

The Earl of Stamford Morris

DANCE NOTATION

ADDERBURY

Source: some dances via Hammersmith MM pre-1986, and Bacon's Handbook & Sharp's Morris Book. Both stick and hanky dances.

Stepping: Usually outside foot both halves, right foot in Rounds, left in Hey. Normally 2 doubles, 2 singles, step-and-jump (take off on one foot, land on both). Rounds and hey 6dbl, 2sgl, ftj. Some dances have Plain Capers.

Sticks: Long sticks, vertical, held still. Clash with partner at the end of each half figure (but not half way in rounds or hey).

Hankies: Moved to make shape like apple on stalk, starting at the top of the stalk: down, around with a wide sweep, together & up (so up coincides with hop); in Hands Around, do it with spare hand. Circle both hands out at side at waist level in capers.

Figures: 1 Whole Rounds (walked or danced, immediately followed by Foot Up if there isn't one in the chorus); 2 Half Gip; 3 Process/Tops Down; 4 Process/Bottoms Up; 5 Hands Around; 6 Hey.

Foot Up is up twice as a figure, up once in a chorus.

Hey is a parallel reel. For 6, tops face down, other couples face up, all start stepping. Tops pass R shoulder with middles and L with bottoms; except at very end, turn R when you reach top of set and L when at bottom. For 8, middles face nearer end and all start passing R shoulder and turning R at both ends. Easy way in at very end of hey.

LILLIBULLERO

Stick dance for 6.

First figure Dance Around (no foot up).

Chorus: Sword fight 1st corners (hit tips high, big arc anticlockwise, hit tips low), 2nd corners, partner, then clash partner tips forehand backhand, then Foot Up. During 1st and 2nd corners, remaining dancers do same clashing with adjacent person: middles turn R first time and L second, stepping back slightly each time so we have a neat pair of lines clashing at about 45°.

POSTMAN'S KNOCK

Stick dance for 8

Once to Yourself is singing in position "*Every morning as true as the clock somebody hears the postman's knock.*" Repeat.

Figures: Two figures for every chorus. Each double figure is preceded by banging butt of stick on the ground 3 times.

1 Rounds & Foot Up; 2 Half Gip & Back to Back; 3 Long Process Down (tops Down); 4 Hands Around & Star; 5 Long Process Up (bottoms Up); 6 Adderbury Hey & "Postman's Hey"

Star is R hand first, gripping wrist in front of you, then L (with clash half way).

Long Process Down/Up is done with each couple joining in (no cast).

"Postman's Hey" is danced in 2 groups of 4. 1 and goes to 4's place while 2 goes to 3's place (both diagonally downwards, 2 letting 1 cross first and turning out). At the same time 3 & 4 dance up the side to 1 & 2's places respectively and turn in. Stepping is 1 db moving, 1db on the spot throughout.

Continue until all back to place, ie visit each house! 5678 do same.

Last chorus is done once normally, then again without the music but singing while sticking.

Chorus: Odds hit evens' butts 3x, evens hit odds' butts 3x, repeat almost 4x; at end 3 slow clashes. Sticking is done doubles first (2 hands on stick) then singles (1 hand) on alternate choruses. After the final chorus, the chorus is repeated (doubles) with singing and no music.

SWEET JENNY JONES

Stick dance for 6 (waltz time)

Once to Yourself is singing in position "*My sweet Jenny Jones is the pride of Llangollen, My sweet Jenny Jones is the girl I love best.*" and clash.

First figure Dance Around.

Stepping: Start right foot. RLR, Toe Heel Heel, LRLRLR; LRL, THH, RLRL CLASH, ie count 3 steps then toe heel heel, then 6 steps, then (to 2nd half of music, starting left) 3 steps, toe heel heel, 4 steps clash.

Chorus: doubles, singles etc. Odds tips hit evens butts, evens tips hit odds butts etc for 10 hits, clash tips, then same again for 9 hits, clash tips. Then Foot Up.

SHEPHERDS' HEY

Hand clapping dance. Can do it with hankies tied on or without hankies.

First figure Walk Around singing "*I can whistle, I can sing, I can do most anything. I can dance and I can play, I can dance the Shepherds Hey*" and Foot Up.

Chorus: First Time: Clap, touch right ankle, clap. Clap, touch left ankle, clap. Clap, clap under right leg, clap. Clap under left leg. Clap in front, behind, in front.

Second time knee, third time hip.

Final three times, a wave starting from the same place as the touch replaces the second (and fourth) clap: fourth time shoulder, (ie clap, shoulder, wave etc); fifth lips; sixth "doff hat" while jumping in direction of arm.

BLACK JOKE

Hankies.

First figure Dance Around: starts right foot with 4 capers, dance round half way, 4 capers, continue back to place, 4 capers.

Chorus: Screw Down (ie sidesteps travelling away from music and circling leading arm at waist level 4 times, Screw Up (repeat facing up but doing it on the spot with other arm) and Foot Up (surge).

4 capers half way through each figure and at end of figures & chorus. At start of second half of hey, middles face original tops and pass L shoulders (original bottoms facing down).

BLUE BELLS OF SCOTLAND

Sticks for 6 or 8 (standard version), 6 (our version).

First figure is Walk Around singing "*Oh where tell me where has my highland laddie gone? He's gone to the wars with his frilly knickers on*" and Foot Up.

Chorus:

Odds tips hit evens butts x2, evens tips hit odds butts x2; repeat;

Odds tips hit evens butts, evens tips hit odds butts; repeat for 5 hits, clash. Repeat whole chorus.

Final extra sticking is double time double sticking (with partner).

Standard version: sticking just with partner; doubles first time, singles second time and so on.

Our version: all double sticking, 1st chorus with partner, 2nd chorus middles face up, 3rd chorus middles face down. Pattern repeats. When with partner, odds strike first, otherwise the person facing down hits first. This pattern leaves the dancers facing the right way to go into the next figure.

SHOOTING (BEAUX OF LONDON CITY)

Sticks for 6, held as rifles (butts between arm and chest) in figures.

Stepping: Single step, start L every time, rearing back (R, swinging stick arm backwards) and clash at end of each figure. Free arm swings slightly more stiffly than usual throughout.

First figure Bang Around (same arm as foot) and Foot Up.

Choruses

Advance towards corner right foot start, clash on 3rd step. Stamp R foot when shooting. NB Shooting is from the shoulder. Rear up before clashing partner.

1 first corners clash, second corners clash, third corners clash, all clash partner; repeat.

2 first corners shoot across, second corners shoot across, third corners shoot across, all clash partner; repeat.

3 first corners shoot ducks, second corners shoot ducks, third corners shoot ducks, all clash partner; repeat.

4, 5, 6 same as 123 but shoot musicians at very end of dance.

HASTE TO THE WEDDING

Hankies.

First figure Dance Around.

Chorus

Foot Up: 2 double steps up, starting right foot; 4 single steps backwards; 1 double step forward and a step and jump (arms going wide); 2 singles back then 2 plain capers facing partner.

Each half-figure ends with 2 capers. Dance finishes with 4 capers in at the end of the hey.

Currently rested:

SOUTH AUSTRALIA

Source: via Eryri Morris, ultimately from Adelaide Morris. Standard Adderbury figures.

Walk round in tight circle sticks horizontal radiating out from centre at waist height (representing pushing on a capstan)

singing: *In South Australia I was born, "Heave away, haul away. In South Australia round Cape Horn, we're bound for South Australia"*. 4 capers in set formation facing up starting on word "bound" and straight into foot up.

Chorus: evens present stick horizontally, odds strike its middle, then evens strike odds. Then sticks vertical strike tips forehand, backhand, wave in air, forehand. Then sticks horizontal all in a line to represent pulling rope on each side of set and pull down the set with 2 small steps, then 3 capers up (starting left) & 1 caper to face partner.

BUFFOON

BADBY

Source: OM workshop by John Burke (King John's MM) and Bacon.

Hankies or sticks.

Stepping: Start right foot both halves. 3 double steps, no single steps. Leg Across – RL with unweighted toe tap.

Figures: Cast Round, Set Straight, Back to Back, Hands Around, Whole Hey.

Hankies: Expansive twirl on doubles. Twirl above head on Leg Across. Twirl leading hand on sidesteps.

Sticks: Held low when not clashing. Half way through hey, middles clash across set, end clash while facing end. Twirl describes a figure of eight with tip – away from wrist, start clockwise.

BROAD CUPID

Hankies. Tune "From Night till Morn".

Chorus: Corners cross. 1&6, 2&5, 3&4. In position with ss rt, ss lt, db, LA then cross set: 1st time with 2 doubles, 2nd with 2 side steps, 3rd with 4 plain capers, 4th with double capers.

Every time end with 1 double step to turn, leg across.

TRUNKLES

Hankies.

Chorus: Corners salute 1st corners, then 2nd, then 3rd; corners cross same order.

Salutes: 1: 2 capers, db (no hop) LA, stamp R, kick corner's foot with R; 2: 2 capers, db (no hop), LA, stamp R, kick corner's foot with L; 3: 2 capers, db (no hop), LA, shake hands; 4: 2 capers, db (no hop), LA, doff cap.

Crossings: 1: 4 doubles; 2: 4 side steps; 3: 8 plain capers; 4: 8 half capers. (No slows)

Every time end with 1 double step to turn, leg across.

SHOOTING/BEAUX OF LONDON CITY

Sticks. Tune as Bacon, but 3/8 (thanks, Bernard).

No leg across, dib ground instead with a little jump.

Chorus: Dib, hit partner butt, tip. Repeat x3 then twirl & clash.

Dib, shoot partner x3 but corners shoot each other middle time. Then twirl & clash. (shoot from shoulder). Last time shoot musicians.

BRIGHTON CAMP

Invented by EOS for Xmas 2001. Based on Stanton Harcourt Brighton Camp.

Sticks. Music: Brighton Camp or Good King Wenceslas.

Chorus: Sticking & half hey.

Recipients present sticks over and behind their heads, holding both ends. Strike middle of stick, showily. Striking pattern is odds, evens, odds, evens for people not hitting middles;

1st time middles present to tops, 2nd time middles present to bottoms, 3rd time all odds strike, 4th time all evens strike. Second time repeat same pattern but top and bottom couples have swapped places, middles still the same. Try to turn clockwise between hits whenever possible.

BEAN SETTERS

Source: Oyster Morris at Sidmouth (with amendments). Modified from Headington, Brackley tune.

Sticks.

Chorus: Walk across set passing partner R shoulder, hitting the floor R-L-R, then, pausing briefly with feet together, hit partner's stick backwards low down, and continue R-L-R while turning and clash high with partner. Positions 1 and 5 start sticking to their right-hand neighbour in a circle (receiving sticks horizontal); followed by stick twirling and clash across. Repeat back to place (R shoulder again).

FIELDTOWN

The slowest, therefore the most height needed, also one of the most energetic and stylish!

Many of figures such as rounds and hey are more complex than in other traditions and call for a high degree both of individual control and teamwork. In some ways the best tradition. – Bacon

Hankies Arms go vertically up above head just before double steps, hankies float down slowly as vertically as possible. On back steps arms go out on first then in a little on second as part of style but also to avoid clashing on back to back. Arms down and up on 4 pc at end of dance. Balance position for galleys. For slows balance on 1st, gather on 2nd high on 3rd for lift and out on 4th.

Sticks Long stick, same arm movements as hankies. Clash at end of figures.

Stepping All figures start with anacrusis ie preparatory hop and body moves into direction of travel so arms up high and float down with first beat “and a 123 hop”. Most travel on first db.

Back Step is hop back, twisting heels in at same time. FTJ is feet together jump.

Galley is 3 hops on weight-bearing foot, other leg bent 90 degree at knee so thigh horizontal and foot describes 3 small circles; first is biggest, heel down. Can also be done to turn out as in foot up.

Slows are Beetle Crusher and RTB/LTB.

Beetle Crusher is crush, step, 2 plain capers. RTB is RTB, step, jump, kick left. LTB on other foot.

Figures Start on outside foot. Normal sequence is db, db, bs, bs, ftj.

Once to Yourself is always 2 bs, ftj.

Foot Up (and Down) don't move forward, galley rather than bs in most dances.

Half Gip and Back to Back fairly straightforward.

Rounds start on R foot: round on 1st db, radially into tight circle on 2nd, back out on back steps, use jump to turn out $\frac{3}{4}$ turn and back other way starting db on L foot,.

Half Hey is Cotswold style, start with ss on leading foot. Turn on 2nd ss and back into place on bs.

Long Fieldtown dances have double-length figures.

All dances are hankies, except where shown.

BALANCE THE STRAW

Sticks.

Chorus: dib behind, dib in front, tips backhand, tips forehand; dib behind, dib in front, tips forehand x3; half hey. Repeat.

BANKS OF THE DEE

Hankies.

Chorus: Column, all face up on previous ftj. 1st then 2nd then 3rd show R, then all show L. Half hey. Then repeat the shows facing down, but start L then all together on R. Half hey.

Shows are: 1: Wave (both hands, rising on toes); 2: Galley; 3: Beetle Crusher; 4: RTB (or LTB).

VALENTINE

Hankies.

“Borrowed” from Ascott-under-Wychwood tradition.

Chorus: Corners 1st 2nd 3rd. Closed side step right then left, then a “show”, then db r, db l, 2bs, ftj.

Shows are: 1: Salute (wave with right hand, then left); 2: Galley right, then left; 3: Beetle Crushers right, then left; 4: RTB, then LTB.

Following rested:

STEP BACK (OLD MOLLY OXFORD)

Long Fieldtown.

Step rather dance backwards. No jump.

Figures: Foot up, Chorus, Half Gip, Chorus, Back to Back, Chorus, Rounds.

FU: start inside foot. Foot up, Galley $\frac{1}{4}$ inwards to face down; Foot down. Galley outwards all the way to face across.

HG and BB start outside (normal foot) so galleys are all L, then all R.

Rounds start left foot. All up (or in?) at end.

Chorus: long side step sequence (R first), half hey. Repeat.

SIGNPOSTS (SHEPHERD'S HEY)

no jumps, nor galleys: just rise up on tip toe instead, hands do wide sweep out with arms straight to horizontal. Chorus is whole hey

LUMPS OF PLUM PUDDING JIG

OY, FU, SSS, FC, SSS, UC, SSS.

FU=2 doubles, ss rt, ss lt, 4 back steps, ftj.

FC=4 beetle crushers then as FU

UC = 4 rtb, ltb then as FU

SSS= ss rt, double step, side step, left double step ss rt, ss lt, galley rt, ftj except last time caper LR in last bar

BLUE EYED STRANGER/WALK OF THE TWOPENNY POSTMAN/GARY OWEN

Closed side step rt, double rt, closed ss left, feet tog jump, half hey repeat.

(ie count 7 then hop 4 then ftj)

THE FORESTER

As Blue Eyed Strangler but no galleys.

COUNTRY GARDENS

Sticks.

Chorus: EOS version (based on Stanton Harcourt) stick throw 1st 2nd 3rd corners. Half hey. Repeat.

[original version (EOS don't do this)

1 bar evens strike odds on middle beat

2 bar odds stike evens (receiving stick held horizontal)

3rd & 4th bars butts tips butts tips, Half hey. Repeat. Figures standard. End of dance plain capers]

THE ROSE

DEAREST DICKY

Long Fieldtown.

ILMINGTON

Source: OM workshop notes by Mike Nesbitt in 2006 and Adlington MM's notes from 2009.
6 dancers.

Stepping: 2 doubles, 2 singles turning in place, feet together jump. Outside foot start.

Hankies: arms down from straight out at shoulder level to side at waist level, then back up, with a little snatch into the jump (hands higher). In (open) sidestep, hanky high twirl brushing hair backwards. In plain capers, hands do a circle at waist level. For the 4 capers at the end of dances hankies do 3 circles then up.

Sticks: More or less vertical, going down & up much as hankies would.

Standard Ilmington figures

Foot up & across (on the spot)

Into Line

Back to Back

Cross and Turn (cross on 1st db, turn on 2nd db, turn out on singles, ftj, and return similarly)

Rounds (see below)

Ilmington Hey

Similar shape to Upton hey with extra "twiddles", which should be done very close to your partner. Bottoms turn down and out first (twiddle) into hey & go up middle. Tops set off down middle of set, and turn when get to place (twiddle) at bottom of set. Middles set out wide starting diagonally but facing each other, and turn up and out (twiddle) when at top of set (part way through hey). Everyone goes wide through middle of set.

In half hey, original top couple lead both halves.

Whole Rounds

All turn out to go into rounds, start L foot, ie over right shoulder. Halfway through, reform the set.

Half way, carry on same direction, starting R foot.

End 4 capers into centre, or turning out over R shoulder to face the audience.

JUBILEE (OYSTER GIRL)

Source: from dancing of Adlington Morris Men at Mobberley Xmas 2006.

Perhaps one of the earliest known dates for the specific composition of a dance is that of the stick dance 'The Jubilee'. It was composed for Queen Victoria's Diamond Jubilee celebrations in 1897. – IMM

Sticks.

Chorus: Sticking and half hey; repeat

Forehand to partner; forehand to person to your left of partner; backhand, forehand to partner

Backhand to partner; backhand to person to your right of partner; forehand, backhand to partner

CUCKOO'S NEST

Source: from dancing of Yorkshire Coast Morris at Liverpool Autumn 2006.

Sticks ("or handclapping" – IMM).

Chorus: Sticking and half hey repeat.

Odd tips hit even butts 3 times; even tips hit odd butts 3 times; tips to butts alternately 3 times then clash tips once (ie 7 hits).

JOCKEY TO THE FAIR

Source: made up in Ilmington style by Lyn and Alan Oct 2008, based on Fieldtown Banks of the Dee.

Music "Brackley Jockey to the Fair version 2", ref The Ring website.

Hankies. Column dance all facing up.

Chorus: (12 bars) 2 bars each for:

1st chorus 2 waves on the spot, ie salute (to right first, then left)

2nd chorus 2 double steps (right first)

3rd chorus 2 side steps (right first)

4th chorus 4 plain capers (right first)

Each time done by 1st couples, then 2nd, then 3rd, then all do it, then straight into half hey (4 bars). Thus set reverses for next figure.

NB 1st, 2nd, 3rd couples will retain their numbers for next half hey (done facing down).

KING HARRY

Source: New Esperance workshop at Whitby, 2016, but modified to fit the more usual Ilmington style.

Music “John Geddes’ King Harry” (derived from Jeremiah Clarke’s Prince William’s March)

Hankies.

This means that couples are in a different place for each figure. At the end of the dance, face out to the audience with 4 capers, turning over R shoulder. (New Esperance have a whole hey instead of one of the usual figures, e.g. FU, BB, CT, WH, WR.).

Chorus:

1 Bottoms do 1 sidestep down and 1 ss up, then 2 singles turning down and out to face up in centre of set;

2 Top two couples do a long sidestep down (7 steps and a hop, with 3 hanky twirls using leading hand) while bottoms do two double steps up; then all do 2 singles turning up and out to face across, and feet together jump.

LICHFIELD

Source: facsimile reprint, Bacon and OM Workshop.
Start right foot. Finish with chorus, except for Ring o' Bells.

VANDALS

Long stick carried 2-handed across body. Double stepping and swing backs.

Figures: 1 Swagger round in a horseshoe shape (1&2 pass rt at top, lt at bottom),
2 Heading Up, 3 Heading Down, 4 Back to Back (into a line), 5 Lichfield Hey ('toffee paper') (1st corners cross R shoulder, 2nd cross R shoulder, pause, sides & ends cross L shoulder, repeat)

Chorus: Clash to the right, to the left, partner fore-back-fore then move stick down, side step right, side step left, caper, caper, clash standing on both feet. Repeat, but with high 2-handed show instead of clash, facing up at the end of the dance.

RING O' BELLS

2 long sticks. Single stepping.

Figures: 1 Dance round (horseshoe shape cast), 2 Back to Back, 3 Lichfield Hey, 4 Heading Up and Heading Out.

Heading Up and Heading Out: First half same as Vandals Heading Up. 2nd half 2 moves slightly left to be next to 1, 3&4 go to their right, 5&6 go left and 7&8 go far right, in one long line across the front of the set. End with caper, caper, show, then all turn right except 8, who turns left and collects sticks.

Chorus: Clash right sticks with the person diagonally on your right, left to partner, right to the person diagonally on your left, left to your partner. Repeat. The clashes are high, with slight pull down 'like bell ringing'. Four capers: up, out, down, in. Hold sticks out fairly low and clash down on neighbour's stick with right 3x.

THE SHERIFF'S RIDE

Hankies. Down and up hand movement with arms out forwards. Balance position for swing backs.

Figures as Vandals. Heading Up & Down include closed side steps, right foot first towards left, then left foot first towards right, with hankies forwards and low.

Chorus: While rising on toes, flick from shoulder to face of partner x2, Lichfield Caper right. Repeat but Caper left.

Lichfield Caper: Caper right – drop back onto right foot, caper onto L, hop L while swinging rt foot forward & caper forward onto it. Caper left is the same on the opposite foot.

JENNY LIND

One long stick (L) and one short stick (R). Single stepping.

Figures as Vandals but start with 2 swing backs and 2 capers at end of once to yourself, and end with an extra chorus, done double-time.

Chorus:

Hit floor twice with long stick, hit partner's long stick twice with long stick held low.

With sticks held higher, hit top of own long stick with short stick twice, hit partner's short stick with short stick twice (forehand) held high. Do this three times.

Hit floor twice with long stick, hit partner's long stick twice with long stick held low.

With sticks held higher, hit top of own long stick with short stick twice, hit partner's short stick with short stick twice (forehand) held high.

Hit top of own long stick near tip with short stick once. Then, hitting underside of own long stick with tip of short stick, hit towards butt of long, tip of long, butt of long.

Then (high) hit tip of partner's short stick with tip of short stick 3x fore-back-fore.

MILLEY'S BEQUEST (resting this) 2 big sticks.

CHORUS: Hit ground with butts right then left, then clash with partner tips right then left, side step right, side step left, galley over.

Galley Over right: step R, swing left leg over right leg, landing L, caper onto R. (Galley Over left – legs the other way round)
Interpreted as “attempt to jump over your own leg”!

Figures:

1 STEP IN LINE i.e. dance a stationary foot up, galley over outwards and caper to face down. Repeat.

2 BACK TO BACK (into a line) as Vandals

3 CROSS OVER cross to partner's place pass rt shoulder. Galley over & caper upwards. Repeat to place (passing rt again but galley over & caper downwards).

4 ROUNDS (of 4) 4 bars double step clockwise to corner's place. 4 plain capers: 1&4 cross back to place first then 3& 4.

5678 do same. Repeat anti-clockwise.

5 DOUBLING UP Couple back to back on the side i.e. evens move as pairs round each other while odds move in pairs round each other. Double steps and swing backs.

→				
2	4	6	8	
		←		
→				
1	3	5	7	
		←		

ODDINGTON

Source: Phil Watson's notes for OM Workshop Nov 2012; also Bacon.

Stepping: Left foot start both halves, except in sidestep. Normal sequence: 2 double steps, 2 back steps, feet-together jump. All dances start and finish with Galley L and Hook-Leg R. At end of dance bottom couple remember to turn parallel in correct direction for G, HL.

Arms: The wave is a vigorous swing of arm across body up to eye level, opposite arm to foot (ie always R arm swing first), one swing per double step, one per back step; on ftj, gather in and throw out.

Sticks: All stick dances have a hanky in the left hand; arm movements as above, but clash partner on ftj.

Figures: Foot up: face up and dance on the spot, jump to face in and dance on spot. Half Gip: just past partner. Whole Gip: face partner as much as possible. Back to Back: standard. Half Hey: standard, left foot lead.

Sequence: FU, HG, Chorus, FU, BB, Chorus, FU, WG, Chorus. In corner dances (which we don't currently do): FU, Corners cross (CC), HH, HG, CC, HH, BB, CC, HH, WG, CC, HH.

YOUNG COLLINS

Sticks.

Chorus: Hit floor with tip x3, clash tips low x3, hit floor with tip x3, clash tips high x3, HH. Repeat.

CONSTANT BILLY (BILLY BOY)

Sticks.

Chorus: Evens hold stick horizontal in both hands (face height) while odds strike once, same with evens striking odds, all do 4 capers while striking tips, butts, tips, butts, HH. Repeat.

LORD OF THE DANCE

Sticks.

Chorus: Butts on floor behind, butts on floor in front, clash tips across twice, clash diag R, clash diag L, HH. Repeat.

HIGHLAND MARY

Hankies.

Chorus: Long closed ss R (7 steps, hop), closed ss L (4 steps), hook (weight on outside foot) into HH (starting L foot). Repeat. Arms in sidesteps are: ss R: 1 R arm wave on steps 1234, 1 wave of both arms on steps 567h; ss L: 1 L arm wave.

UPTON-ON-SEVERN

UPTON STICK DANCE

Long sticks on shoulders, vigorous double stepping. Left foot start. In the figures the set should be wide. NB Widen set before each figure by doing 1 double step outwards.

Figures

Whole Rounds (“morris”). Start all facing in. 1 double to form the rounds (ie middles move out, others on the spot), surge into rounds on 2nd double.

Back to Back Right. 1st double step dance backwards to widen set then surge forward on 2nd.

Back to Back Left. 1st double step dance backwards to widen set then surge forward on 2nd.

Hey on the ends (“three or tree tops right”) Middles turn right, ends should dance 1st double backwards to widen set & let the middle through.

Hey on the ends (“three or tree tops left”) Middles turn left, ends should dance 1st double backwards to widen set & let the middle through.

Hey on side (Grimstock or “boing” hey) “Boing” in at ends, move apart when in middle. Ends should dance 1st double towards partner while lengthening the set and facing down or up the set respectively. Middles dance out on first and dance up on second double step.

Whole Rounds. Point stick into centre of set on 3rd step – keep the rounds big until the final bar when form a tight circle with 2 capers and sticks high.

Choruses

8 hits (as below), then clash tips and dance a smallish circle over left shoulder (turn single), advancing to next place on turn single; repeat.

Tips and Butts (hold sticks in middle fairly vertical; tips forehand, butts backhand)

Quarter Staves (two-handed hold; left hand down first, then right down, etc)

Fencing (sword fighting: big sweeps anticlockwise – try not to bend elbow, clash at top first).

Dance

Rounds, T&B; BB R, QS; BB L, F; 3 Tops R, T&B; 3 Tops L, QS; Boing Hey, F; Rounds

UPTON HANKY DANCE

Same figures as Upton Stick. No chorus. Left foot start. Double stepping. Arms go down & up roughly from shoulder to waist level. Arms straight (ie elbows not bent) slightly wider than body. Set can be big as there is no sticking, so no need to widen it each figure.

Rounds; BB R; BB L; 3 Tops R; 3 Tops L; Boing Hey;

Angles ie BB on the diagonal (1st corners with each other, middles to person on opposite right) to rotate set through 90 deg so original number 2 becomes new number 1;

then in new positions: BB L; 3 Tops R; 3 Tops L; Boing Hey; Rounds with 4 capers into centre to finish (hankies down-up-down-up).

WINSTER

PROCESSIONAL

Hankies.

Stepping: Double steps (very gentle) or walk if called.

Figures: Forward, Diagonal Crossing, BB, HG, Half Rounds of 4.

Sequence: F, DC. Repeat. Other figures instead if need to be stationary. All as called.

Arms: By side. Raised forward to shoulder height on 1st beat of every 4 bars.

MISCELLANEOUS

TINNER'S RABBIT

Only done as an all in dance, except in an emergency!

Sticks.

Tune Uncle Bernard's

Format Sets of 3 in a circle.

Stepping: Single steps.

Sequence Chorus, 1 Fig of 8, Chorus, 2 Fig of 8, Chorus, 3 Fig of 8, Chorus, Star Right, Chorus, Star Left Clashing, Chorus.

Chorus Sticking (two handed): 1 clash with 2, 2 clash with 3, 3 clash with 1 (x4); all tips on ground (x3). (12 clashes, 3 on ground)

Fig of 8: Dancing person goes between the other two (who stand still) and dances a Figure of Eight, going right first. (If time, can be done 1½ times).

[Some sides do an extra figure here Triangles: sticks held in horizontal triangle while dancing round.]

Star Right: Right hand Star sticks in the middle.

Star Left: Left hand Star, sticks in right hand clashing with other sets.

Final Chorus: Only two strikes on the ground, jump to face out, holding stick two-handed above head.