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Continuation of La Tempête /  
With skip step joining right hands in  
centre. Advance & retire skip step (1,2,3 - 1,2,3),  
clap hands to right & left (1,2,3 - 1,2,3)  
1<sup>st</sup> & 3<sup>rd</sup> rows join hands. 1<sup>st</sup> row skips  
to row 3, row two passing beneath their  
arm to their place etc.

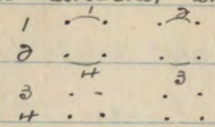
### Strip the Willow

1<sup>st</sup> L. swings with 2<sup>nd</sup> G. then with  
partner, then with 3<sup>rd</sup> G.; then with  
P.----- to end of line.

1<sup>st</sup> G. swings with last L.; then with  
partner to the top. Then 1<sup>st</sup> L. swings  
2<sup>nd</sup> G. while 1<sup>st</sup> G. swings 3<sup>rd</sup> L.;  
1<sup>st</sup> G. & 1<sup>st</sup> L. swing together ----- to end  
& stay at end. Repeated by 2<sup>nd</sup> couple

(2) La Tempête

Stand in rows of four - the rows facing one another in couples



1<sup>st</sup> & 3<sup>rd</sup> couples join right hands & skip round 8 steps, then join left hands & skip back.

2<sup>nd</sup> & 4<sup>th</sup> couples repeat.

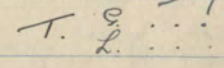
Each couple face partners, balance to 8 & swing to 8 - Chassez - Slip step in two rings of 4 (1<sup>st</sup> & 4<sup>th</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>) for 8 & back.

Continuation on page I

Duke of Perth.

1<sup>st</sup> couple swing once 1<sup>st</sup> L. swings 3<sup>rd</sup> G. while 1<sup>st</sup> G. swings 2<sup>nd</sup> L.; 1<sup>st</sup> couple swing again - 1<sup>st</sup> L. swings 3<sup>rd</sup> G. while 1<sup>st</sup> G. swings 3<sup>rd</sup> L.

Each balance with these partners & swing then face the other partners already swung with & balance & swing Reel of 3 on each side Top couple cross over Repeat.



(4)

The next

Steps - change of step.

1<sup>st</sup> G. & 2<sup>nd</sup> L. join right hands & turn round till G. is in between 2<sup>nd</sup> G. & 2<sup>nd</sup> L. he then takes 2<sup>nd</sup> G. left hand.

These 3 are now in a line across the figure, making two arches.

1<sup>st</sup> L. goes beneath the arches & when she gets to place she started at - takes her partners hand & down middle up. 1<sup>st</sup> & 2<sup>nd</sup> couple waltz to 2<sup>nd</sup> place.

(5)

Light about the fireside

1<sup>st</sup> couple down the centre up

G. landing opposite 3<sup>rd</sup> L. : L. landing opposite 2<sup>nd</sup> G. - 2 reels of 3 across set.

1<sup>st</sup> G. balance & swing with the 3<sup>rd</sup> & 2<sup>nd</sup> L. while 1<sup>st</sup> L. balance & swing with the 2<sup>nd</sup> & 3<sup>rd</sup> G.

1<sup>st</sup> couple balance 4 times in middle & swing.

Repeat.

(6)

## Glasgow Highlanders

1<sup>st</sup> G. & 2<sup>nd</sup> L. change places

1<sup>st</sup> figure of quad.

2<sup>nd</sup> G. takes two ladies down centre

1<sup>st</sup> G. brings two ladies back.

Stand ready for four some reel; balance

8 times; figure 8

Repeat.

(4)

## Flowers of Edinburgh

Steps - change of steps 1, 2, 3.

1<sup>st</sup> G. chases 1<sup>st</sup> L. round three top couples, he comes up centre meeting her at top; balance twice.

1<sup>st</sup> L. chases 1<sup>st</sup> G. etc.

1<sup>st</sup> couple down the centre, <sup>1<sup>st</sup></sup> & 2<sup>nd</sup> couple waltz to new places.

(8)

Princes Royal

Top couple waltz thus: 1. 1. ::

balance twice; then waltz: . . .

balance twice

Top 6 round in ring back; 3<sup>rd</sup> L's+ 1<sup>st</sup> L. + 2<sup>nd</sup>. 2 men + 1<sup>st</sup> L. advance+ return hands joined - top couple  
cross over - clap hands to left

(1, 2, 3 - 1, 2, 3); two rings of three

Repeat.

(9)

Dunder Royal Arch

Top couple change places:

1<sup>st</sup> G. + 2<sup>nd</sup> L. balance + swing:then ditto 1<sup>st</sup> L. + 2<sup>nd</sup> G.Ladies chain: all four down the  
middle in a line: 1<sup>st</sup> couple waltz  
to 2<sup>nd</sup> place: 2<sup>nd</sup> couple waltz  
to 1<sup>st</sup> place

Repeat.

Continuation of first fig

8 stride st. own back w. jumping  
on to alternate feet which always  
remain at stride (8 of these) then  
fling steps for six beats, face partner,  
curlsey



Irish jig

Dance with partner. Each face front

- (1) Jump on to right foot at same time  
clap hands. Jump back on l. foot  
then 6 hops outwards shaking right  
foot; apart, spring, spring, spring,  
apart, spring, spring, spring.

Repeat to l.

- (2) (Dance away from partners) Toe,  
heel, toe, heel: - 6 times heel, heel,  
heel. Repeat coming back: finish  
facing partner

- (3) Pointing steps facing partner, then  
back to back. Finish facing front.

- (4) Rocking steps forward

- (5) Back w. point up, stamp; stamp  
stamp: point up stamp: stamp:  
stamp, point up, point up; point  
up stamp, stamp, stamp.

- (6) Face partner, toe up, shake, shake

toe, up, shake, shake, toe, up

toe, up: up, up, up, knee up

bending turning heels in

Repeat.

- (4) Face front. L. cross in front of  
G. who crosses behind us. peculiar  
running jumping steps, six steps  
times, spring, spring, spring.  
Same back to place

- (8) On page 9.

Reel Steps.

Slow 1. Side, knee, front, knee,  
side knee, over, hop (turn on this  
last hop) Repeat.

Slow 2. R.t. hop, left hop (going in  
outward direction) turn - change  
of step back to place left hop  
right hop, change of step

## 3. Schottische step.

Quick 1. Spring, spring, spring, 2, 3,  
2. Coupee, couplet, couplet, couplet,  
balance, couplet, balance,  
couplet

3. Balance, couplet

(Steps done at Berkeley Hall)

10/11/14

Slow. To side, knee, front, knee; side,  
knee, front knee; side, knee,  
front knee, fling step turn.  
Back opposite way.

Reel Steps.

1. Behind 2, 3, hop.
2. Balance, couplet.
3. Right hop, left hop, behind 2, 3 etc.
4. Heel toe, twice right, twice left,  
twice right, slide, slide, slide, slide.  
Repeat beginning with left foot.

Quick Steps.

1. Point, up, behind 2, 3.
2. Spring, spring, spring 2, 3.
3. Coupee, couplet, couplet, couplet,  
balance couplet; balance couplet
4. Steps of Highland Fling

Square Dance

Sets of eight (square)

Join hands in air

1 Change of step, hop march round to place in four steps; ladies in 1, 2, 3 join hands in air, out 1, 2, 3 slip round to place.

Repeat air. gent in, round opposite way

2 Finish in two lines. Cross over w.

change of step, hop in; two

dargason steps, pirouette, reel of

H, stop at end of music in dif.

place. Repeat two & you are back

in place. Form square

3 1<sup>st</sup> & 3<sup>rd</sup> L's slip back to back to

opposite places very quickly. Each

pair do same, starting of 2 beats

after last pair. All back to

place with Grand Chain

Repeat

H, L's form circle with backs facing centre slip round to opposite place, balance wron round with opposite G. Gent do same Back to places with French reel, 1<sup>st</sup> & 3<sup>rd</sup> couple, then 2<sup>nd</sup> & 4<sup>th</sup> couple. Honour your partner.

(16)

Belgian DanceSets of eight (square)

To Lines of four, facing front  
 Courtesy left, c. R., run forward 4 steps  
 slid to 1 space (A.S. up) Reverse this  
 Figure of 8 of 4 in 8 hops; run back  
 4, space Reverse

1<sup>st</sup> Step Partners join middle hands;  
 slide, toe, shake, shake, turn forward,  
 then drop hands; each turn outward  
 backward, do step 4 times, then meet  
 partner in turning inward join same  
 hands & do two more same steps.

Partners lay st. arms on shoulders;  
 hop round to 8. Reverse  
 1<sup>st</sup> step.

(17)

French Dance

Lines of 4 facing front.

Right hops 1, 2, (running w. knee bent on  
 Left hops 1, 2, the spot)

Right hops 1, 2. Left hops 1, 2,

8 Running steps outward looking at  
 hand (our head) left foot in front,  
 reverse

Reverse 1<sup>st</sup> step.

Slide right - pirouette repeated } Facing  
 Slide left " " } partner

- Cross to partners place. by the right-  
 skip steps - 1, 2, 3, 4; pirouette to  
 right Reverse

Face front, line of four join up (end  
 people hold skirts, middle  
 people one arm on neighbour's  
 shoulder

Wheel - centre st. end (skip step)

Pirouette right, pirouette left,


(18)

pirouette right, slide left, - pose  
1/2 kneel st. pos A.S. out.

(19)

mazurka (Russian)

Dance for four couples.

Stand! - 

Join hands partners.

Point right, point left (slow time)

" " " " (quicker time)

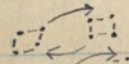
Fly right 2, 3; fly left 2, 3; 1, 2, 3, stamp  
- point!!

Repeat four times stand back in  
your own place.

3 G. kneel 1<sup>st</sup> + 3<sup>rd</sup> lady cross over  
with flying steps & join right hands  
with kneeling Gent. 2<sup>nd</sup> + 4<sup>th</sup> R's  
do same. Repeat back to places

3 Face partners, in same position  
clucking steps four times, stamps 2, 2  
(4 times) Repeat (reverse)

4 G's behind partners, join hands! -



Polonaise in direction shown  
(step 3 times) then for remaining

(20)  
bar 9. grips lady round waist &  
assists her to jump :- (1) ♪. (2) ♪♪ ♪!!  
Same road home Pose.

Russian March (Circular) (21)

Circular Dance. Partners join  
middle hands, holding them up &  
back

1. Stamp two together, hop, balance,  
balance - - - - - 4 times

2. Fly away two, three, four, balance,  
balance,

Fly together 3, 4 balance, balance

cross & going behind 2, 3, 4 --- 8

balance, balance stamp 2, 3, !!

Reverse 1<sup>st</sup> steps.

3. Stamp, point, 1, 2, 3, # 1, 2, 3 (turn  
outward) run forward 1, 2, 3, 4 stamp

2, 3, !! Repeat 4 times

1<sup>st</sup> steps & pose.

(22)

music mazurka quick

Mazurka Dance (as done in show)

- 1 First step of maz. Russian
- 2 Face partners, Gent with back to centre  
Stamp (st) two! together, back! two!  
together (half passing one another);  
join both hands, stamp! shake  
shake; stamp shake, shake,  
(into partners place) repeat to own  
place.
3. Step (3) of Russ. Dance - not claim 2<sup>nd</sup> time
- 4 L's solo Fly 2, 3, 4; fly 2, 3, 4!  
pirouette stamp! (st)! Fly to centre,  
fly to partner, turn him round to  
place with turning steps, sides  
back to places.
- 5 G's solo Fly 2, 3, 4, fly 2, 3, 4 (as in step 1.)  
all G's going round square once following  
one another
- 6 3<sup>rd</sup> step of Russians march unless for  
finishing w. 1, 2, 3 stamp (st). (all couples)

(23)

as in step (1.)

- 4 maz. Russ. Step 3.
- 8, 2nd L's solo (maz. Russ. step 2)
- 9 L's join hands in ring do small  
balance, step round to places,  
G. do 1<sup>st</sup> step in opposite direction  
When partners meet G. twists lady  
round & catches her as she finishes  
on his st. arm.

(34)

Russian Dance (Figure)

Sets of 8 stand diagonally

(1) Russian march step (1 2 3 4 back 2, 2!)  
 passing partner on right back to place  
 join r. hands, run to partners  
 place. Reverse

2) Lines of fours up & down set.  
 cross over (gent to outside - rest in  
 between) R. hop, left hop, (turn  
 on this hop) 1, 2, 3! balance turn!  
 pirouette (dragging left toe) cross  
 in same way but instead of  
 balancing etc. ladies chain &  
 doing a figure 8 all by himself  
 Repeat 1<sup>st</sup> step.

(35)

Russian Mazurka.

4 Lines (2 files work together)  
 2 mazurka steps (stamp! together!  
 hop) to opposite place - pirouette  
 (always outward) - repeat back to  
 place. (Hands waving at side for  
 mazurka steps, overhead for  
 pirouette) 2 mazurka kick steps  
 to opposite place, stamp, point  
 (should always have inside foot  
 pointed) arms flung wide -  
 repeat back to place. Fly w.  
 6 hops to centre, 6 hops out  
 again, back w. 4 slow balanced  
 steps: - 2 centre stamp! p. r.  
 left hand flung up, r. hand  
 flung across chest, repeat 4  
 times - cross to opposite place  
 with 6 running steps - repeat  
 stamping & run back to place



(26)

Repeat all this from the flying  
Face front, step forward with rt.  
foot, toe uppt. left, hands forward  
upward raise, deep crotch.  
Repeat 1<sup>st</sup> step, pose, hands  
sideways flung

(27)  
Old England Dancers  
Gathering Peascods.

Ring of 8 or 10.

1<sup>st</sup> Verse - slip round & turn single  
slip back & turn single

Chorus Gentlemen round

ladies round

Gather the peascods (gent's first)

2<sup>nd</sup> Verse. side, turn single, repeat  
chorus.

3<sup>rd</sup> Verse Arms, turn single; repeat  
- with left arm: chorus.

Crotch.

The Quakers Wife

Four couples - two lines

Balance forward 4 times, back with 4 flying steps, face partners, curtsy w. curtsy left, L's join hands in line. G. through arches with 8 steps (skip) finishing on knee. L. round G. Repeat

Lines join hands. All chassey w. 3 steps up. chassey left 3 steps & point; join hands w. part. bal. twice L. piroettes Repeat.

Partners join both hands, first couple, thread bit, couples to bottom on last bar all kneel, while 1<sup>st</sup> couple with inner hands joined dance up & down lines - G. up centre, L. up w. outside & down other side, Each couple repeat 1<sup>st</sup> step.

Old male

Dance for 3 couples.

Stand: - 2 <sup>1</sup> 3 <sup>4</sup> 4 facing X

Run forward for steps & backward, turn single Repeat.

Repeat running towards y.

" " " ~~X~~ Z

1<sup>st</sup> L. & 3<sup>rd</sup> G. advance & retire then change places

1<sup>st</sup> G. & 3<sup>rd</sup> L. " " " "

2<sup>nd</sup> L. & 2<sup>nd</sup> G. " " " "

3<sup>rd</sup> & 2<sup>nd</sup> G. join hands; also 1<sup>st</sup> & 2<sup>nd</sup> L's (new pose)

Both lines of 3 advance & retire, then cross over, single person going beneath arches. People in the positions which 3<sup>rd</sup> & 2<sup>nd</sup> & 1<sup>st</sup> & 2<sup>nd</sup> L. had, join hand & repeat back to places. Do 4 times Back to places

L's figure of 8 then G's figure of 8  
1<sup>st</sup> L. & 1<sup>st</sup> G. lead their lines round figure of 8 turning outward 1<sup>st</sup>

(30)

1<sup>st</sup> L. & G. join rt. hands

Progressive grand chain twice  
buntsey.

(31)

## Gipsy Dance

Stand in lines of 6 facing front.  
join hands - 8 hops forwards - face  
partner

1, 2, 3 hops to right Ditto to left

Partners join rt. hands, 4 hops round  
8 hops back. Figure of 8 hopping (going  
same hand always twice at ends)

Face partner, x right hop, left hop  
(to rt.) right hop, left hop, backward  
into place. Repeat to left. Partners  
join right hands, balance together  
bal. away. Repeat run round  
into place x Repeat.

Whole line join hands, run  
forward 8 steps backwards 4  
forward 4 - circle of 6 circle  
of 2 - pose

Polciman's Holiday

Circular Dance - Partners join hands. Sixteen skip steps forward. Gent poses, lady runs round him still holding his hands, the gent round lady. Sixteen skip steps; French set with adjoining couples. Thirty-two slow steps - toe pointing then sixteen quick steps circle with aforesaid mentioned couple, circle of two, Pose.

Cockles & mussels.

4 couples, Two lines facing front. Partners join inner hands. Bal. forward twice; pts. of tracing 1. left; bal. back twice, stamps 2, 3, stamps 2, 3 (clapping hands back & front.)

1<sup>st</sup> G. & 2<sup>nd</sup> L. & 3<sup>rd</sup> G. & 4<sup>th</sup> L. change places w. 4 balance steps

Others do ditto

2 rings of four; round with slip steps to place

Cast off:- 1<sup>st</sup> L. & G. cast off to foot & come back threading up the lines join both hands, L. pirouettes, G. pirouettes, L. pirouettes (all w. hands joined) then down centre to bottom with hands as in skating dance.

The Polonaise

In two files - fall in  
Forward & divide - march! down  
centre in two; divide - 1<sup>st</sup> couple  
to left, 2<sup>nd</sup> to right; down centre in  
four.

Change to running. Lines join hands.  
Leader threads through backwards  
between lines, the end girls joining  
hands with the four immediately  
behind her. When she has threaded  
through all lines, she leads round  
room. When all are in single  
file, 1<sup>st</sup> couple make bridge with  
both hands while the next couple  
go beneath & make a bridge also  
etc. till all are in that position.  
Hands are then dropped & 1<sup>st</sup>

couple join as in waltzing & gallop  
between the files until they reach

the end, when they fall apart &  
stand like the others. The second  
couple do the same following the  
first just as once, & there is a constant  
stream of gallopers & the files are  
kept <sup>being</sup> made at one end & unmade  
at the other. This goes on twice the  
third time the leaders instead of  
galloping round march round - all  
the others following their example until  
the whole class is in two files;  
leaders then down centre & out.

Variation: Or instead of marching  
off in couples, skip of joining  
up in single line again - do waltz -  
down centre in two (forms two  
as turn in centre)

(36)

### Jenny Duck Bars

3 couples stand in square formation

- (1) Join hands in circle, dip round 8, set set turn single. Repeat back
- (2) 1<sup>st</sup> G. leads in his L. (very dignified)  
2nd G. then third. All curtsy  
G. skip round 8 back 8. Lead  
L's out again. All curtsy
- (3) Side, set, turn single with partners  
Repeat
- (4) Repeat (2).

(37)

### Two Step

Waltz with partner for two bars  
Join inside hands pas de quatre  
forward & backward - balance twice -  
run round on the spot with  
four running steps (turning outwards)  
pas de quatre forward & backward.

### Triple Boston

Waltz twice dip, dip, reverse  
twice dip dip etc

Fox Trot

- 1 One, two, three - 1, 2, 3, 4, 5, 6, 7, 8. Repeat
- 2 Partner face, Pt. back, Pt. forward  
 steps on to ft. that is pointed,  
 then back two, three (between)  
 Pt. back: pt. forward (bet.) steps  
 on to ft. that is pointed then  
 forward 2, 3,
- 3 1, 2 - twinkle Repeat.

New Two Step

Toe, heel, toe up 1, 2, 3, (change of  
 steps forward. Repeat backwards  
 waltz away from one another (2 turns)  
 join rt. hands, balance forward  
 balance backwards. Waltz together  
 to finish off music.

(10)

## Waltz Dance

Partners round room. Join inside hands.

(1) Bal. away; bal. together; bal. away  
bal. together; step back on outside  
foot pointing inner foot (back to back)  
step back on inner foot pointing  
inner foot (face to face)

(2) Join rt. hands left hands w. str.  
arms left in front. Bal. in opposite  
directions 4 times, then bal. round  
in wheel. G. same spot all time

3 1<sup>st</sup> Step till step back on inner  
foot etc. when G. goes down on  
his knee.

Pose with hands joined

(11)

## Largo Hesitation

Gent starts w. right L w. left.

1 One two, one two 3, 4.

" " " " "

Hesitate L. outward (change of step point)

" " inward

" "  $\frac{3}{4}$  round outward

" " L round to place

(2) Across 1, 2, 3, - twice

Hesitate L. to inside + outside

Step dip himself

Repeat (2).



(42)

## Waltz Dance

Partners join inside hands, face front, point outside foot

Change of steps w. slow point twice

turn change of step w. slow point

twice. High slow balance twice;

8 hops round to place

Partners join both hands

Three slow chassés forw. turn & point

" " " backward " "

curtsy rt. curtsy left.

Repeat

Join rt. hands four gavotte (rt. knee)

steps round to place, 2 quick

balances lady <sup>points</sup> ~~points~~ right foot, G.

pirouette Repeat to left lady

pirouetting. Repeat 1<sup>st</sup> step

Pose - rt. hands joined rt. foot

pointed, lean over pointed foot.

(43)

## Solo Dance

Slow change of step w. slow point twice 2 slow flies, curtsy

rt. point left

Repeat w. left ft. leading

Point! up waltz backwards once

2 chassés left - pirouette rt.

Repeat w. left ft. leading

Shadow Dance

## Solo dance

- (1) R. + hop, left :- in front :- behind  
 (to rt.)  
 Left - hop rt. - in front - behind  
 (to left)  
 Fling step for four beats hop on  
 to rt. turn doing 1<sup>st</sup> fling step  
 Repeat to left

- (2) Running jump steps outwards to  
 right, jump on to rt. then left  
 foot - repeat - rt. foot in front,  
 behind (spring steps) left rt.!!  
 left. rt.!! in front! behind!  
 Waltz once round, turn again w.  
 1<sup>st</sup> fling step  
 Repeat to left.

- (3) 3 chassés to rt point left foot  
 " " " left " right "

2 quick flies, fling step to 3 beats turn  
 round (undefined step) Repeat to left but after  
 flies run off with skip step, hands in front of face

Bocks - a - doodle - doo

r i k - - - - -  
 || d . m . m . r . | m . - : - . m | s . r . s . m t s . - : - . s ||

|| d . d ' t . l | s . m . d . r . | m . s ; m . r . | d . - : - . d ||

|| d . m ; m . r . | m . - : - . m . | s . l ; s . m | s . - : - . s . ||

|| d . d ' t . l | s . m ; d . r . | m . s ; m . r . | d . - : - . - ||

1. bocks - a - doodle - do, my dame has lost her shoe  
 my master's lost his fiddling sticks - -  
 and doesn't know what to do (repeat other twice)  
 my master's lost his fiddling sticks & doesn't know what to do

2 bocks - a - doodle - doo

What is my dame to do.

She'll master finds his fiddling sticks

She'll dance without her shoe

3 bock - a - doodle - doo

my dame has found her shoe

my master's found his fiddling sticks

ling doodle - doodle - doo

## Singing Games

Bocks - a - doodle - doo

Directions 1<sup>st</sup> verse.

1<sup>st</sup> Line - Cross hands on breast, shake heads

& gradually sink to crotch sitting

2<sup>nd</sup> Line - Rise, point rt. toe, look at it & point

to it w. right hand

3<sup>rd</sup> Line - Stand at 'tention & pretend to fiddle

4<sup>th</sup> Line - Shake head

5<sup>th</sup> & 6<sup>th</sup> Line Turn 1<sup>st</sup> to rt. partner, then to

left shaking heads & spreading out hands

7<sup>th</sup> Fiddle

8<sup>th</sup> Shake heads

2<sup>nd</sup> Verse

1, 2, 3, 4 Same sort of actions as in verse 1,

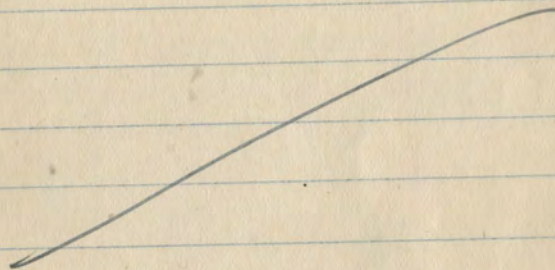
5 Partners join rt. hands & skip round for 8

3<sup>rd</sup> Verse

(58)

(59)

Aesthetic Dances.



Training steps

- 1 Spring - spring - spring spring spring!
- 2 Froggy step - push heel out (alternate feet)  
Rt! Lt!! Rt. left. Rt!!
- 3 St. ft. plac. on toe (1) forward  
(2) sideways (3) sideways backwards  
+ backwards.

Ser. Piece

Over lead, presentation, l'alance (4)  
 ↗ La Fleur à droit, La Fleur à Gauche  
 ↘ Step to rt. shallow curtsy, up & pole.  
 ↙ Balance (4 times) hands over head  
 alternately, waltz round, presentation

Fan Dance

1) Right 2, 3, point; left 2, 3, point  
 1, 2, behind hops; 1, 2 together hops  
 Right 2, 3, point; left 2, 3 point  
 balance forward; balance backward  
 stay turn.

Repeat to left.

2 Pas-de-quatre 4 times! - i i  
 R. hops, left hops, R. hops, left hops,  
 new round (1, 2, 3, 4) pt. pose

Reverse

3 - First steps

4 Pony steps (-1, 2,) change of steps (2, 3)  
 Point, pirouette back, back (pointing  
 left foot)

Repeat w. left foot. Repeat twice thru

5 Right 2, 3, point; left 2, 3, point  
 Right 2, 3, point; point left,  
 pirouette

Pose

(64)

music No. 526 Edition Wood 1/1 net (65)  
Schumann's  
Carnaval (Piano solo) op. 9.  
Dance of the first Violet (in show)

Enter surrounded by leaves. When  
leaves separate, violet is kneeling down  
Gradually awakes till 2 hands str. toe  
supp. step to left (a decided step) arm around  
head - steps to rt., arm round head -  
change of step in circle with arms waving  
at side, change of step 3 times, then pose  
on left foot, arm over head (bend over  
well) - repeat change of step arm over  
head - steps forw. w. left ft. A sideways  
upwards raise, left A forw. raise - run  
forw. pose on rt. hands opening up over  
head - bunch of grapes left: - steps to  
left w. rt. foot 2 A forw. raise

Steps forw. w. left foot - presentation -  
La fleur à gauche - la fleur à droit  
pirouette with hands round head -  
step forw. 2 A str. - sinks down  
to 1/2 kneel st.

(66)  
Leaves surround water stake it  
out.

(67)  
Entrance of Summer  
Enter in single file doing 'flying  
runs' round once; down middle;  
divide 1<sup>st</sup> right 2<sup>nd</sup> left; down  
middle in twos; 1<sup>st</sup> couple rt.  
2<sup>nd</sup> couple left, 3<sup>rd</sup> couple divide.  
1 to rt & 1 to left & go up w. 1<sup>st</sup> & 2<sup>nd</sup>  
couples - this line of six; when  
this finished music changes & leaders  
turn by rt. & come down to marking  
time w. arm movement; on  
reaching ft. form wheel by leaders  
joining hands, run round so  
many bars; do flying run on spot  
& begin to go off. last pair leading  
in single file.



Dance of the Roses.

(S.S.; m. w. D.; m. S.; E. Y)

Arms over head, presentation, balance,  
 short curtsey, balance away from own  
 (2 A parting); bunch of grapes + bunch  
 of grapes left; long curtsey pose on knee  
 ab. - overhead, up, waltz to partners  
 place fly w. fly left curtsey, pose.  
 repeat only on opposite feet getting back  
 to own place; but this time stay at  
 $\frac{1}{2}$  kneel st. pose with head bent over  
 kneel & 2 A sides. raise

(40)

(41)

Dance of nights in Autumn (four)

Come in, in str. line

- (1) Arms sidew. raise - lower
- (2) " " " "
- (3) 2 A's over head & sinks - up a wee  
bit then down

Repeat

Repeat 1 & 2 but instead of 3 do  
La fleur à la fleur à

Each now goes towards a corner! -  
4 walking steps 2 A's sidew. wag;  
long curtsy.

Repeat three times, then turn & face  
facing centre with arms half  
raised

Go out same way.

(42)

music - Shannon's Suite

Dance of Shortest Day

Enter head bowed, 2 A's forward stretched palms facing front. Walk on till into middle

Drop hands

Arms forward & sides. raise - sink

Arms forward & slightly sides. raise - cover face & sink

La fleur à droit, la fleur à gauche  
Bunch of grapes rt. left.

2 A's fwd. up raise - sink; sink on to (bent) kneel st. commence to day when music ceases should be dead.

music Coppelia No. 2.

Scene at Mazurka

(43)

Autumn In Gown

1. Enter (as mist) slow steps forward arms waving in yard 4 steps then bunch of grapes left right.

Repeat until into centre

2. (Standing) arm movement round head with deep side bending 4 times (twice each side) bursty pose

3. slow glide round room, 4 steps pose with arm circling & deep bend. Finish in centre.

4. (Standing) arms forward raise, crossed, carried out to side waved up & then down. Repeat 4 times.

Deep bunch of grapes left right. Step forward pose with hands going up before face elbows bent palms up  
Exit as in (1)

Dance of BacchantesDance for two

- ① Stand side by side, join inner hands & skip step fwd., & backw.; join rt. hands, balance fwd., bal. backw.\*  
bal. fwd. bal. backw.
- 2 Repeat ① to \*, opposite way; turn on spot w. & running steps, finish facing partner pointing rt. foot w.  
A's thrown to yard.
- 3 Side movement as in 3<sup>rd</sup> step of stage morris - three times, clap hands, turn on spot w. knees together; finish w. 2 A's thrown to yard, Repeat in opposite way
- 4 Join rt. hands; pairing step w. left foot & change of step; 2 A's thrown to yard Repeat 4 times till into own place. Join rt. hands, bal. fwd. & backw. 2 times run round & pose as at end of stage morris, but kneeling person bending towards partner.

Show of 1914 (December)Dance of Violet

- Start at yard toe etc. 2 A's downward lower, step on to left ft. A. round head, turn 2 A's out to yard Repeat.
- Low curtsy, up w. hands up turned. Step fwd. hands up turned, step fwd., hands up turned, st. hands down. Step fwd. on to rt. foot rt. arm across face wait Repeat to left, step fwd., 2 A's upwards raise twice, lower to yard, three slow steps back, bunch of grapes rt. & left Repeat, running steps fwd. pose Repeat pirouette pose, 2 slow steps back etc. Step back on to rt. ft., left toe support fwd. (to side), face front, left toe support backw. 2 A's fwd & up. raise each time
- Running steps up to stretch. Repeat Slow kn. st. rt. 2 A's side w. & up

(46)

raise. Up to str. st. & down to yard  
Rt. arm round head, left - slow change  
of step, Rt. hand above head, make  
semi circle, face front on 5<sup>d</sup> of A.S. across  
& down then side & down, kn. st.  
Final - 2 d's sides. raise to yards.

(44)

Violets Daffodils & Daises

Large ring. Soloists make ring in middle

(1) Change of step w. hops 4 times

Repeat in opposite direction

Change of step hops march rt. to lt.

Small fly w. partner rt to left.

Slow curtsy up to str.

Fly rt. to left, Pirouette Repeat.

Curtsy w. partner.

Turn & pose outw. toe supp. forw.

Change of step w. hops march rt & left.

Turn & pose toe sup. forw. Repeat posing  
to centre.

Repeat 1<sup>st</sup> step, high bal. & stiff curtsy  
turn outw. & pose.

(48)

Violet Mignon

d. Low curtsy Pose.

to pinouette out Pose st.

Repeat

3 steps to rt. - pose - turn to partner -

pose toe uppt. fow., run to partner

- hands together high str. knee curtsy

w. partner, pose.

Repeat all this to left

First step again

Run 3 to right, pose Run 3 to left

pose Repeat to left

By rt &amp; left, Run to partners

place Pose Repeat.

(49)

Lotus Lilies, Violets & Roses.3 lines facing front, Violets in middle  
change of steps w. hop march twice, low  
curtsy rt. up to str. down to yard.

Repeat curtsying to left.

Repeat twice backward. till last curtsy  
& do instead pose toe uppt. fow.

A's to yard.

La Fleur rt &amp; left

Change of step twice fow. rt. arm  
round head, turn - left A. round  
headChange of step twice rt. A. round  
head turn pose & low curtsy up  
to str. & down to kneel yd. toe st.  
Remain so till sides do dance. rise  
w. them

4 Stamp poses run to circles of 3.

Hands in up to centre &amp; back.

Bunches of grapes rt. &amp; left.

The Sleeping Beauty May 1919Dance of Honour (a Fairy)

I Step on to rt. foot raise hds. facing up.

2, Spring to dancing step sides. (left) pose

Repeat 1 & 2.

II Step back (hds. over head)

step back. Half pirouette

Repeat w. hks. to audience

III Bunch of grapes rt & left

step back, raise hds. facing up.

Repeat last line & pose

Repeat (begin w. left)

Curtsey

IV Steps 1.

2 hops sides to rt. La Fleur

Repeat to left

Waltz back Pose (ft. low)

V Steps 1 Finish w. deep curtsey

Scene III

Princes dances & plays at ball w. court

ladies then stops, calls ladies to

her - all dance - princess - stops -

goes over to old nurse, insists on

her dancing. While she dances Prince

trefles w. spinning wheel & pricks

finger, rushes forw. in distress

Dying Dance

3 quick steps, looks at finger w. despair

- then holds hands to heaven to implere

down to front - turns away - looks

at finger, stretches hand from her

then goes back to arch hand to

head as if say I die I die. Left

hand across face, turns partly to

audience, stretch out both hands

as if to say help - just in pain

Hands to face - absolutely still -

(82)

hands down rt. arm out down  
 step back right hand to face then  
 step back, both hands, out down -  
 rise again & stretch out both hands  
 but sinks back once more, rt hand  
 round head, then one arm drop  
 then other, then head.

music for Dying Dance

| t 2 : SE 2 | md : 2, 2 | f : 2 | m : m |

| ff : m R | dd : t 2, | SE : t | 2 : : |

| s f : m f | r m : f 2 | s f : m f | 2 t : d, d |

| t 2 SE d' | t 2 : SE 2 | s f : m f | m r : d

8 more bars

music Strauss

(83)

Princess Awakens

Rt. A. arch before & to eyes.

Lt. A out to side

Rt. A circ.

Both A's out then hd then out as if  
 yawning

(On elbow of Rt. A.)

L. A. circ; to face, down

but eyes & sit up. Then look surprised  
 to rt. & left, then see Prince std. up  
 join both hds.



Mignets

Stand as in quadrilles

(1) Face partner 1, 2, 3, to rt. pt. left -  
turn (you are now pointing rt.) 1, 2, 3,  
to rt. pt. left turn - slide rt  
coursy turn.

2 1<sup>st</sup> & 3<sup>rd</sup> L's cross over with minor  
step joining rt. hands gentlemen  
join them on their second steps  
(they start on their left foot) 1<sup>st</sup>  
& 3<sup>rd</sup> couple have now changed  
places. 2<sup>nd</sup> & 4<sup>th</sup> couples now do  
the same.

3. All couples join rt. hands - slide  
up together (balance) on rt. foot - step  
back on left, point rt, half coursey,  
- pass on to next place with change  
of steps 1, 2, 3 coursey (always to rt.)  
- repeat this with next partner etc.  
till you reach your own place.

(86)

Gentlemen kneel in centre, ladies change of steps to next partner, but this time raise him up to place.

5 Ladies chain back to place (minuet step)

6 Ladies join left hands in centre wheel round to place w. minuet step

Swing to partner Pose.

(87)

Minuet for Four.

Stand facing partners.

Swing; across to partners place w. minuet step, Repeat back to place.

Repeat w. vis-a-vis

Ring, walk in centre, hands up and walk out backwards, Pose! Repeat.

Chain - beginning w. long balance w. partners - minuet step.

Partners join w. hands, go into one another's place: 1 minuet step, two springs, 1 minuet step pose.

Repeat back to place

Couples turn backs to one another join inside hands, a change of step (beginning with outside fr.) then

paw, paw, change of step. Drop hands turn out. Repeat step

back to place. Couples join w. hands in centre - same

(88)

step half round, turn, back to place  
Repeat 1<sup>st</sup> step. Pass

(89)

inset for Eight (Quadrille form)

Partners join inside hands G. turns  
lady into centre & so forms wheel  
Ladies join hands, six gavotte steps  
to opposite places: curtsy: Gent join  
hands in centre, all back w. six  
gavotte steps, curtsy.

Long balance w. partner, change places  
w. two gavotte steps Repeat w. left  
hands joined (do 4 times).

Ladies join rt. hands in centre, & go  
round to opposite place with gavotte  
steps, then join left hands & back  
to places, while G. goes all way round  
w. gavotte steps. Curtsy when meet.  
G. join rt. hands & do long balance  
step twice (one each hand). Lady  
back to centre during this step.  
G. join rt. hands in centre go round  
to our places with pawing step.

(90)

lady meanwhile stays in place scurries  
when G. passing does passing steps out  
Gent. down on knee, lady round him  
w. three gavotte steps. Ladies join H.  
hands in centre - round half-way &  
back. Gent rises. Finish w. curtsy.

(91)

to inquiet

## Circular Dance

Hold inside hands, ft. outside feet.

Two minuet steps forward.

Partners turn back to back & do 3 polivari  
steps away, finish w. change of step  
& ft. inside ft. (facing partner)

Repeat this back to place.

Repeat out in again finishing with  
grip as in skating dance; both  
pointing inside foot. Turn to face  
back (turning inside) point inside  
ft. turn to front again. Repeat

back & front (movement in done in 2  
steps) Polivari twice forward. then

change places w. partner (still keeping  
hands) w. change of step & ft. (inside  
ft.) do 4 times.

Face partner. Back polivari  
to H. twice, & walk round on spot

(92)

a pt. lfr foot. Repeat to left.

Repeat to rt.

Then use rest of music to curtsy

(93)

## Shawl Dance

Line of 4 Shawls at backs.

2 change of steps hop marches, backs w.

4 steps. Repeat, repeat finish, backs

to backs. Away from one another &

pose (backs to audience) - together again

walk rounds to front & pose.

Join rt. lds. w. swain change of steps  
to her place & curtsy. Repeat backs

walk fwd. in line 4 steps back

ladies pirouette, curtsy.

(94)

Minor Dance

Pose! pose! 1, 2, 3, forw. Pose turn  
 pose. Walk round 8 on our own  
 curtsey left. Walk round man 8  
 Pose to back & front. curtsey left.  
 Balance left hd. etc. sin to centre.  
 Walk round 8 in figure of 8  
 Stand space

(95)

Egyptian Dance

4 Slow steps forw. r. & l. reach back  
 alternately  
 Ho. up, up, up, (jerk) left ditto  
 Walk round slowly Egypt. rose  
 a hop step r. waving r's  
 Pose, deep arch r. arm over head.  
 Same to left.  
 mysterious circle finishing facing front  
 a's up over hd. & down at sides.  
 Repeat all, adding bunch of gr. r. &  
 left. Quick (stare) open space

(96)

(94)

