

Sussex Garland (Hoops)

HOOPS LEFT FOOT 5 person dance Ranting

1 2
 5
3 4

FIGURES are done on the sides of the square

1,2,3,4 face in at the start of every figure

3 dancers do a figure, the other 2 stand still

DANCE ON in a line 5,4,2,1,3 16 RANTS

Number 5 leads, dropping number 3 into position first followed by 1,2,4 and finally number 5 in the middle. As above

Straight into Reel

REEL 8 RANTS

1st Step up Reel across in a diagonal with 1,5,4 number 5 crosses right shoulder with number 1 first, so 1 and 4 cross left shoulders first.

2nd Step up Reel across in a diagonal with 2,5,3 number 5 crosses right shoulders with number 2 first. 2 and 3 cross left shoulders first.

3rd Step up Reel across in a diagonal with 4,5,1 number 5 crosses right shoulders with number 4 first. 4 and 1 cross left shoulders first.

4th Step up Reel across in a diagonal with 2,5,3 number 5 crosses right shoulders with number 3 first. 2 and 3 cross left shoulders first.

CROWN 8 RANTS

1,2 & 5 dance

2 Rants move together

4 Rants form a crown and move round 360°

2 Rants back to place

Number 5 turns to face 2 ready for Step up

2nd REEL 8 RANTS

RIGHT HAND STAR 8 RANTS

2,4 & 5 dance

2 Rants move to make a right hand star

4 Rants round 360°

2 Rants back to place

Number 5 faces 4 ready for Step up

3rd REEL 8 RANTS

UNDER & OVER 8 RANTS

3,4 & 5 dance

2 Rants move to make a line (number 5 holds inside of both hoops while 3 and 4 hold the outside)

4 Rants number 5 stays on the spot, 3 goes under 4's hoop behind 5, number 4 goes under 3's hoop in front 360° recover your own hoop.

2 Rants back to place

Number 5 faces 3 ready for Step up

4th REEL 8 RANTS

FOLLOW ROUND**8 RANTS**

1,3 & 5 dance

2 Rants move to make a line (number 5 lets go of hoop, 1 & 3 hold it)

4 Rants number 5 does a figure of 8 first under 3's hoop followed by number 3, then under 1's hoop followed by number 1, then number 5 recovers her own hoop

2 Rants back to place

SWAY & FINAL FIGURE**16 RANTS**

Everyone dances 5 dances on the spot for 8 steps turning anti clockwise

1,2,3 & 4 move clockwise round number 5 facing them, and closer to them.

1 Rant tilt hoop left

1 Rant hoop up

1 Rant tilt hoop right

1 Rant hoop up

1 Rant tilt hoop left

1 Rant hoop up



6 Rants

2 Rants 1,3 give right hand hoop to number 5's left hand

2,4 give right hand hoop to number 5's right hand

2 Rants 1,2,3 & 4 turn out under own hoop to the outside and face anticlockwise

6 Rants Everyone round 360° in a Star formation moving anti clockwise

DANCE OFF**UNDER & OFF**

4 Rants number 1 turns under their own hoop and collects end from number 5 (2 rants) and moves just past number 2 (2 rants) and continues under the other 3 hoops, then a full circle and dances off (360° twice)

Everyone else does this in turn 2,3 & 4 (after 4 rants the next person moves)

17th Rant number 5 starts dancing joins onto the end of the line behind number 3