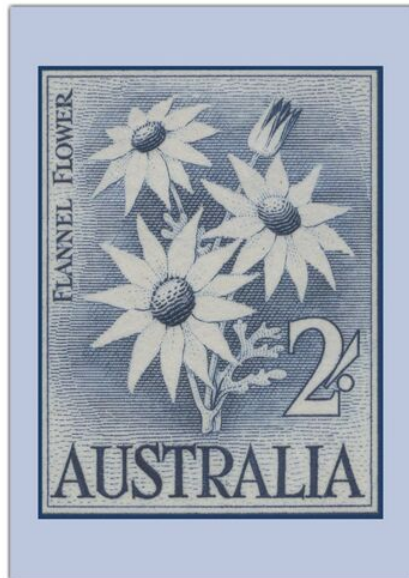


Central Coast Bush Dance & Music Association, Inc.

Flannel Flower Spring Ball



September 12, 2026

Programme

- | | |
|---------------------------|---------------------------|
| * Banksia Quadrille | *** Posties Jig |
| * Circassian Circle Pt. 4 | * Pride of Erin |
| ** Flannel Flower | *** Queen of Sheba |
| * Grand March | ** Reel of the 51st |
| * Gypsy Tap | ** Saturday Triad |
| ** Highland Rambler | ** Triple Galop Quadrille |
| * Matilda | * Two Fish |
| *** Newcastle | * Whitehorse Waltz |

* Easy ** Medium Difficulty *** Challenging

THE BANKSIA QUADRILLE

Irish Waltz Chain: <https://youtu.be/zSh8l1FjLN4?si=N32bdCdb-QJKA-H9>

Compiled by: John Short 2026

Quadrille with 1st couple back to band and numbered anticlockwise 1, 3, 2, 4.
1s and 2s are top couples, 3s and 4s are side couples.

Figure 1, 32 bar x 4 set tunes

Bars

- 8 Top couples rights and lefts, no hands
- 8 Top couples set to partner (old time quadrille style) and two hand turn
- 8 Top couples ladies chain across and back. Stay in ladies chain hold.
- 8 Promenade to other side of set, half rights and lefts to home.
- 32 Total**
- 32 Sides repeat**
- 32 All four couples repeat on first diagonal (Tops face sides on diagonal right and vice versa)**
- 32 All four couples repeat on second diagonal (Tops face sides on diagonal left and vice versa)**

Figure 2, 32 bar x 4 set tunes

Bars

- 8 First couple take inside hands, advance and retire. With hands still held, lady advances and dances in a semicircle to face partner. Honour.
- 8 First couple set to partner (old time quadrille style). Two hand turn and finish at home. While the first couple is turning, side couples split to form top and bottom lines.
- 8 Lines advance and retire twice.
- 8 All two hand turn partner and finish at home. Circle up, advance and retire.
- 32**
- 32 x 3 Each couple leads the dance in turn. When side couples lead, form side lines.**

Figure 3, 32 bar waltz x 2

Bars

- 8 Irish waltz chain halfway
- 4 Gents left hand star halfway (2 bars) then change places with opposite (Gents' right hand to ladies' left hand) (2 bars).
- 4 Half ladies' chain to home and stay in ladies' chain hold
- 4 All four couples advance and retire
- 4 All ladies dance in front of corner, around corner and back to place.
- 4 In half ballroom hold, grand cross back to opposite place (gent's left arm in)
- 4 Rotary waltz to home
- 32**
- 32 Repeat figure**

Irish Waltz Chain: See video

Face partner and join right hands. The gent dances forward two waltz steps (not turning) while his partner passes on his right side, turning left shoulder back, once around (2 bars). Now facing the next person, join left hands. Gent dances forward two waltz steps (not turning) while the lady passes on his left side, turning right shoulder back, once around (2 bars).

Repeat the previous 4 bars and everyone will finish with their partner on the opposite side of the set (4 bars).

Figure 4, 32 bar x 4 set tunes

- 8 Circle left and right (Use slip steps)
- 8 First couple visit the set anticlockwise, briefly honouring each couple.
- 2 Top ladies change places, passing by the right shoulder (no hands)
- 2 Side ladies change places, passing by the right shoulder (no hands)
- 2 Top gents change places, passing by the left shoulder (no hands)
- 2 Side gents change places, passing by the left shoulder (no hands)
- 8 Grand chain home
- 32
- 32 x 3 Repeat with each couple in turn visiting the set. Side ladies lead the crossings when side couples lead.

Figure 5, (32 bar x 4) + 16 bar Coda, Lively Jigs

This figure (only) is danced in bush dance style with bush setting steps, skip change steps and two hand crossed swings.

- 8 Circle up, advance and retire and swing partner
- 8 Ladies advance and retire, gents advance and retire
- 8 All set to corner twice and swing corner, moving into a lower promenade hold facing anticlockwise around the set
- 8 Promenade the set finishing in the gent's place.
- 32
- 32 x 3 **Repeat three times, finishing with partner at home**
- 8 Circle up and advance and retire (twice)
- 8 Grand swing partner
- 16

Grand swing:

Stand right hip to right hip with partner. Place right arm around partner's waist in front of partner. Swing clockwise as a couple with left arm raised behind.

CIRCASSIAN CIRCLE Pt. 4

Formation: Sicilian Formation (Cpl. facing cpl.)
Devised by:
Music: 32 bar Waltzes Swag of Treasures Tr. 9 32 x 8

- 8 In waltz time, full rights and lefts without hands. (Pass opp. by RS, partner by LS.)
Circle up and Spanish Waltz
2 Balance forward and back
2 Man passes lady on his left onto his right hand side
12 Repeat x 3.
Finish facing partner with 2 hand open hold
Waltz Pousette:
2 2 Waltz steps - Men move forward, ladies backward.
1 Lady stands still, man moves clockwise one quarter turn.
1 Gent stands still, lady moves clockwise on quarter turn
2 Man moves forward (lady backward) two waltz steps.
2 Cpls. turn clockwise half way round to get in place ready to start sequence again with a new couple.
(Waltz pousette is progression.)
32

FLANNEL FLOWER SCHOTTISCHE

<https://www.youtube.com/watch?v=C6maRHJg828>

Written by John Short, July 2005
Music written by G.M. Miller 1910

Honour partners, honour corners.

- Part A** (16 bars)
2 **All Chasses Croisse to Opposite Corner**
(See notes below)
Drop hands.
2 All Chasses Croisse Back as described below. Keep left hands joined.
Turn Corner
1 Using walking steps, all turn corner by the left hand to finish in own place facing partner.
Turn Partner
2 Using walking steps, all turn partner by the right hand one and a half times to finish in partner's place facing away from partner.
Pull past opposite corner
1 Give left hand to the person you are facing and change places with them by pulling past them. Finish facing the centre of the set.
Gents have now progressed one place anticlockwise around the set, ladies have progressed one place clockwise.

- 8 **Repeat previous 8 bars**
Everyone is now in opposite place with original partner.
- 1 **Part B (8 bars)**
All honour partners.
- 1 All honour corners.
- Top Ladies cross**
- 2 Top ladies change places by walking past each other passing right shoulder. Do not give hands.
- 4 Repeat previous 4 bars, side ladies crossing.
Ladies are now in original place, gents are in opposite place.
- 16 Repeat Part A
- 8 Repeat Part B
Everyone is now in original place.

Part C (16 bars)

- Top couples advance & retire**
- 2 In ballroom hold, top couples slip step twice toward centre of set and twice away. (This is slow.)
- Top couples rotary chasse**
- 2 In ballroom hold top couples make one (slow) rotary chasses turn inside the set, opening out into a half ballroom hold, finishing facing anticlockwise around the set in front of the couple on their right.
- Promenade back to place**
- 4 Top couples in half ballroom hold promenade (walk) back to place.
- 8 Side couples repeat last 8 bars

Part D (8 bars)

- Top couples cross**
- 2 In ballroom hold top couples change places, using slip steps, gents passing back to back. To suit the music, this movement is danced as two slow slip steps followed by four quick slip steps. Do not turn around. Remain in ballroom hold.
- Side couples cross**
- 2 Side couples repeat previous 2 bars. Remain in ballroom hold.
- Top Couples cross back**
- 2 Top couples cross back to place, ladies passing back to back. Remain in ballroom hold.
- Side couples cross back**
- 2 Side couples repeat previous 2 bars. Remain in ballroom hold.

Part C (16 bars)

- All advance & retire**
- 2 In ballroom hold, all couples slip step twice toward centre of set and twice away. (This is slow.)
- All rotary chasse**
- 2 In ballroom hold all couples (slow) rotary chasses once anticlockwise around the set, opening out into a half ballroom hold, finishing facing anticlockwise around the set.
- Grand Cross back to place**
- 4 In half ballroom hold with partners, gents put left hand into centre, form a grand cross and promenade (walk) back to place.
- 8 Repeat the previous 8 bars but finish with a "flourish" (see above).

NOTES:

1. Chasses Croisse

Gents Chasses Croisse by dancing to right behind partner with four small slip steps. On the last slip step they close their left foot to their right foot but do not put weight on the left foot. Then balance diagonally forward and to the right by stepping diagonally on the left foot then stepping back on the right foot. The gent's right hand is given to opposite corner during the balance.

Gents Chasses Croisse Back by reversing the above balancing with corner using the right foot and the left hand.

Ladies Chasses Croisse by dancing to left in front of partner with four small slip steps. On the last slip step they close their right foot to their left foot but do not put weight on the right foot. Then balance diagonally forward and to the left by stepping diagonally on the right foot then stepping back on the left foot. The lady's right hand is given to opposite corner during the balance.

Ladies Chasses Croisse Back by reversing the above balancing with corner using the left foot and the left hand.

Note that the ladies pass in front of their partners in both directions.

2. Flourish

This is the final movement of the dance. While promenading back to place in half ballroom hold, the gents should take their partner's right hand in their right hand. On the last half bar, the ladies will turn clockwise out of the half ballroom hold (with right hands still joined) to face their partners. All dancers should raise their left hands behind (palms facing up) at shoulder height and create a pose (by tensioning right arms) on the last beat.

GYPSY TAP

http://www.youtube.com/watch?v=nlaWlww__S0

Formation: Couples in circle in ballroom hold, facing forward around circle

Devised by: Prof. Bollet (c1930)

Music: 6/8 Marches

- 2 2 side steps (fwd around circle) to man's left/ladies right
- 2 3 walking steps forward and close
- 4 Repeat (Step-together, step-together, 1,2,3-together)
- 8 Repeat sequence in opposite direction, finish facing forward, inside hands joined.
- 2 Step (diag,) forward and away from partner, then forward back towards partner
- 2 Turn away from partner, drop hands and turn single
- 4 Repeat step away, together, turn single
- 2 In half ballroom hold, start outside foot, walk forward 3 steps and lift inside foot (1,2,3-kick)
- 2 Walk back 3 steps and close, facing partner and take ballroom hold
- 4 Rotary Chasse 2 turns
- 32 Repeat as required

HIGHLAND RAMBLER

<https://www.youtube.com/watch?app=desktop&v=tlliNtQk5Ls&feature=youtu.be>

Formation: Longways set of four couples (but can be danced in a three couple set)

Music: 40 Bar reels x 8

C1 is Couple 1. C2 is Couple 2, L1 is Lady 1, G1 is Gent 1, etc.

- 4 C1 dance in toward partner and up (gent's right shoulder to lady's left shoulder) and then dance down behind own lines into second place (as C2 move up).
- 4 C1 and C3 right hand star (finish with L1 facing out from set)
- 4 C1 and C2 left hand star (finish with L1 facing out from set)
- 4 C1 (L1 followed by G1) dance around L2 and down the centre of the set. L1 finishes between C3 and all take hands facing down. G1 finishes between C2 and all take hands facing down.
- 4 The two lines of three lead down the set, drop hands and all solo turn right shoulder back to face up
- 4 The two lines of three lead back up the set. C1 drop hands with C2 and C3, leaving them in their original places
- 4 C1 (G1 followed by L1) dance out the top of the set, around L2 into second place on own sides
- 4 C1 right hand turn partner once around and finish in second place on own sides
- 8 C2, C1, C3 circle left and right*
- 40 Total
Scottish progression for a three couple dance in a four couple set. (C1 will dance the sequence a second time from second place. They will then drop to the bottom and a new C1 will lead the sequence twice, and so on.)

*Optional: On the last sequence only, all four couples circle left and right.

MATILDA

Formation: Couples in a circle

Music: 32 bar reels, esp. Waltzing Matilda

Source: Keith Wood February 2013

Notes: The Bush Music Club dance workshops wanted a dance to celebrate A.B. "Banjo" Paterson's birthday, so I wrote one to the tune of "Waltzing Matilda". The clapping sequence is timed to fit in with the lyrics "one, two, three" for the troopers appearing in the second verse.

- 1 -2 Couples join inner hands, face line of dance, starting on outside feet, walk forward three steps and kick
- 3 - 4 Walk back three steps and face partner
- 5 - 6 Set to your partner
- 7 - 8 Clap hands with partner: right hand, left hand, both hands
- 9 - 12 Gypsy partner by the right shoulder once around
- 13 - 16 Left hand turn partner once around
- 17 - 20 Two-hand turn partner once around
- 21 - 24 Back-to-back partner by the left shoulder, finish slightly to the right
- 25 - 28 Back-to-back neighbour (to the right) by the right shoulder, and finish facing them (progression)
- 29 - 32 Two rotary chassés to finish
Repeat from progressed positions

NEWCASTLE

<https://www.youtube.com/watch?v=DNIPWmZ9GII>

Playford First Edition 1651

- A1 1-4 In a circle all forward and back a double
5-8 Set to partner, set to corner
- A2 9-16 Repeat
- B1 17-18 Arm right with partner
19-24 Men left hand start all the way round
WHILE
Women skip clock wise (other direction to men) back to place
- B2 25-26 Arm LEFT with partner
27-32 Women right had start all the way round
WHILE
Men skip counter clock wise (other direction to women) back to place

- A1 1-4 All side with partner over and back
5-8 All step to the right, honour and pass partner to face new partner on corner of set
- A2 9-12 All side with new partner over and back
13-16 All step to the right, honour and pass partner to face next partner in new position in set
- B1 17-18 Present side couples lead to centre, change hands and lead out, then form an arch
19-24 Present head couples cast off outside, go under the nearest arch with someone, and return to the place you cast from.
- B2 25-32 Head couples repeat, and leading in and out, side couples casting off

- A1 1-4 Present partners arm R once around
5-8 Arm left 1 ½ to meet a new partner on the corner of the set
- A2 9-12 Arm R this partner
13-16 Arm L 1 ½, ending in lines up and down the hall, close together, with

- the W on the L of their current partner
- B1 1-6 Lines fall back a double and come forward, turn single
 7-8 Pass through the line changing places with opposite and forming new
 lines across the hall, close together. (Dancers on the inside of the old
 line go to the ends of the new line: forward 4 steps. Dancers on the
 end of the old line take 2 steps forward and 2 steps inward to end close
 to an opposite)
- B2 Lines fall back, come forward, turn single, and pass through to meet
 your original partner in original place in a square

POSTIES JIG

<https://www.youtube.com/watch?v=YYPtg9slseo>

Longways set of 4 couples.

32 Bar jig

Bars

- 2 Ends Set - (Couples 1 and 4 set to their partner)
 - 2 Cast off - (Ends only cast off to finish between 2nd and 3rd couple.)
 - 4 Figure of eight - (Ends half figure of eight around end couple closest to them and finish on the side between 2nd and 3rd couple.)
 - 2 Men arch - (Men 1 and 2 form an arch and change sides with partners. Ladies go under the arch.)
 - 2 Turn corner (Turn corner person using free hand and finish with couple 1 between couple 2 and couple 2 between couple 3.)
 - 2 Arch - (Couples 1 and 2 change places with bottom couple making arch.)
 - 2 Turn corner (Finish between couples 2 & 3)
 - 2 Arch
 - 2 Turn corner
 - 2 Arch
 - 2 Turn corner (Finish where arches and turns started.)
 - 4 Half rights and lefts (This now has set as couples 2,4,1,3)
 - 4 Swing. (Ends swing partner using long arm hold. At the end of swing, new end couple be ready to start)
- 32

PRIDE OF ERIN

Formation: Couples Dance, in promenade hold, hands joined above shoulders.

Music: 32 bar waltzes

- 4 Starting outside foot, 2 slow steps forward, then a chasse step forward (1,2 – 1,2,3 kick)
- 4 Starting inside foot, 2 slow steps back and chasse backwards.
- 2 Starting outside foot again, 2 slow steps forward
- 2 Point and dip – With weight on inside foot, bring outside foot around to point toes down in front.
Then take outside foot around behind and “dip down” by bending inside leg.
- 4 2 steps forward, ladies turn out away from partner, keep right hands joined
- 4 Balance in/back towards partner (**right hip to right hip**), change places with ladies turning under man’s right arm.
- 4 Balance in/back towards partner (**right hip to right hip**), change places with ladies turning under man’s right arm.
- 2 In ballroom hold, 2 chasse steps forward line of dance
- 2 2 chasse steps back against line of dance
- 4 Rotary waltz with partner

32 Repeat as required

QUEEN OF SHEBA

https://www.youtube.com/watch?v=5stD_ZJf6wE

Style: Formal, brisk walk

Longways set for four couples. 1st and 3rd couples improper.

Hold near hands.

Start with right foot

Dance written M. Heffner/W. Porter – Maggot Pie 1979 - Modified C. Towns 1989

Music based on Handel's Arrival of the Queen of Sheba by Heffner/Porter.

- | | |
|--------|---|
| 4 bars | Up a double, back a double (lead up and fall back without turning around) |
| 4 bars | Gypsy partner right shoulder |
| 8 bars | Down a double, back a double (lead down and fall back without turning around) |
| | Gypsy partner left |
| 4 bars | RH Stars (top 2 couples and bottom 2 couples) |
| 4 bars | Mid couples LH star MEANWHILE end couples chase clockwise to other end |
| 8 bars | Repeat to own end. Finish with men facing out of the set. |
| 8 bars | Forward & back a double to man's wall, gypsy right with neighbour (along the line). |
| 8 bars | Forward & back a double to ladies wall, gypsy left along line (neighbour). |
| 2 bars | End couples turn with right hand into arch ALONG THE SET, women in middle |
| 4 bars | Mids. chase through clockwise under arches to place |

- 2 bars Top couples quarter turn back to place.
- 2 bars L2 & M3 three quarter right hand turn into arch ACROSS THE SET
4 bars Ends chase clockwise under arches to place.
2 bars Mids. quarter turn back to place.
- 8 bars Bomb burst: End couples and middles lead out, and fall back then gypsy that person right.
- 8 bars Star burst: With neighbor on corners, face diag. out of the set.
Lead out and fall back then gypsy that person left. Finish in side lines Ends face middles, middles face ends.
- 6 bars Half hey plus one place along the line
- 2 bars Take two hands with partner and change places
- 8 bars New ends face middles, new middles face ends.

Half hey plus one place then change sides to original place.

THE REEL OF THE 51ST DIVISION

<https://www.youtube.com/watch?v=KTcyCgNQZfQ>

This dance was composed in a P.O.W. Camp in Germany by two Highland Officers of the 51st (Highland) Division, which was captured in 1940 at St Valery

Music: Reels. Formation: Longways sets of 3 or 4 couples

- 8B 1st Couple sets once (2 bars) then casts off two places (meanwhile Couple 2 moves up on bars 3&4), meets below Couple 3 and leads up R hand in R to face first corners (i.e. 1st Lady faces 2nd Gent, 1st Gent faces 3rd Lady with 1st Couple having their backs to each other in the centre)
- 4B 1st Couple sets once to first corners then each turn their corner by R hand (two skip change steps) and keeping hold of the corner's hand take partners L hand in the centre to form a (wavy) line of four
- 4B The four dancers set once in line (balance in line) (2 Bars) and 1st Couple turns very quickly by L hand to face second corners (2 Bars) (i.e. 1st Lady faces 3rd Gent, 1st Gent faces 2nd Lady)
- 8B Repeat the last 8B, except that 1st Couple dance to their own sidelines (progressed places) in the last 2B
- 8B 1st, 2nd and 3rd Couples 6 hands round and back (circle 4B to the left and 4B to the right)
- 32B Original 1st Couple repeats the dance from this position for a 4 couple set

SATURDAY TRIAD

https://www.youtube.com/watch?v=EJIB_D0wVU8

Written by: Fried de Metz Herman, 1998
Formation: Proper 3 cpl. longways set
Music: Own tune. Composed by Steve Hunt

- 4 1s cast down as 2s lead up.
 - 4 Top cpls Right Hands across
 - 4 Bottom cpls Left shoulder back to back with neighbour
 - 4 Bottom cpls Left hands across.
 - 8 First cpls split, woman up, man down, full figure of 8 throughd. end cpls.
 - 4 Bottom two cpls lead up through top an cast down to change places.
 - 4 Partners swing
- 32

TRIPLET GALOP QUADRILLE

<http://www.youtube.com/watch?v=tfq8w4mhFKs>

Music: Schomberg Galop

Quadrille Formation Numbering (anticlockwise) 1,3,2,4

Bars

- Chorus
- 16 In ballroom hold and using a galop step, all four couples chasses diagonally right to next place and balance in and out (looking over shoulder at opposite couple). Repeat three times back to place.
- Part 1 – Diagonal Zings
- 8 Top couples chasses diagonally all around the set “zinging off” the side couples (who cower in terror).
- 8 Side couples chasses diagonally all around the set “zinging off” the top couples (revenge!).
- 16 Chorus
- Part 2 – Promenade/Polka
- 4 Taking open ballroom hold, top couples polka promenade across to opposite side, men passing left shoulders.
- 4 Taking ballroom hold, tops circular polka back to place.
- 4 Taking open ballroom hold, side couples open polka across to opposite side, men passing left shoulders.
- 4 Taking ballroom hold, sides circular polka back to place.
- 16 Chorus
- Part 3 – Drawers
- 4 Top couples, Taking ballroom hold with inside arms extended, and facing opposites, charge towards each other with 2’s splitting immediately prior to impact to let 1’s pass through.
- 4 Repeat to return to place, with 1’s splitting to allow 2’s to pass between them.
- 4 Side couples, Taking ballroom hold with inside arms extended, and facing opposites, charge towards each other with 4’s splitting immediately prior to impact to let 3’s pass through.
- 4 Repeat to return to place, with 3’s splitting to allow 4’s to pass between them.
- 16 Chorus
- 64

TWO FISH

Formation: Longways improper set

Music: 32 bar reels. Hommage à Edmond Parizeau A Portland Selection

Source: Keith Wood December 2013

Notes: The second introductory dance (see "One Fish") - featuring a gypsy/swing combination

- 1 - 4 Do-si-do neighbour
- 5 - 8 Gypsy neighbour once around
- 9 - 16 Swing neighbour, finish on the side of the set facing your partner across the set, with the woman on the man's right
- 17 - 20 Long lines forward and back
- 21 - 24 Do-si-do partner
- 25 - 28 Star right once around
- 29 - 32 Star left once around and look for new neighbour
Repeat from progressed position

WHITEHORSE WALTZ

(Waltz Ceffyl Gwyn)

<https://www.youtube.com/watch?v=FGk4F8EEZIE>

Ian Kendall. Created in the 20th Century twmpath style, to honour the City of Whitehorse in the eastern suburbs of Melbourne.

Awarded 1st Prize in the TSDAV Dance Composers Competition at the 2010 NFF.

Formation: Double circle (men with backs to the centre creating inner circle) facing their partners (creating outer circle)

Music: 32 Bar Waltz

- 2 Both starting right foot and with nearer hands joined, take 2 waltz travelling steps along LOD facing forward
- 2 Turning to face in the opposite direction, but still travelling along LOD, take 2 waltz travelling steps (backwards).
- 4 Repeat to place
- 2 Women facing out, dance out for 2 steps while men follow.
- 2 Women turn to face partner and continue dancing out, backwards, while men continue to follow them
- 2 Men facing in, dance in for 2 steps while women follow.
- 2 Men turn to face partner and continue dancing in, backwards, while women continue to follow them
- 4 Back to back (do si do) R shoulder with partner.
- 4 Turn partner once around with both hands and honour partner on last bar
- 2 All chasse two steps to the right
Join LH with new partner and RH with new neighbour of opposite gender
- 2 Waltz balance forward and back
- 4 Releasing hands with new neighbour, turn new partner once around with left hand and honour new partner on the last bar.
- 32 Repeat at will.

Each movement should flow into the next. Changes of direction need to be executed smoothly, with continuous travel in the direction indicated.