

Sticks: short, held just below the middle, held almost vertical, top slightly sloped back
 Step : normally a skip step. Hop step with knees raised when stationary

(76)

1. Step Up - mark time starting on outside foot. Bars 1-2, 5-6, both hands at sides, sticks hanging down. Bars 3-4, 7-8, wave outside hand only, vertically across top of head, in, out, in, down. Leader faces down and does the same, waving right hand.
2. Turn and Cross Over - dance on the spot with slow hopsteps, one per bar, each dancer facing in, down, out and up in turn. Start inside foot. Hands down on the "step" part of the hopstep still in front of body rather than at sides, and both up, sticks vertical on the "hop". All dancers then "chassez" to side across the set, odds in front of evens both times, with 4 open slip steps across and 4 back. Both sticks up vertical throughout. Face up throughout. Leader joins in first half turning clockwise, but just waves them across & stands still in second half.
3. Corners Turn - All face up at start and while resting. Done in 4's. First corners, skipstep, turn right hand once round in 4 bars, turn in and then left hand turn once around for 4 more bars. End with no. 1 turn right to face up and no. 4 turn left. Outside hand up, stick vertical. Second corner ditto for 8 bars, no. 3 turns right to face up at end. Leader stationary throughout, blows whistle to indicate changes.
4. Ladies Chain - straight out of previous figure. Done in 4's. Leader stationary again. First corner turns about once round by the left hand till facing no. 1 down, no. 4 up set, while second corner turns out to the left and turn anticlock in a circle ending ready to their neighbour and turn them by the right hand. After the right hand turn the 2nd corner turn by the left while the other two go back to place and make an ~~clock~~ knock circle ready to meet their neighbour and turn them by the right hand. Either hands up, if both free, or outside hand up at side, stick vertical. Each turn takes 4 bars; 1-4 1st corner, 5-8 with side, 9-12 2nd corner, 13-16 with side. End all facing up going the easy way for direction, usually the way already turning.
5. Inside - whole set movement - skip step - leader stationary but raising both sticks $\frac{1}{2}$ way. Top pair leads rest down the middle of the set, hands down at sides and shoulder to shoulder. At end of 4 bars, top pair turn out & cast up the outside leading rest back up. As they come up they swing in so that they are shoulder to shoulder as they reach the top. (4 more bars for top couple) and then they all cast out again. As each pair casts this second time they raise both sticks up, this time held in middle, almost horizontal, sloping down to the front. They turn in at the bottom and come up in single file, odds in front of their opposites. 16 bars in all.
6. Sidestep - all face up throughout - both sticks held up vertically. Odds chassez with 8 open slides to their right and back, going beyond partner's place if space, while evens slide to their left and back. Leader has arms up and apart as odds and evens separate and crosses arms for coming back.
7. ~~Stamp~~ Stamp. Leader goes to the front of the single file & all face up in single file. Leader both hands up while rest put both hands on shoulders of person in front of them. ~~Stamp~~ stand with weight on the left foot and with the right step, right foot to side, right foot cross over in front of left, right foot to side again (apart, still ahead of supporting foot), right foot cross behind the left. 2 bars in all. Repeat with weight on the other foot and working with the left - there must be a spring to change the weight from the left to the right foot on the first beat of bar 3. In bars 5-8 repeat it all but in the last bar instead of final cross behind all stamp the left foot forward of the right.