stamp RF in front, out to right and 2 stamps on spot next to LF
This stepping is repeated throughout dance

Inside Swing (8 bars)

Bars 1-8 Insides – 6 rants for full RH turn, ending up FO to 1&4, stamping on spot
Outsides, 6 rants to TI slowly, facing 2&3 stamping on spot

Outside Swing (8 bars)

Bars 1-8 1&2 and 3&4 – 6 rants for full RH turn, ending facing each for stamping on spot

Straight Hey (16 bars)

Bars 1-8 1&2 and 3&4 pass RS to start hey for 6 rants, 1&4 ending up in opposite positions, TI and stamp; 2&3 pass each other to face 1&2 for stamps.

Bars 9-16 Continue hey back to place for 6 rants, all FU for stamping on spot

Evens Up (8 bars)

Bars 1-8 1&3 dance on spot and 2&4 DU to RH side of 1&3 to form square set for 6 rants all FU, stamping on spot

Tops Cast (16 bars)

Bars 1-8 3&4 dance on spot FU, 1&2 TO and cast down to outside of 3&4, stamping on spot in line

Bars 9-16 3&4 dance on spot FU, 1&2 TO and cast back to top of set, TI and FD, stamping on spot

Ladies' Chain (16 bars)

Bars 1-2 First corners (1&4) pass RS to change places, second corners (2&3) TO and TI on spot

Bars 3-4 1&4 TO and TI on spot, 2&3 pass RS to change places, everyone FI

Bars 5-6 1&3 and 2&4 pass LH to change places, 1 rant to pass 1 rant to TI

Bars 7-8 All stamping on spot FI

Bars 9-10 2&3 pass RS to change places, 1&4 TO and TI on spot

Bars 11-12 2&3 TO and TI on spot, 1&4 pass RS to change places, everyone FI

Bars 13-14 1&3 and 2&4 pass LS to change places, 1 rant to pass 1 rant to FU

Bars 15-16 All stamping on spot FU

Star (16 bars)

Bars 1-8 1 rant to form RH star, 5 rants to turn star, stamping on spot

Bars 9-16 1 rant to TO on spot to form LH star, 4 rants to turn star, 1 rant to form set all FU, stamping on spot

Outsides, Insides, Altogether (8 bars)

Bars 1-8 Repeat figure in set FU, raise garlands on final stamp.

Acronym	Meaning
DD	Dance Down
DS	Double Step
DU	Dance Up
FD	Facing Down
FI	Facing In
FO	Facing Out
FU	Facing Up
IF	Inside Foot
LF	Left Foot
LH	Left Hand
LS	Left Shoulder
OF	Outside Foot
RF	Right Foot
RH	Right Hand
RS	Right shoulder
SS	Single Step
TD	Turn Down
TI	Turn In
TO	Turn Out
TU	Turn Up