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# **FOLK DANCING FOR SCHOOLS**

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**2014**

*Hertfordshire Folk Dance Festival*  
*Saturday 5th July 2014*  
*Programme of dances*

Dances for the Festival will be selected from the following collection, not necessarily in  
the order printed.

See "notes" on last page for explanation of asterisks, and, e.g. (T4).

*Festival Dances*

**1. Cumberland Reel\***

Form:- 4, 5, or 6 couple longways set (facing partners)

Music:- 32 bar reels or jigs (T4)

- A1 Two top couples **right hand star** then **left hand star**
- A2 1<sup>st</sup> couple **gallop** down the centre and back to the top; lead a **single cast** (the boy to the left and the girl to the right, the others following)
- B1 1<sup>st</sup> couple make an **arch** at the bottom, the others promenade up through the arch to progressed places
- B2 New top couple lead a promenade round to the left and back to places (**double cast**), all following

Repeat 4,5,6 times

Source: EFDSS Community Dances Manual

**2. Farmer's Jig\***

Form: 4-couple longways sets (facing partners)

Music: 32-bar jigs (T9)

- A1 All four couples face up and **advance** up the set, turn **and return** to places
- A2 Partners give two hands to each other and **gallop** up the set, then gallop back to places.
- B1 First and second couples right-hand star, followed by left-hand star, while third and fourth couples do the same (**in groups of four right-hand stars; back with the left**).
- B2 First couple **single cast**, the boy to the left and the girl to the right, the others following. First couple make a two-handed **arch at the bottom**, others walk up through the arch (holding inside hands) and up the centre.

**N.B.** All couples should remain facing up, ready to start the dance again as **A1**.

Repeat 4 or 8 times

Source: *Everybody Dance* (EFDSS 1972)

### 3. Peggy's Jig\*

Form:- 3 couple longways set

Music:- 48 bar jigs (T16)

- A1 Girls take hands along the line, and led by the first girl, cross over and dance behind the boys' line back to places (**girls around the boys**)
- A2 Boys take hands along the line, and led by the first boy, cross and dance behind the girls' line and back to places (**boys around the girls**)
- B1 The first and second couples right and left hand **stars**
- B2 The top couple **gallop** down the set and back to the top
- C1 The top couple **single cast**, followed by the others; first couple make a two handed arch at the bottom of the set, the others meet partners at the bottom of the set and lead up through the arch to progressed places
- C2 All **swing** partners

Repeat 6 times

### 4. Bridge of Athlone\*\*

Form:- 5 couple longways set

Music:- 48 bar jigs or reels (T16 - only 4 times through)

- A1 **Lines forward** to meet **and back, cross over** with partner
- A2 Repeat A1 back to places
- B1 **Top couple gallop** down the middle and back
- B2 Top couple **cast** to bottom and make an arch; **other couples follow**, lead up through the arch to new places and make 2 handed arches with partner (**tunnel**)
- A3 1<sup>st</sup> girl (at the bottom) goes **up** through **the tunnel** and **down the outside** to the bottom while the 1st boy goes up the outside and tunnels down the middle
- B3 All **swing** partners

Repeat 5 times

Source: EFDSS Community Dances Manual

## 5. Virginia Reel\*\*

Form: 4-couple longways sets  
Music: 48-bar jigs/reels (T16)

- A1 All **forward** in lines (clap, clap, clap), **back** in lines (stamp, stamp, stamp). Repeat
- A2 **Right-arm turn** partner, then **left-arm turn** partner
- B1 Turn partner with both hands (**two-hand turn**), then **do-si-do** partner
- B2 Top couple join both hands and **gallop down** the middle **and back**.
- A1& Top couple, followed by other couples **single cast** to the bottom; 1st couple make an **arch**
- B2 Other couples lead through the arch and **swing** in progressed places

Repeat 4 times

## 6. OXO Reel\*\*

Form: 6-couple longways sets

Music: 32-bar reels (T19) *Note: CD music only five times through dance*

- A1 All join hands in lines, **forward and back; forward again, boys arch and girls duck under.**
- A2 As A1, but **girls arch, boys duck under.**
- B1 Top two couples and bottom two couples circle left and right, while middle two couples right and left hand star (OXO). (**Circle each end, middles star, and back the other way**)
- B2 **Top couple gallop** to the bottom of the set; **all swing partners.**

Repeat 6 times

*Source: Caller's Choice Vol. 2 (EFDSS 1981)*

## 7. Clopton Bridge\*\*

Form:-4 couple longways sets

Music:-32-bar hornpipes (T11)

NB The dance is done with a step hop throughout

- A1 **Top boy and bottom girl right arm turn** followed by **left arm turn**
- A2 **Top girl and bottom boy right arm turn** followed by **left arm turn**
- B1 2nd and 3rd couples do right hand star, then left hand star (**Middles star**)
- B2 **1st couple swing down the middle** (others move up to progressed places), **all swing.**

Devised by John Chapman

## 8. Durham Reel\*\*\*

N.B. This is a "set" dance - it doesn't repeat and there is no progression.

Form: 4-cpl longways

Music: 5x16-bar jigs (set tune T12)

- A1 All join hands and **circle left**.
- B1 Keep holding hands and **circle right**, finishing in longways formation (**back to two lines**).
- A2 Top couple turn away from each other into a **single cast** followed by the others. Each couple meets at the bottom of the set and leads their partner back to place.
- B2 Repeat **the single cast**
- A3 **Double cast**. First couple, followed by the others, cast to the left, to the bottom of the set, and lead up the set to original places.
- B3 Repeat **the double cast**
- A4 **Thread the Needle**. Take hands in lines, bottom couple join hands to form a "horseshoe"; top two girls raise their hands to make an arch; top boy leads all the others through the arch, curving right and back to place. (**Girls arch**)
- B4 Repeat A4 with the top two boys making the arch. (**Boys arch**)
- A5 All **circle left**.
- B5 All **circle right**.

Source: *English Folk Dancing in the Primary School* Helen and Douglas Kennedy (Novello 1960)

## 9. Barley Reel\*\*\*

Form:- 4 couple longways set

Music:-48 bar jigs (T16)

- A1 **Lines go forward and back**, then **cross over**, boys making arches
- A2 Repeat, with girls making arches
- B1 & 2 **Strip the willow** - the top couple right arm turn each other nearly one and a half times until the girl is facing the second boy, and the boy is facing the second girl. Top couple let go of each other, left arm turn second person in the opposite line then right arm turn partner again, on to the next person in the opposite line with the left and so on to the bottom of the set where they turn to finish on their own side.
- C1 Working couple make a two handed **arch** at the bottom of the set, the other couples face up, **cast down** away from their partner and come up through the arch to places.
- C2 All **swing partners**

Source: *Swing Partners - Sybil Clark & Mary Evans* (EFDSS 1964)

## 10. Circassian Circle\* (The Big Circle)

Form: Circle (girls on boys' right)

Music: 32-bar reels or jigs (T3)

**A1** All take four steps towards the centre and four steps back; repeat (**forward and back twice**).

**A2** **Girls go in** towards the centre (clap on fourth step) and out; **boys do the same**.

**B1** **Partners swing**.

**B2** **Promenade around the circle** (anti-clockwise: boys on the inside).

Repeat as many times as you please!

Source: *Community Dances Manual*

## 11. Muffin Man\*

Form: Circle (girls on boys' right)

Music: 32-bar polkas (T7)

**A1** **All to the centre and back twice**.

**A2** Face partner, take both hands: four **gallop** steps **into the centre and back**, repeat.

**B1** **Promenade** partners.

**B2** **Swing** partners.

Repeat as many times as you please!

Source: *Everybody Dance* (EFDSS 1972)

## 12. Patacake Polka\*

Form: 2 concentric circles, boys inside facing partners.

Music: 16 or 32-bar polkas (T8)

**A** Hold both hands with partner; to boy's left: **heel, toe, heel, toe**, 4 chassays to the boys' left (**chassay left**). Repeat to right.

**B** 3 claps each to partner's right, to partner's left, to partner's both hands, to own knees. Swing partner. (**right, right, right; left, left, left; both, both, both; knees, knees, knees; swing**)

(A **chassay** is a side-step: step and close) Repeat as many times as you please!

Source: *Swing Partners - Sybil Clark & Mary Evans* (EFDSS 1964)

### 13. I Want to be Near You\*\*

Form: Square sets (girls on boys' right)

Music: Set tune (T5)

**A First couple separate; go out around the ring,**

**You pass your partner going out, you pass her coming in.**

(Number 1 couple separates, dances round the outside of the square [boy clockwise, girl anti-clockwise], passing partner behind number 3 couple, and dances back to place).

**B Honour your corner lady** (boys bow to the girl on the left);

**Promenade your own** (all promenade around the set with a cross-hand hold - boys on the inside, girls on the outside).

**Sing: "I want to be near you, you're the one, the one, the one,**

**I want to be near you, you're the one for me!"**

The next time through the dance, the second couple separates, then the third, the fourth, then the first and third (head couples), second and fourth (side couples), and finally everybody! - seven times through the dance altogether.

Source: *Dancing for Fun* (EFDSS 1967)

### 14. Goathland Square Eight\*\*

Form: Square sets

Music: 32 bar reels (T18) Note: five times through dance

N.B. Couples are numbered 1,2,3 & 4 anti-clockwise, starting with the couple facing away from the music.

**A1 All join hands in a circle, and circle to the left, then back to the right.**

**A2 Number three couple makes a single-handed arch, and the ones and threes cross over, ones going under the arch made by the threes. Number four couple makes an arch; twos and fours cross over. Repeat this, but with ones and twos making arches, till all are back to place. (Threes arch, ones under; fours arch, twos under; ones arch, threes under; twos arch, fours under)**

**B1 All face partners and grand chain half way round the set, where everyone swings his or her partner.**

**B2 Continue the grand chain until back to original place, then swing partner again.**

Repeat 4 or 8 times

Source: *Community Dances Manual* (EFDSS 1949)

## 15. Cumberland Square Eight\*\*

Form: Square sets - NB Head couples are couples 1 & 3, side couples are couples 2 & 4

Music: 64 bar reels or jigs

- A1 Head couples, **gallop across**, boys passing **back to back**; **gallop back**, girls passing back to back
- A2 Side couples the same
- B1 Head couples **star right**, **star left**
- B2 Side couples same
- A3 Head couples **circle left**
- A4 Sides the same
- B3 **Everyone circle left**
- B4 Couples **promenade home** (boys on the inside ie anti-clockwise)

Source Community Dances Manual

## 16. Moonstruck\*\*

Form: Sicilian Circle (couple facing couple in a big circle)

Music: 32-bar reels (T6)

- A1** Everyone clap own hands once. Clap opposite's right hand with own right hand. Clap opposite's left hand with own left hand. Clap own hands once. Cross arms over chest. Clap own hands once and then both hands with opposites (4 bars). (**Together, right, left, together, cross, together, both**)
- Do-si-do** opposites (4 bars).
- A2** Repeat A1 movements with partners.
- B1** Join hands in fours and **circle left**, then **circle right**.
- B2** Holding single hand with partner, advance and retire with opposite couple, move out to the right and on to the next couple (**forward and back; move on**).

Repeat as many times as you please!

Source: *Barn Dance for Children - Ron Beeson*



## 17. **Goddesses\*\*\*** (Playford's Dancing Master 1651)

Form: Four-couple longways set

Music: Set tune (11 x 16 bars) (T17)

### **First Figure (Introduction) (Forward and back)**

A Bars 1 - 4: Boys lead girls forward four steps and retire back to places.

Bars 5 - 8: Repeat.

B **Chorus:** First boy and first girl followed by the rest of the dancers each casts away to the bottom of the set and when couples meet they again cast outwards and back to places (each dancer moves on the curve of a figure of eight). The chorus demands a vigorous "drive" off the stationary foot. This Chorus movement comes between every figure.

### **Second Figure (Boys halfway round the girls; girls halfway round the boys)**

A&B The boys round the girls who remain stationary; when the first boy arrives opposite the last girl, the boys turn about briskly and return to places. **Chorus.**

A&B The girls do the same figure round the boys. **Chorus.**

### **Third Figure (Boys all the way round; girls all the way round)**

A&B This time the boys dance (to their places) all the way round the girls. **Chorus.**

A&B The girls do the same figure round the boys. **Chorus.**

### **Fourth Figure (Boys circle; girls circle)**

A Bars 1 - 4: The boys (facing into the set) give hands in a ring and circle left.

Bars 5 - 8: Circle back to the right and open up into their position for Chorus.

B **Chorus.**

A&B The girls do the same figure. **Chorus.**

### **Fifth Figure (All circle)**

A Bars 1 - 4: All eight dancers join hands in a ring and circle left.

Bars 5 - 8: Circle back to the right and open into positions for chorus.

B **Chorus.**

### **Sixth Figure (Boys reel; girls reel)**

A The first and third boys face down, while the second and fourth boys face up. They then perform a reel of four, passing right shoulders to begin with and turning when they reach the end of the line. The reel continues until all the boys are back in place; they all face up ready for the chorus.

B **Chorus.**

A&B The girls do the same figure. **Chorus.**

### **Seventh Figure (Grand chain)**

A First and fourth couples turn to face inwards (i.e. face partner); second couple face down, third couple face up. From this position dance a Grand Chain (giving hands), passing right shoulders first, until back to place.

B **Chorus.**

Steps: A skipping step is recommended as suitable except for the introductory figure for which the lilt walk is suggested.

Source: English Folk Dancing in the Primary School (EFDSS 1960)

## 18. The Black Nag\*\*\* (Playford's Dancing Master 1651)

Form: 3-couple longways sets

Music: Set tune

N.B. The main step is a running-step; cross-overs in Part 2 are done with a slip-step and the hey in Part 3 is done to a skipping step.

Part1:

Verse: **(With partner, forward and back)**

Bars 1- 4 Boys lead girls forward four running steps and retire back to places.

Bars 5- 8 Repeat.

Chorus: **(Slip steps up)**

Bars 9-10 Face partner, take 2 hands. First couple slip up (to boy's left),

Bars 11-12 followed by the second couple,

Bars 13-14 and then third,

Bars 15-16 all turn single (once around to the right with four running steps).

Bars 17-24 Couples slip back to place in reverse order, all turn single (once around to the right).

Part 2:

Verse: **(Siding)**

Bars 1- 8 Siding (partners dance towards each other and return). Partners dance forward with four running steps, finishing level with partner meeting right shoulders, then return with four running steps and repeat, this time with left shoulders meeting.

Chorus: **(Crossing)**

Bars 9-10 First boy and 3rd girl change places with four slip-steps sideways (right shoulder leading), passing "back to back",

Bars 11-12 first girl and 3rd boy do the same,

Bars 13-14 followed by 2nd boy and 2nd girl,

Bars 15-16 All turn single (once around to the right).

Bars 17-24 Do the changes again to return to place, all turn single.

Part 3:

Verse: **(Arming)**

Bars 1- 4 Right elbow-swing with partner once round and return to place with eight running steps.

Bars 5-8 Left elbow swing as Bars 1-4

Chorus: **(Heys)**

Bars 9-16 Boys' reel (first boy faces down, second and third boys face up. With skipping steps, weave a figure-of-eight, passing alternately right and left), turn to face girls at end of reel.

Bars 17-24 Girls' reel, as above, turn to face boys at end of reel.

End All bow to partners.

## Glossary

Up	towards the music
Down	away from the music
Top of the set	the end nearest the music
Bottom of the set	the end furthest from the music
Right arm turn	dance around each other, linked by right arms (hands holding each other's elbows)
Left arm turn	as above, with left arm
Star	in fours, opposites join right hands to form a star shape and dance forwards; this figure is usually repeated with left hand
Do-si-do	dance past partner by the right shoulder, move to the right and return to place backwards, passing partner by left shoulder (sometimes repeated using opposite shoulders)
Balance	jump on both feet, then kick right leg across while hopping on left leg; repeat by jumping on both feet, then kicking left leg across while hopping on right
Swing	dance around partner with a cross-hand hold
Promenade	take cross-hand hold with partner beside you and dance forwards.
Hey (in Black Nag)	a figure-of-eight for three people. Top person face down, others face up; top person pass right-shoulders with middle person and left shoulders with bottom person. Meanwhile middle person turns and comes back into the line, passing right shoulders with original bottom person, and original top person turns and re-enters passing left shoulders, and so on.
Chassay	a side-step: step and close

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## Notes

The number of asterisks next to the name of a dance indicates the difficulty. The more asterisks, the harder!

At the Festival, all dances will be called and clear reminders will be given.

**Music:** Any music that fits the pattern of the dance will do, although *I want to be near you*, *Goddesses* and *Black Nag* work best with their own tunes!

Music for most of the dances is featured on the EFDSS CD, **Keep Dancing**, produced in conjunction with the Hertfordshire Folk Association. Where a dance is on the CD, the track number is shown in brackets against the music section, so that, for example, "(T18)" indicates that the music for that dance can be found on track 18 of the CD. The CD, together with a huge range of other excellent publications, is available from the English Folk Dance and Song Society, 2, Regents Park Road, London NW1 7AY, price £10

<http://folkshop.efdss.org/CDs/Keep+Dancing.html>



CDs, including an instruction booklet, (Country Dance Favourites for Schools, Vol I and Vol II) with music for Black Nag, Cumberland Square Eight and other dances often used at the festival may be obtained from Heritage Dance Recordings, 270 The Ridgeway, St Albans, AL4 9XQ. Tel: 01727 751694

*Quote Hertfordshire Folk Association Summer Dance Festival for a discounted price.*