Grand Circle Dance



Form a large Circle around the room with Ladies on Gents' right

- A1 Holding hands. all into the circle and out again. Repeat
- A2 1-4 Ladies into the circle, clap and return
 - 5-8 Gents into the circle, clap and return

(If progressive, Gents should return to their CONTRARY i.e the lady who was on their left side)

- B1 Everyone swing partner (or new partner if progressive)
- B2 Everyone promenade around the set anti-clockwise.

Lucky Seven



Large circle of couples round the room, ladies on gents right

- A1 Into the circle and out again. Repeat.
- A2 Gents do-si do person on their left
 Ladies do-si do person on their right i.e. not their partner
 Repeat with partners
- B Grand chain. FACE YOUR PARTNER
 Counting partner as No 1 give them your right hand
 next person your left, 3rd your right etc
 Finally, swing the seventh person you meet this is
 your new partner

Form a circle once again at the end of the tune.

Hint:- Ladies are dancing clockwise and Gents anti-clockwise

Nottingham Square



Progressive longways set i.e. couple facing couple on a long set with ladies on one side and gents on the other. 'A' and 'B' couples. Step-hopping.

- A 1-4 'A' gent swing 'B' lady by right elbow
- A 5-8 'A' lady swing 'B' gent by right elbow
- B 1-4 'A' couple lead down set and back with a one, two three, hop, schottishe step
- B 5-8 Couples all swing past to meet new couples

Couples at the end miss a turn and go back in the opposite direction.

Pat-a-cake Polka



Couple behind couple in a large circle round the room. Ballroom hold.

- A 1-4 With a little bounce, heel, toe, heel toe using leading foot (gents left, ladies right) then four sliding steps anticlockwise (chassee steps)
- A 5-8 Repeat with other foot in the other direction
- A 9-12 Drop hands, then
 - 3 quick clap with partner right hands together
 - Left hands together
 - 2 hands together
 - round the back i.e. ladies round gents heads, gents round ladies waist
- A 13-16 four bars dancing round polka round on the spot if able to

If progressive then only three bars of polka and ladies move on in 4th bar Start slowly and speed up gradually.

Cumberland Reel





Longways set of four couples

- A1 1st and 2nd couples only RH and back with a LH
- A2 1st couple gallop down to the bottom of the set (take two hands to do this) and then back again
- B 1st couple cast out to their own sides and everyone follows

1st couple arch at the bottom and everyone goes thru with their partner

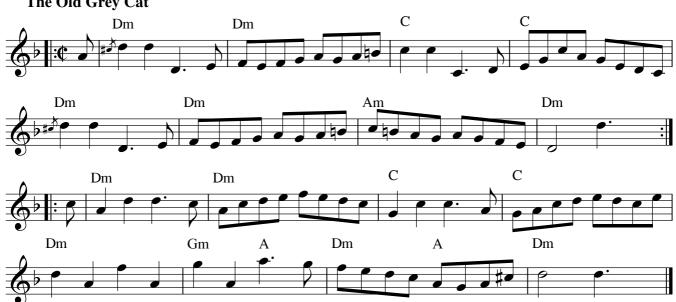
Couples then cast round to the gents side (left) and back up the middle to start the dance again

Strip the Willow

Paddy McGinty's Goat







Longways sets of 4, 5 or 6 couples. Sets of five couples are preferable.

This dance is not usually called, only walked through first.

- 1st couple RH turn 1 1/2 times (more in Scotland!)

1st lady give LH to 2nd gent and LH turn with him to face partner again. RH turn partner and then continue down the line alternately giving LH to gents in the line and RH to partner. This figure is known as a 'single strip'.

- 1st gent now 'strips' back up the set in the same fashion, LH to ladies in the line RH to partner
- Both partners strip back down the line simultaneousl (a double strip), meeting in the middle for the RH turn. When they are clear, the second couple can start as the new 1st couple.

Ninepins





Square Sets, couples designated head couples and side couples. A fifth gentleman stands in the middle of the set.

- A1 Head couples galop across the set and back again. The 'ninepin' in the middle tries to aviod them.
- A2 Repeat with side couples.
- B 1&2 'Ninepin' swings each lady in turn while her partner moves into the centre of the set until all four gents are standing in the middle
- A1 etc All five gents circle left until the caller signals the band to stop.

 Gents all try to grab a partner. The one who is unsuccessful becomes the ninepin next time through

Cumberland Square Eight



Square sets of four couples. Top and side couples.

- A1 Top couples galop across set and back
- A2 Sides repeat
- B1 Top couples RH* and LH*
- B2 Sides repeat
- A1 Top couples basket
- A2 Sides repeat
- B1 All circle left
- B2 All promenade partners back to place anti-clockwise

Can be varied with sides starting.

Concert pitch

Blaydon Races







Large circle round the room. Gents with ladies on their right.

- A1 1-4 Everyone four steps in, four steps out or galop in and out
 - 5-8 Repeat
- A2 1-4 Partner in ballroom hold. Two chassee steps into circle and two out, or galop in and out
 - 5-8 Four polka steps round circle with partner
- B1 1-4 Promenade anti-clockwise
 - 5-8 To make dance progressive, gents pass on to lady in front
- B2 1-4 Balance twice on to left foot, swing right over, onto right foot, swing left over. Repeat
 - 5-8 Swing partner