

Central Coast Bush Dance & Music Association, Inc.

Flannel Flower Spring Ball



October 9, 2021

Programme &
Dance Instructions

In alphabetical order

Programme

Grand March

Armstrong's Waltz	Love and Kisses
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Flannel Flower Schottische	Turning By Threes
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Kelly's Caper	

Reserves:

Lady Carrington's Waltz

Flowers of Edinburgh

ARMSTRONG'S WALTZ

Formation: Square set

Music: 4 bar intro. 8 x 32 Waltz

Gentle Maiden, The Rope Waltz, Fairy Lullaby, My Love is Like a Red, Red Rose.

Bars

- 4 Allemande left with the corner
- 4 Men RH turn in the centre
- 2 Partners half left hand turn
- 4 Ladies RH turn in the centre
- 2 Men giving right hand to partner's left, turn partner under arm into ballroom hold, facing around the set.
- 4 Balance (or rock) to man's left and right (toward the centre of the set) and waltz on one place
- 4 Balance (or rock) to man's left and right (toward the centre of the set) and waltz on one place
- 4 Balance (or rock) to man's left and right again (toward the centre of the set) and man waltz on to next partner alone:
- 4 Man waltzes new lady back to his place.
- 32

BALLROOM (ORIGINAL) LANCERS

Figure 1 - Jigs

4 x 24 Bars

- 4 First lady and second man advance and retire
- 4 Advance again, turn two hands and return to place
- 4 First couple lead through across the set
- 4 Second couple lead back across the set
- 8 All balance and turn corners
- 72 Repeat with second lady and first man, third lady with fourth man and fourth lady with third man.

Figure 2 -

March

4 x 24 Bars

- 4 First couple advance and retire
- 2 First lady advance to centre and turn to face partner
- 2 Honour
- 8 First couple balance and turn, all form top and bottom lines
- 4 Lines advance and retire
- 4 Lines advance and turn partners to place
- 24 Repeat with second couple.
- 24 Repeat with third couple, forming side lines
- 24 Repeat with fourth couple.

Figure 3 Jigs

2 x 32 Bars

- 4 Ladies advance, curtsey and retire.
- 4 Men advance, bow, turn by left, bow to partners
- Join RHs in centre (ladies place their RH on partners L elbow)
- 8 Promenade around the set to place
- 4 Ladies advance, curtsey and retire
- 4 Men advance, bow, turn by right, join LHs in the centre (RH around partner).
- 8 Promenade around the set to place.
- 32 Repeat

Figure 4 Jigs

4 x 24 Bars

- 8 Top couples visit R then L
- 8 Top couple RH star then LH star with LH couple
- 8 Circle left with same couple and retire to places
- 24 Repeat with side couples leading
- 48 Repeat with couples visiting left then right

Ballroom Lancers cont.

Figure 5 Reels

- | | |
|-------------|------------------------------------------------------------------------|
| 4 x 48 Bars | Plus 24 bar Coda |
| 8 | All grand chain half way around set and honour partner |
| 8 | Continue grand chain to place and honour partner |
| 8 | First couple visit, return to place (facing out) sides slide in behind |
| 2 | Change places with partner |
| 2 | All rock forward and back |
| 2 | Change places again |
| 2 | All rock forward and back |
| 8 | Cast out, reform in line |
| 4 | Lines advance and retire |
| 4 | Advance and turn partners to place |
| 48 | Repeat with second couple |
| 48 | Repeat with third couple |
| 48 | Repeat with fourth couple |
| | Coda |
| 8 | All grand chain half way around set and honour partner |
| 8 | Continue grand chain to place and honour partner |
| 8 | Swing Partners |

CANADIAN BARN DANCE

(This is a non-progressive barn dance from Australia. There is a completely different dance from Scotland also called the Canadian Barn Dance.)

Music: The bar count is based on schottische (4/4) music. If dancing to 2/4 music, double the bar count for each movement.

Instructions: John Short

The gent's steps are described, the lady's steps are reverse unless otherwise noted.

- 1 Ballroom hold with partner, gent facing LOD
Starting on LF, take three steps forward and close RF to LF without weight
- 1 Starting on RF, take three steps backward and close LF to RF without weight
- 1 Take two side chasses steps toward centre of hall, closing RF to LF without weight.
- 1 Take two side chasses steps away from the centre of the hall, closing LF to RF without weight.
- 1 Starting on LF take three steps forward and close RF to LF without weight
- 1 Starting on RF take three steps FORWARD and close LF to RF without weight
- 2 Rotary chasses two turns, finishing still in ballroom hold with the gent facing the LOD ready to start the sequence again.
- 8

CIRCASSIAN CIRCLE MEDLEY

Formation: Sicilian Formation (Couple facing Couple)
(Based on Figures from Prof. J. H. Christison's Book)

Fig 3 (2/4 time set tunes)

- 8 Rights and lefts (Pass opposite by right shoulder, partner by left shoulder and repeat, no hands given). Finish facing partner
 - 8 Set (old time quadrille setting step... To own right, step close, step swing and repeat on opposite feet back to place) and two hand turn partner once around.
 - 8 Ladies chain across and back. Stay in this ladies chain hold with partner.
 - 8 Promenade once around opposite couple (gents left shoulder to left shoulder) and then move on in the direction you were facing to meet a new couple.
 - 32 Total
- Repeat seven times

Fig 4 (Waltz tunes) (May need to close sets up for this figure)

- 8 Rights and lefts (Pass opposite by right shoulder, partner by left shoulder and repeat, no hands given). Finish facing centre of set and take hands in a circle of four.
 - 4 Spanish Waltz (All balance forward and back, then gents pass the lady on their left across to their right. (As in Waltz Country Dance)
 - 12 Repeat previous 4 bars three times. (Back with own partner)
 - 8 Waltz Pousette (Face partner and take two hand open hold. Gents moving forward, ladies moving back, take two waltz steps (2 bars); Gent steps to left around lady. Lady turns to remain facing partner but does not move off that place (1 bar). Lady steps to left around gent. Gent turns to remain facing partner but does not move off that place (1 bar). Gents moving forward, ladies backward, take two waltz steps (2 bars) back into line of set. Turn half way around to finish facing a new couple ready to start the dance again (2 bars)).
 - 32 Total
- Repeat five times
(This waltz pousette is the same as that danced in "Turn of the Tide".)

Figure 5 (2/4 time set tunes)

- 8 Right hand star and left hand star back to place. Finish facing partner.
 - 8 Set (old time quadrille setting step... To own right, step close, step swing and repeat on opposite feet back to place) and two hand turn partner once around. Finish the turn in a ballroom hold with partner with joined hands pointing at the opposite couple.
 - 8 Galop (8 small gallop steps) in the direction of joined hands with gents passing back to back. Galop back to place still with GENTS PASSING BACK TO BACK)
 - 8 Half ladies chain. (Ladies chain to opposite gent only, 4 bars). Still in ladies chain hold promenade **straight past** the opposite couple (gents pass left shoulders) to a new couple to start the dance again (4 bars).
 - 32 Total
- Repeat five times.
Note that in this figure the ladies progress back and forward while the gents progress around the circle.

FEDERATION WALTZ

Written by Karenne Kenny 2001
96 bar waltz x 3 plus 8 bar coda.
Circle of 6 couples.

Numbering: 1-6 anticlockwise around set.
Odds (tops) 1,3,5. Evens (sides) 2,4,6.

Bars

- 4 Honour partners, honour corners.
- 14 Odd couples waltz the set once around.
- 2 Turn lady into place and bow and curtsy
- 16 Even couples waltz the set, finishing with bow and curtsy
Odd men step in to face partners on last 2 bars
- 4 Arches
Even couples join two hands to form an arch and move clockwise over Odds.
Odd couples, join two hands and move anticlockwise under arches
- 4 Waltz to place with Odds on inside, Evens on outside of set.
- 8 Slip Step Arches in opposite direction and waltz to place – odds making arches, evens passing under.
- 8 Odd couples right hand star, then left hand star
(men lead partners by RH into centre to make star).
- 8 Even couples right hand star, then left hand star
- 16 Odd ladies chain with each Odd man in turn (4 times) to reach new partner
- 16 Even ladies chain four times to reach new partner.
- 96
- 96 Repeat
- 96 Repeat to return to partner
- 4 Taking lower promenade hold, all promenade the set.
- 4 Gents turn ladies out (clockwise under right arm) into deep curtsy. Men bow.

Note: The dance symbolises the images present at the time of Federation in Sydney. Six couples representing the six separate colonies which joined together to form the Commonwealth of Australia; 6 pointed stars representing the six pointed Federation star on the new flag and arches, which were built in the streets of Sydney out of wool, coal, wheat etc, through which parades passed during celebrations to mark Federation on 1 January 1901.

THE FIRST SET

Version similar to Christison's but closer to Shirley Andrews'
Quadrille set: 1s face 2s, 3s on the right of 1s facing 4s

Fig 1 (Le Pantalon) 2x32B

- 8 Top couples: Rights & Lefts (no hands),
- 8 Balance set and turn partners (two hands),
- 8 Top Ladies' chain,
- 4 Top couples promenade to opposite places,
- 4 Half Rs & Ls to place.
- 32 Repeat with Side couples

Fig 2 (L' Étè) 4x24B

- 4 Top couples: advance & retire,
- 4 Cross over (without changing sides and turn in),
- 8 Adv, ret and cross back,
- 8 Balance set and turn partners.
- 24 Sides repeat
- 48 Tops then Sides repeat

Fig 3 (La Poule) 4x32B

- 1st Lady and opp. Gent - adv touch R hand,
- 4 retire to opposite place,
- 4 Adv again, join L hand give R hand to partner,
- 4 Line of 4 balance fwd & back x2,
- 4 Turn towards ptr & promenade to opp. places,
- 4 1st Lady and opp. Gent adv & ret,
- 4 adv, honour & ret,
- 4 Top couples adv & ret,
- 4 Half Rs & Ls to place.
- 96 Repeat with 2nd, 3rd then 4th Ladies leading

The Quadrille Fig 4 (La Pastorale) 4x32B

- 4 1st couple adv & ret,
- 4 Re-advance , 1st Lady join opposite couple,
- 4 Line of 3 adv & ret, lead Gent retire,
- 4 Line of 3 adv, Ladies cross (turning) to lead Gent,
- 4 Line of 3 adv & ret, opposite Gent retire,
- 4 Tops adv & form circle (Ladies turning),
- 4 Circle left half way and retire to opp. places,
- 4 Tops half Rs & Ls to place.
- 32 Repeat with 2nd couple leading
- 64 Repeat with Sides (3rd then 4th couples)

Fig 5 (La Finale) 4x32B+16B coda

- 4 All adv & retire in a circle,
- 4 Turn partners,
- 4 All Ladies adv, curtsy & retire,
- 4 Gentlemen adv, bow & retire,
- 8 All balance set and turn corners,
- 8 Promenade to Gentlemen's places.
- 3 x 32 Repeat 3 times to return to place

Coda 16B

- 4 All adv & retire in a circle,
- 4 All turn partners,
- 8 Promenade the set.

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.

Part B (8 bars)

1 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.

FLOWERS OF EDINBURGH

Formation: Longways Sets, 3 or 4 couples

Music: Reels, 32 Bar repeat Celtic Wonder Tr. 6

Bars

- 6 First lady casts off 2 places, crosses below third couple and dances up behind men's line to 1st man's place.
Meanwhile 1st man follows, but dances up middle of set to 1st lady's place
- 2 First couple set to each other
- 6 First man casts off 2 places, crosses below third couple and dances up behind men's line to place.
Meanwhile 1st lady follows, but dances up middle of set to place
- 2 First couple set to each other
- 8 Taking RH in RH, first couple dance down the middle and back
As they reach the top of the set, second couple step in behind them and both turn to face partner, with both hands joined at waist height.
Pousette with second couple
With first man and second lady moving backward
- 2 Take one setting step out to the side and one setting step to execute a quarter turn to the man's RHS,
- 2 Both couples take one setting step up or down the side line and one setting set to execute a quarter turn to the man's RHS,
- 2 Both cpls take one setting step into the middle, and one setting step to turn half way around,
- 2 Drop hands and take two setting steps back to place.
- 32 Repeat from second place.
Other couples repeat

- Pousette = out to the side, quarter turn, up or down, quarter turn, into the middle, turn ½ way, dance back, dance back

GRIMSTOCK

<https://www.youtube.com/watch?v=SmepHV5cM7k>

<https://www.youtube.com/watch?v=4SyVWkoRYL8>
(Grimstock Heys)

Formation: Longways set of 3 couples, proper.

Music: Own tune. The Pride & Prejudice Collection 1 Tr. 15
English Dancing Master c1651 and variations (Julia Smith 2011)

All right foot starts. 2 note introduction.

- 4 All up and back a double, nearer hands joined with partner (RLR together, back RLR together)
- 4 Face partner: Set (R&L), turn single R shoulder back
- 8 Repeat
- 8 "Grimstock Hey": Mirror heys on Ladies and Mens lines starting with 1s going down the centre between 2s. Optionally take nearer hands briefly with partner at top and bottom.
- 16 Siding with partner (Cecil Sharp style) curve past partner passing left shoulder (RLR together, back RLR together) and return on same track passing right shoulder; Set and turn single; repeat
- 8 Hey with arches: taking nearer hands with partner, 1s under arch made by 2s, arch over 3s (don't change places at foot of set) etc. return to places
- 16 Arming with partner: Hook R arm with partner and do a full turn R; set and turn single; repeat with left arm, same set and turn single
- 8 Crossing hey: 1s cross down (lady in front, R hand in R) to opposite side within the set (between 2s and 3s) and mirror hey to foot of set, cross back to own side and mirror hey to places. (2s and 3s stay on own sides).

KELLY'S CAPER

<https://www.youtube.com/watch?v=Y18GD6GqF1A>

This dance instruction was modified from the original three couple dance, as in the video, to a four couple dance.

Formation: Four couples in a longways set

Music: 32 Bar Jigs x 4

- 8 1st cpl. lead down and cast up behind own line to place
- 8 All dance six hands round and back
- 2 1s & 2s take hands along line and set
- 6 Then dance $\frac{3}{4}$ rights & lefts (6 steps) starting right hands across
1s end in 2nd place facing out (2,1,3, 4)
- 8 1s cast around person on Right. (man up, lady down), meet in the middle and swing to 4th place on own side .
3s & 4s step up on bars 31 & 32.
Finish 2,3,4,1
- 32 Repeat with cpl. 2
- 32 Repeat with cpl .3
- 32 Repeat with cpl .4

LADY CARRINGTON'S WALTZ

Formation: Quadrille Tops & Sides.

Devised by: John Short January, 2008

Music: 64 x 4 or 32 x 8 Waltzes. 55 bpm Swag of Treasures Track 2

4 Introduction

4 **Top Couples Waltz Across**

Top couples in ballroom hold rotary waltz across the set in an anticlockwise direction to change places. Stay in ballroom hold with joined hands pointing to the centre of the set.

4 **Side Couples Waltz Across**

Side couples in ballroom hold rotary waltz across the set in an anticlockwise direction to change places. Stay in ballroom hold with joined hands pointing to the centre of the set.

4 **Top Couples Waltz Back**

Top couples in ballroom hold rotary waltz across the set in an anticlockwise direction back to own place. Stay in ballroom hold with joined hands pointing to the centre of the set.

4 **Side Couples Waltz Back**

Side couples repeat previous 4 bars. Stay in ballroom hold with joined hands pointing to the centre of the set.

4 **Top Couples Advance and Leave the Ladies**

Top couples take two chasses steps (2 bars) toward the centre of the set. Drop ballroom hold. Ladies stay in that position while the men take two chasses steps back to place (2 bars). Gents do not turn to face partner.

4 **Side Couples Advance and Leave the Ladies**

Side couples take two chasses steps (2 bars) toward the centre of the set. Drop ballroom hold. Ladies stay in that position while the men take two chasses steps back to place (2 bars). Gents do not turn to face partner.

All gents are now facing anticlockwise around the outside of the set while all ladies are facing clockwise in the centre of the set.

4 **Star and Circle**

Ladies right hand star while gents dance solo anticlockwise around the outside of the set. All turn, ladies right shoulder back, gents left shoulder back, ready for the next movement.

4 **Star and Circle Back**

Ladies return with a left hand star and gents dance solo in a clockwise direction. All finish with own partner in a wavy cross. (ie. Ladies keep left hands joined in centre with right hands joined to their partner's right hands.)

- 4 **Balance and Turn Ladies Under to Change Places**
 Ladies drop left hands. All balance (step on right foot to right and swing left foot across in front of right leg (1 bar) then step on left foot to left and swing right foot across in front of left leg (1 bar)) then all dancers change places with their partners by gents turning the ladies under joined right hands (2 bars). Remain side-on to partner.
- 4 **Balance and Turn Ladies Under to Change Back**
 Repeat the previous 4 bars so that gents finish on outside and ladies on inside. Again remain side-on to partner, do not turn to face partner.
- 2 **Advance to New Partner**
 Take 2 waltz steps toward new partner and take a two hand crossed hold, right hands over left hands with that new partner (2 bars).

Note! This “new partner” is the person who was your corner person when you were in the quadrille.

- 2 **(This is the progression.)**
 Take two chasses steps sideways (ie radially away from the centre of the set) (2 bars).
- 4 **Turn Back to the Gent’s Place**
 In two hand crossed hold and using waltz steps, rotary waltz to the gent’s place (approximately one and a half turns) finishing in correct positions. Drop left hands.
Note: This movement requires the gent to start the waltz by stepping back on his right foot and the lady to step forward on her left foot.
- 8 **Irish Waltz Chain**
 Irish waltz chain halfway around the set to meet (current) partner.
- 8 **Waltz Back to the Gent’s Place**
 In ballroom hold and using rotary waltz steps, waltz back to the gent’s place, ready to start the dance again.

NOTE: At the end of the first, second and third times through, all couples should stay in ballroom hold. Only at the end of the fourth time through should couples separate.

- 64 Repeat with top couples leading again
- 64 **Repeat with side couples leading**
 Side couples lead by waltzing across first and back first (bars 1 to 16) and advancing to leave the ladies first (bars 17 to 24).
- 64 **Repeat with side couples leading again**
- 256

LOVE & KISSES

Composed: Ted Sannella - Swing The Next
Formation: Couples in a circle (American Contra)
Music: Music: 32 bar repeat. A Portland Collection: Track 1;

Bars

- 8 All Balance & Swing Partners
- 4 Ladies adv. to centre & retire
- 4 Gents Advance to centre, turn & dance out to take Partner's left hand & Corner's right hand (wavy line)
- 4 Balance R. & L, then allemande Left H and with partner,
- 4 Right shoulder do-si-do with corner
- 5 Chain: Right-hand with Corner, then Left-hand with second, then Right-hand with third then left allemande (tight turn all the way round) with the 4th
- 3 Chain back:: Right-hand with next, then Left-hand with next, then Right-hand with next to meet Corner
- 32 Repeat

MARGARET'S WALTZ

www.youtube.com/watch?v=5RHwmYZXoeo

Sicilian Circle (Couple facing couple)
32-bar waltz [Pat Shaw 1959]
Music: Own tune. Misc Music

- Inner hands joined with Partner. Face Opposite:
- 4 Advance & retire two waltz steps
- 4 RH turn Opposite
- 4 LH turn Partner
- 4 Ladies chain 1/2 way (maintain hold)
- 2 Chassé right-forward diagonally 2 steps (couples side-by-side)
- 2 Chassé left- forward diagonally 2 steps (passing other couple)
- 4 Turn back to other couple, raise right hands: RH star 1/2 way
- 4 Do-si-do Opposite
- 4 Waltz onto to next Couple
- 32 *Repeat*

Composed for Margaret Grant on her retirement in 1959 as EFDSS representative in Devon

THE MAXINA

http://www.youtube.com/watch?v=iW_a21t3pFA

Version: Canberra & NSW.

Formation: Couples dance. Starting in Upper Promenade Hold, facing LOD.

All movements commence with left foot for both. Dance starts with rocking forward and back

Music: 4/4 - 24 bar repeat.

ATDT Vol. 2 Track 7; Emu Creek Spring Valley Hop. Tr. 21

John's Oldtime Dance Masters. Tr. 15 & 16

Bars

- 2 Rock L, R, L, R
- 2 Walk L, R, L, kick R, walk back R, L, R, L together
- 2 Slow walks L, R and turn R against LOD, backwards: L, R, L, R together
- 2 Facing against LOD: slow walks R, L and turn L, backwards: R, L, R, L together
- 4 Grapevine, start L forward, R together, L back, R together and repeat three times
- 4 Slow walks: L, R forward, quick: cross L over R, 3 steps backward R, L, R and repeat
- 2 Slow L, R forward and lady turns R right L, R, L to face partner (man L, R)
- 6 Circular waltz or rotary chasse.
- 24

MERRILYN

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

Composed: Jim Fahey 1940's and named for his daughter.
Formation: Couples Dance
Music: This dance can be danced to many different styles of music, but is often danced to foxtrots.
Instructions: John Short

The dance starts in ladies chain hold, both dances facing LOD. (ie., Gent on left of lady and slightly behind. The lady has right hand on her hip and the gent places his right hand on her right hand. Left hands are joined and held up and to the left.) This is also called a "shadow hold".

Steps are identical for the gent and the lady unless noted otherwise.

Movement No 1

- 2 Starting on LF take two steps forward LOD, then bring LF to side of RF without weight. S,S.
- 1 Step to the left with LF and close RF to LF and change weight Q,Q,
- 1 Rock back against LOD on LF and slightly elevate RF. Q,Q,
- 4 Repeat the previous 4 bars as a mirror image starting on the RF.

Movement No 2

- 2 Step forward LOD on LF and bring RF alongside LF without weight ("brush"). Swivel on the ball of LF to face diagonal centre of hall. Then step diagonally forward on RF. Bring LF to side of RF without weight ("brush"). Swivel on ball of RF to face LOD. S,S
- Starting on LF, take a side step to left, close RF to LF and change weight to RF. Q,Q.
- 1 Starting on LF, take a side step to the left, close RF to LF without weight. Q,Q.
- 1 Repeat the previous 4 bars as a mirror image starting on the RF.
- 4 S,S,Q,Q,Q

Movement No 3

- 2 Still facing LOD, starting on LF and take two steps forward S,S.
- 1 Lock step forward (ie Step on LF and place RF on left side of LF) Q,Q.
- 1 Step forward LOD on LF and lightly swing RF in front. Q,Q,
- 2 Starting on RF, take two steps against LOD S,S.
- 1 Lock step backward (ie Step back on RF and place LF on right hand side of RF) Q,Q.
- 1 Step back on RF and close LF to RF. The gent does this without changing weight. Lady only changes weight to LF. Q,Q,

Movement No 4

- 2 Gent starts on LF, lady on RF. Take two steps forward LOD. S.S.
- 2 Gent turns to face partner, and rocks back on LF and forward. Meanwhile the lady turns (right shoulder back) under joined left hands to move into ballroom hold with partner S,S.
- 4 Two rotary chasses turn, opening out into shadow hold ready to start the dance sequence again.

TRIP TO BAVARIA

Longways set for 4 couples
32 bar x 4 reels -

Bars

- 2 Star and change
(Centre 4 people right hand star two places to be diagonally opposite from where they started. Meanwhile top couple and bottom couple change places giving right hands)
- 2 Turn Corners
Centres turn corner person by the left hand and leave corners in star in centre.
- 2 Star and change
(Ends change places across the set)
- 2 Turn corners
- 2 Star and change (Ends change places across the set)
- 2 Turn corners
- 2 Star and change (Ends change places across the set)
- 2 Turn corners
Top couple face down, everyone else faces up.
- 2 Tops set below (Top lady sets to second lady, top man sets to second man)
- 2 Tops cross (Tops change sides to finish on opposite sides between second and third couple)
- 2 Set to thirds (Top couple set to third couple)
- 2 Tops cross. (Top couple finish on original sides facing couple four)
- 2 Set to fours. (Top couple set to fourth couple).
- 2 Tops cross. (Top couple cross and finish below couple four on opposite side).
- 4 Advance and turn. (Couples 2,3,4 advance and retire, 2 steps each way, while couple one advance, turn and retire to original side.)
- 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

TURNING BY THREES

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

<https://www.youtube.com/watch?v=Fxk1Mhew0q4>

Composer: Gary Roodman, 2003
Formation: Circle of three couples
Music: 32 x 3 Waltz - (Tourner à Trois by Paul Machlis)

Bars

4 All take hands, face L and circle L (2B), turn single L (2B)
4 4B Repeat to R
4 Partners back to back
2 Grand chain 2 places (quickly): RH with partner and LH with next
2 RH turn with the next person once around into...
4 Gents L hand star once around (back to these new places)
4 Ladies R hand star once around
2 Gents dance to the centre with 2 Single steps (step, close; step, close)
2 Ladies dance to the centre with 2 Single steps, while... Gents fall back
4 Ladies look over R.shoulder, gypsy with this new partner (about 1¼
around, back into the circle)
32
64 Repeat twice

Steps and Style: "Historical English Style." Waltz steps throughout except where noted.

Suggested steps for dancing into the centre and falling back (bars 25-28) are similar to a Pavane step: step fwd R, close L behind, step fwd L, close R behind (2B), then step RLR backwards and close L (2B).

UPON A SUMMER'S DAY

<http://www.youtube.com/watch?v=ztZC6-A1dl0>

Formation Longways set for 3 couples. :
Music: P&P Collection 1 Track 11.

Part 1
8 All lead up and fall back a double. Set and turn single
8 Repeat all that
Chorus
4 Take hands along the sides, go forward and back a double
4 2nd & 3rd men make an arch, as do 2nd & 3rd women;
1st couple lead down centre, separate, and each go under nearest arch
to bottom place, 2s & 3s moving up in last 2 bars
8 Repeat with 2's lead down and under
8 Repeat with 3s leading down and under.
8 Part 2 - Siding
Siding with partner (over by L shoulders, back by right).
Set and turn single
8 Repeat all that
24 Chorus
Part 3 – Arming
8 Partners arm right; set and turn single
8 Partners arm left; set and turn single
24 Chorus