

Steps & Hands - right foot start throughout.

1. Double step -, normal morris - arms bent at elbows, swing down & up, hands do not pass side
2. Hockle - back step with hops, knees turn out to swing foot behind - hands by side of head
3. Step & jump, land feet together - arms scoop movement, end up forward at 45 deg
4. Sidestep - closed, turn body 45 deg - hands into chest on 1st beat, throw forward & up on 3
5. plain capers - high springs - hands swung down and up with big gesture.
6. Uprights - step forward, spring onto both feet, jump into split caper lower legs separating forward and back, land and bounce on both feet. Both hands up on jump, otherwise knuckles together in front of belt.

Figures: O2YS - hockle back & jump.

1. Foot Up - up & back twice, turn to face in on last Jump
2. Half Hands - 1st pair only into line right shoulder to right shoulder and back, then all into line also right shoulder to right. Hockle back to place
3. Cross Over - normal, like Bucknell/Headington, turn in bar 2, pass right shoulders both time
4. Back to back - 1st pair only first half like half hands etc left shoulder to left shoulder at end of bar 2, hockle back to place.
5. Hey - all start from face in and face up on the jump. Top pair face up and dance backwards down outside of set, make outward turn in bar 2 coming in behind the others to face up again nearly shoulder to shoulder, hockle out to bottom place. Centres round normally into tight bunch and hockle out. Bottoms up centre, turn out to face back having passed middle & hockle to top.
6. Hey for 8 - Bottoms face down & dance mirror image to top, go outside tops. Middles go round, upper up, lower down, to end in own place not changed.
7. All up - end jump after hockle to face up, land feet together, arms up at 45 deg in front.
8. For 8, first  $\frac{1}{2}$  half hands & B2B done by both end pairs.

GLORISHEARS (Room for Cuckoo)

- Bar 1 : stamp right then left, swing right arm in front & left behind & then the reverse
- Bar 2 ; stand still, clap both hands together in front and then with partner r+r.
- Bar 3-4 as 1-2 but clap l+l
- Bar 5-8 as 1-4 but last time clap both hands with opposite r+l, l+r.
- Dance ends on chorus ; in bars 7-8 all 4 plain capers, turning on the spot, facing down, out, up and up - end standing on left foot only.
- Used as a finale - all dancers in in one long set, therefore no heys, walk off in circle.
- Used as a dance for 6/8 can put in half heys.

OLD WOMAN TOSSED UP

- 4 sidesteps, closed, right in front first, basically facing across set & turning body 45 deg
- Half heys & repeat to place.

LUMPS OF PLUM PUDDING

- All face up, 1st pair sidestep right in front, 2nd pair sidestep in next bar left in front, 3rd pair right in front, then all sidestep left in front in 4th bar, half hey and face down
- Repeat to place.

BOB GREEN (danced around Lady of the Lamb with mace of flowers or similar person from crowd)

O2YS - hockle

- Rounds - clockwise and back - each half 2 double steps and 4 plain capers to turn. Turn outwards, facing for each caper, forward, out, back & back at half way and at end, forward, out, up & up.

Whole Hey - end facing in

- Rounds with upright capers - 2 going round, 4 plain capers to turn back, 2 uprights coming back and 4 plain capers turning out and end in middle facing in, in a tight bunch.

TRUNKLES

- Salute: closed sidestep right in front, left in front, moving across diagonal to about half way to meet, hockle back to place, then step & jump into centre kicking right feet together.
- Crossing 1 & 2: cross diagonal in 2 double steps, passing right shoulders, turn right in opposite corner place to face back in bar 3, approach to meet in centre in bar 4 & hockle back to opposite corner's place. Next corner joins in the hockle, all join in 3rd time.
- Crossing 3 & 4: as 1 & 2 but with 4 uprights.

JOCKEY - jig - 10 bar B - closed sidestep to left, double step, closed sidestep to right, double step, closed sidestep to left and to right, hockle back & jump, 4 plain capers facing up

SHEPHERD'S HEY - Fu 2 times

- Clap 1: both, touch right ankle (by lifting) 2 times, both, touch left 2 times, both, under right, both under left, both, behind back, both. Repeat.

FU - 1st half straight to left, second half straight to right, end jump to face up

- Clap 2: touch chest: FU as 1: clap 3: touch forehead & end with jump instead of clap both