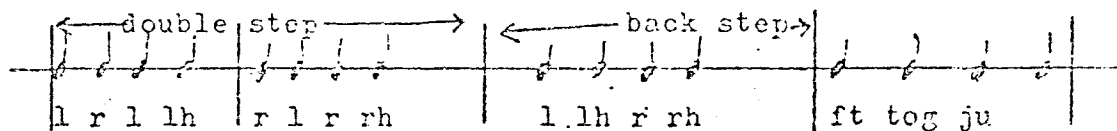


FIELD TOWN

⑨

Stepping Sequence (for any position)

Repeat starting rt. foot

The back step was an emphatic turning out of the free foot and a swinging it across the supporting foot but done close to the ground (almost a shuffle).

This could be lengthened in '8' bar tunes by doing 2 double steps, 4 back steps, 2 double steps and galley, feet together jump repeated.

Hands

Both down and up for the double step. A steady flow from about shoulder height to the side of the body (written s.d. or swing down on 1st beat only).

To a 'balance' position where hands are held out for the back step (written 'out').

Then brought to the side of the body and brought up to shoulder height on the jump.

There is a certain amount of emphasis on the swing down but a smooth flow is maintained.

Figures

1. Foot up

Face partner at the end of the 1st half, then a quick $\frac{3}{4}$ turn outwards to face down, $\frac{1}{4}$ turn to face partner to finish.

2. Half gyp.

3. Whole gyp.

Normally done as a back to back but quite often as a normal whole gyp. The two figures can be done separately in the same dance if necessary.

4. Half rounds

$\frac{1}{4}$ turn to face clockwise and dance 2 double steps. Then $\frac{1}{2}$ turn clockwise to face anti-clockwise and do back step travelling backwards. Repeat the other way.

5. Half Hey - choruses only.

Sidestepped - 2 short sidesteps and back steps backwards into place.

1. The Forester

Somewhat a reconstruction as the tune was collected at Bampton but definitely came from F.T. Sidestep is a probable and apt use of the tune.

- Figures
1. Foot up
 2. $\frac{1}{2}$ GYP
 3. Whole gyp
 4. $\frac{1}{2}$ rounds

Chorus

show l	sd	show r	sd	su
l r l r	l r l lh	r l r l	ft tog	jump

open sidestep to the left, double step, open sidestep to the right, feet together jump, show is a wave movement.

Follow with the sidestep hey.

Repeat back to places.

2. Shepherd's Hey (hanks).

Pather disparagingly called signposts by cynical morris men but in Sharp's field notes liked to a crucifix! Has a beautiful tune and a good flow.

- Figures
1. Foot up
 2. $\frac{1}{2}$ GYP
 3. Whole gyp
 4. $\frac{1}{2}$ rounds.

Chorus A sidestep whole hey.

The distinctive feature of the dance is at the end of every 4th bar which is lengthened viz

2	both up, out and down to shoulder level
2	ft. tog. ju

This is always done facing ones partner.

3. Bobby and Joan

Required to stick tap and dance at the same time.

Figures As usual

4. Month of May - Jig.

Opportunity to do $\frac{1}{2}$ and full capers on your own.

Foot Up - 4 double steps then a short open sidestep lt and short open sidestep rt and two back steps together and jump (8 bars).

Sidestep 1 long open sidestep to the left, one to the right. 1 short open sidestep lt, one rt, 2 back steps, feet together jump. (1st $\frac{1}{2}$ like chorus of Forester).

$\frac{1}{2}$ capers

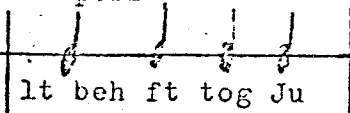
do  4 times

then a short sidestep lt, short rt, back steps, feet together jump.

(lf means tap the ground about 9" in front of you with the left foot and bring it back and step off on the left then caper right and left.)

Sidestep repeat as before

full capers

do  4 times
change feet 2nd and 4th time.

Do first part of back step on the left foot, then put feet together and jump with both feet together but land with right foot in the air!

Finish with 2 short sidesteps and 4 capers.

(It should be done repeating the foot up sidestep capers. These old boys were fit!)

• Banks of the Dee

The Ultimate (for the weekend anyway).

Figures As before

1st Chorus All face up towards the music.

First couple only raise both arms above head on 2nd beat of bar (no feet movements)

Then 2nd couple on 2nd bar.

Then 3rd couple on 3rd bar

Then everyone on 4th bar.

$\frac{1}{2}$ hey and all face down.

Repeat above but start with 5 and 6, then 3 and 4, then 1 and 2.

$\frac{1}{2}$ hey back to place.

2nd Chorus Same format but galley left instead of raising arms. Then all galley right. In repeat galley right then left.

3rd Chorus Capers starting left foot all feet together