

Heritage Ball - National Folk Festival 2022

Dance Instructions

Melbourne Colonial Dancers, the Traditional Social Dance Association of Victoria (TSDAV) and the Victorian Folk Music Club (VFMC) with their musicians playing together as the Victorian Heritage Dance Band. M.C. Norm Ellis

CIRCULAR WALTZ/OXFORD WALTZ

Oxford Waltz

https://www.youtube.com/watch?v=ma68fnnixbY&list=RDma68fnnixbY&start_radio=1

<https://www.youtube.com/watch?v=na7fv6YTQRE>

MORGAN GALOP QUADRILLE “Shanty Version”

Formation: Single Figure Quadrille Set of 4 Couples, with Head & Side Couples

Music: 16 bars X 9 @~52bpm, The Sea Shanty - Bound for South Australia

Bars		Instructions
		Introduction (4 bars) - Honour partners, honour corners
		1st 16 bars:
4	A1	Head Couples – Advance & Retire
4	A2	Cross Over (Passing rt sh with opposite, California Twirl to face back in)
4	B1	All - Quarter Double Ladies Chain
4	B2	Repeat (All are now with their opposite)
16		
		Repeats:
16		2nd Time - Repeat with Side Couples leading (Now back with partner, but in opposite place)
16		3rd Time - Repeat with Head Couples dancing (With opposite again)
16		4th Time - Repeat with Side Couples leading (With partner & back home)
16 X 4		5th - 8th Times – Repeat the whole of the above
16		9th Time – Coda All Couples: Advance & Retire TWICE All Couples: SWING Partner

NB “Quarter Double Ladies’ Chain” – All 4 ladies commence as for a Rt Hand Star, and are turned by the first man they come to (ie a Quarter way around the set). The **Repeat** takes the ladies to their opposite man.

This dance is a *new setting* of the First Figure of the original Morgan Galop Quadrille by Pam Pittaway & Peter Hunter, c1982. Arr. Norm Ellis, Dec.2021.

The township of Morgan was once a busy South Australian inland river port, situated where the Murray River makes its 90° left hand turn south towards the sea.

BLACKWATTLE REEL

Formation: Couples in circle around hall, lady on right, all holding inner hands.

Music: 32 bar reels

Bars	Instructions
8	All hold hands and take four steps inwards, and four steps back to place. Repeat
4	Turn Partner by the Right arm (full turn)
4	Turn Neighbour by the Left arm (full turn)
8	With your partner, right shoulder do-si-do , then left shoulder do-si-do
1	Facing partner, sidestep once to the right
1	Honour your partner (Men bow, ladies curtsy, or equivalent)
2	Pass your partner by the left shoulder and progress to your new partner
4	Short-arm spin (cross-hand turn) your new partner, ending with lady on the right and all circle up to start again
32	
	Repeat as required

The dance was composed by Amnon and Sheryn Doernberg of Perth on their way to a dance in Sydney in 1979. The Rantan Bush Band reports that it was scribbled on the back of an envelope and performed that evening. Sheryn wrote the tune for it a couple of days later.

DOMINO 5

Formation: 5 Person Square Set – with #1 in the middle

Start Position: 3 2
 1
 4 5

Music: 32 bars X 5 Reels

Bars	Instructions
4	#1 Right Hand Star with Right-side two
4	Left Hand Star with Left-side two
8	Diagonal Reel of 3 (Right sh. to #2)
8	Diagonal Reel of 3 (Left sh. to #3)
2	#1 change places with #2 *
2	#2 change places with #3 *
2	#3 change places with #4 *
2	#4 change places with #5 *
	* Note: Pass Right Sh. & ¼ Turn Right
32	

Scottish. Derek Haynes Carnforth Collection 4.

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

MELBOURNE WALTZ

Formation: Country dance Longways Set for 3 Couples

Music: 32 bars X 3 slow waltz (i.e. modern waltz tempo)

Bars	Instructions
2	1 st and 2 nd men set to each other, WHILE 1 st and 2 nd ladies also set to each other
2	1 st and 2 nd couples cross to opposite side, the ladies passing between the men
2	1 st and 2 nd men set to each other, WHILE 1 st and 2 nd ladies also set to each other
2	1 st and 2 nd couples cross to opposite side, the ladies passing between the men
2	1 st couple take two hands and chassé down 2 steps
2	1 st couple chassé up 2 steps
4	1 st couple cast into second place and come in to face 1 st corners. (L1 faces M2, M1 faces L3), 2 nd couple move up on last 2 bars
2	1 st couple turn first corners by right hand (L1 turns M2, M1 turns L3)
2	1 st couple pass partner by the right
2	1 st couple turn second corners by right hand (L1 turns M3, M1 turns L2)
2	1 st couple pass partner by right to dance into 2 nd place on their own side
4	All three couples dance right allemande (Partners facing in opposite directions, hold hands Rights to Lefts, with nearer arm held across partner's back. Eg Right arms when Right hips are together)
4	1 st couple cast to the bottom, WHILE 2 nd couple left allemande, AND WHILE 3 rd couple left allemande moving up into 2 nd place while turning
32	

J. Power's Select Collection of Dances for 1820 (University of Melbourne Library)

Courtesy of Heather Clarke – www.colonialdance.com.au

<http://www.colonialdance.com.au/2015-heritage-ball-national-folk-festival-2186.html>

Danced in a 4 couple 2019 <https://www.youtube.com/watch?v=Y74wzMzV0UU>

CHOGM PENTRILLE

Formation: 5 couples in a pentagon (i.e. really just a circle). Positions are numbered anti-clockwise 1,4,2,5,3

NB: The whole dance is 'driven' by each couple in turn from 1st position

Music: 4 bars + 5 X 64 bar jig or reel + 16 bar coda

Bars	Instructions
	Introduction (4 bars)
4+4	Forward & Back , with hands joined in a circle, Circle Left with 8 slip steps
4+4	Forward & Back, Circle Right , keep hands joined ready for -
8	1st Couple Split the Ring – Everyone still holding hands, 1 st couple go between lady 2 and man 5, then separate and go around the outside to their original place, taking everyone with them; the two making the arch turn under their own arch
8	2nd lady and 5th man Split the Ring – 1 st couple make the arch
16	1st Couple Cross Over all the way around – 1 st couple crosses over with 2 nd couple, each person passing their opposite by the right shoulder (i.e. lady goes between the

	opposite couple), then 'California Twirl' to change places with partner & face back into the set (4 bars) 1 st Couple then does the same with 3 rd , 4 th , & 5 th couples in turn. (All have now progressed!)
4+4	All Set Twice to Partners, All Swing Partners
8	All Promenade around Set , to finish in new/progressed position
64	
4X64	Repeat 4 more times
8+8	CODA Finale – All Forward & Back twice, All Swing Partners

Dance by Norm Ellis, 1981

<https://www.youtube.com/watch?v=xnx18pC56Q0>

<https://www.youtube.com/watch?v=TPf30ORZ-Qw>

NEW PALMERSTON WALTZ

Formation: Non progressive, for Couples around the hall. Easy Couples Dance.

Music: 16 bar waltz @ 53-55 bpm eg. Starry Night for a Ramble

Bars	Instructions
	Introduction: Honour Partner, take Open Ballroom Hold facing along line-of-dance (LOD) (4 bars)
2	Dance forward (in waltz time) for 3 steps , and swing the inside foot through to point (Both starting on outside foot, 1 bar + 1 bar)
2	Dance backwards for 3 steps , & close feet together (Finish facing partner in ballroom hold)
2	Both take 2 slow side steps (chassé) forward along LOD
2	Repeat 2 slow side steps back along LOD (changing to holding both hands)
2	Step along LOD with leading foot and swing trailing foot through to Point forward, Reverse the Step and Point against LOD (1 bar + 1 bar)
2	Flow into a 'mirror' Turn Single once along LOD (and take ballroom hold ready to -)
4	Waltz on (finishing ready to start again)
16	

The Palmerston Waltz was written by Jill Campbell (nee Stamp) in the early 1980's.

Palmerston St. Carlton is close to the Carlton Community Centre, the then home of Melbourne Colonial Dancers. Jill lived near another Palmerston St. at the time.

The original dance was first modified for display purposes. This arrangement is by Norm Ellis, Sept. 2010.

<https://www.youtube.com/watch?v=rp0Kt68IUJU>

MAXINA

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

THE NEW FITZROY QUADRILLE

Formation: 5 Figure Quadrille Set of 4 Couples, with Tops 1 & 2, Sides 3 & 4.

Corner: the person on your other side

Music: As appropriate for Quadrille Sets

First Figure: 32 bars X 4 (1st Figure of the First Set) – Rights & Lefts

Bars	Instructions
8	Top couples – Full Rights & Lefts
8	Set to, and Turn Partners
8	Ladies Chain across and back
4	Half Promenade to other side
4	Half Rights & Lefts home
32	
	Repeat: Side Couples leading Repeat: Top Couples with Side Couple to their Right Repeat: Top Couples with the Side Couple to their Left

Second Figure: 24 bars X 4 (2nd Figure of Caledonians) – 1st Man Solo

Bars	Instructions
8	1 st Man Solo (in the middle), the others Circle Left & Right
8	Set to, and Turn Corners
8	Promenade the Corner Lady back to the Man's place (i.e. Ladies progress)
24	
	Repeat with each Man leading in turn

Third Figure: 32 bars X 4 (2nd Figure of the Lancers) – Lead Up & Swing

Bars	Instructions
4	1 st Couple: Lead Up & Retire
4+8	Lead Up & Swing in the middle
8	Top & Bottom Lines Advance and Retire twice
8	All Swing Partners home
32	
	Repeat with each Couple leading (sidelines for 3 rd & 4 th)

Fourth Figure: 32 bars X 4 (3rd Figure of Caledonians) – 1st Lady & Opposite Gent

Bars	Instructions
4	1 st Lady & 2 nd Man: Advance & Retire
4	Advance again & Turn with Both Hands back to places
8	1 st & 2 nd Couples: Lead Through, & back to places
8	All: Set to, and Turn Corners
4	All Circle Up: Advance & Retire
4	All: Turn Partners
32	
	Repeat with 2 nd Lady & 1 st Man leading

	Repeat with 3 rd Lady & 4 th Man leading Repeat with 4 th Lady & 3 rd Man leading
	NB The <i>Lead Through</i> is danced in the Quadrille Style (i.e. NOT with Arches or California Twirls). The Lead Couple, holding inside hands, go between the opposite couple as both couples dance to the opposite side of the Set (6 steps/beats), and turn away from their partner (2 steps), to return to place, passing on the outside of the opposite couple, who have turned in toward each other, taking inside hands, so as to lead back between the 'active' couple (6 steps), all using the last 2 beats to face back across the Set. Neither couple changes place with their partner, as is done in either a 'half Right & Left' or 'California Twirl'.

Fifth Figure: 32 bars X 4 waltz (Variation of Half Waltz Cotillion) – Half Waltz Cotillion + Coda

Bars	Instructions
8	1 st Couple Waltz inside the Set
8	All Ladies Balance (forward & back), Crossover (passing Rt shoulder), & Honour
8	All Gents Balance (forward & back), Crossover (passing Lft shoulder), & Honour
8	Face partner, Half Grand Chain to place (starting with partner, using wide, full turns)
32	
	Repeat with each couple leading in turn
Coda	All: Waltz the Set, unwind Set and Waltz the Hall

This *new* arrangement of The Fitzroys was devised by Norm Ellis (June 2010) to commemorate the opening of the Fitzroy Pavilion as the new major dance venue at the 2011 National Folk Festival.

SILVER CITY REEL

Formation: Longways Set for 3 Couples

Music: 32 bars X 6

Bars	Instructions
8	Top 2 couples, Right Hand Star, then Left Hand Star (Can be danced as spare hand on next person's shoulder, & star raised high to make a Poppet)
8	Arches – Top Couple face down, take inside hands and arch down over men's side, then up over the ladies side with the lady dancing in the middle of the set. Finish improper facing 2 nd Couple.
4	Set twice to second couple
4	Swing second couple, finish in 2 nd place (still wrong side), facing down through 3 rd couple
8	Top Couple dance Figure of 8 diagonally through and around 3 rd couple, crossing diagonally again to finish on own side at bottom of set, as 3 rd couple steps up.
32	
	Repeat with each couple in turn

Australian dance by Jim Haddon (Broken Hill)

GREEN APPLE QUICKSTEP

Formation: Couples in a circle facing line-of-dance

Music: 16 (or 32) bar quickstep

Bars	Instructions
1-2	Holding inside hand with partner, starting on outside foot, three steps forward and tap inside foot
3-4	Partners roll across, man turning clockwise behind the woman, who turns anti-clockwise, three steps and tap inside foot
5-6	Holding inside hands, starting on inside foot, three steps forward and tap outside foot
7-8	Turn as a couple half-way, starting on outside foot, man going backwards, woman forwards, three steps and tap leading foot; finishing facing partner on own side in two hand open hold
9-10	Along line-of-dance, step forward on leading foot, step through with trailing foot, and chassé sideways
11-12	Against line-of-dance, step forward on leading foot, step through with trailing foot, and chassé sideways; finish in ballroom hold
13-16	Two rotary chassés and open out to start again
17-32	Repeat sequence

Dance by Keith Wood, NSW, Oct. 2017. A Quickstep for the Apple Isle (Tasmania).

Keith was awarded the Beatrice Klippel Memorial Trophy for this dance at the 2018 Dance Composers Competition of the Traditional Social Dance Association of Victoria (TSDAV).

<https://www.youtube.com/watch?v=vTSdpWk59aM>

FESTIVAL INTERCELTIQUE

Formation: Big circle around the room with partner on Man's right

Music: 40 bar reels

Bars	Instructions
8	All circle left and back
8	All couples with nearer hands raised as Ladies dance in front and round partner (Men stand still) Men dance in front and round partner
8	All in circle Advance and Retire twice
8	All turn partner Right Hand, Men turn Lady on left, Left Hand into promenade hold
8	All with new partners promenade round to reform circle with new partner
40	

Dance by Ian Brockbank, Edinburgh Scotland. Written for Scottish dancers performing at the annual Festival Interceltique in Lorient, Brittany (France).

<https://www.youtube.com/watch?v=Q4sYSiR6nos>

PRIDE OF ERIN

<https://www.youtube.com/watch?v=UgUq1fle5XY>

KING GEORGE SQUARE

Formation: Quadrille Set, numbered anticlockwise 1,2,3, and 4

Music: 64 bars X 4 (32 or 64 bar jigs)

Bars	Instructions
8	All: Set to Partner (2H/Step.R+Swing.L+Step.L+Swing.R) + Swing (waltz hold)
8	All: Set to Corner + Swing
4	Ladies: Chain ½ way to Opposite Gent and turn
4	With Opposite: Promenade ½ way (Ladies home)
4	Ladies: Chain ½ way to Partner and turn
4	All: Promenade ½ way (All home)
16	1G+3G: Square Strip the Willow – 1G/3G turn by R arm, then Left arm to Lady on the right, then Active Gents R arms, then L arm to Opposite Lady, Gents R arms, next Lady L arm, Gents R arms, Partner L arm
8	All: Circle left (all the way)
8	All: Promenade (upper promenade hold) Finish- Courtesy turn Lady to face Partner
64	
	Repeat 3 more times with 2G/4G stripping, then 1L/3L, then 2L/4L (Always R arm in the middle and L arm on the outside)

Dance by Phil Wilson 1992, named after King George Square, Brisbane.

<https://youtu.be/gm5aKcEwN0w>

MT. AINSLIE REEL

Formation: Longways Set for 3 Couples

Music: 32 bars X 3

	Bars	Instructions
		Begins with everyone facing up holding inside hand
A1	4	Walk forward for 4 steps then back for 4
	4	Do-Si-Do Partner
A2	8	Reels of 3 on the side, men start right shoulder, ladies start left shoulder (The 1s start by going through the middle)
B1	8	Progressive grand chain: 1s face across, others face up; 1s pass by right hand then left to 2s etc, the 2s and 3s joining in as the 1s reach them. End in place.
B2	8	1s cross by right hand and cast to the foot of the set as the other couples move up. All swing partners, finishing facing up with the woman on the right
	32	

Dance by Peter Foster 2013

FEDERATION WALTZ

Formation: 6 Couple Big Circle, Odds & Evens, numbered anticlockwise

Music: 96 bars X 3 + 8 bar Coda, Australian waltz

Bars	Instructions
	Honour partners & corners (8 bars)
14	Odd Couples waltz inside of set. Odd Ladies turn CW under man's arm into place. Man remains in centre facing out.
2	Bow/curtsy & Man steps back into place
14	Even Couples waltz inside set
2	Bow/Curtsy while Odd men step back in to face partners
4	Slip Step Arches Even Cpls make arch & move clockwise, Odd Cpls Underneath 4 steps anticlockwise to change places.
4	Waltz back to places , Odds inside Evens outside
4	Slip steps the other way Odd Cpls make Arches moving clockwise & Evens underneath 4 side steps
4	Waltz back to places , Odds outside Evens inside
8	Odds Right hand star & left hand star
8	Evens Right & left hand star
16	Odd Ladies Chain with Odd men 4 times to progress one place
16	Even Ladies Chain 4 times
96	
	Repeat X 3
	Coda:
4	Lower Promenade around the set
2	Ladies waltz forward/turn under right arm to face partner
2	All bow/curtsy and hold

Dance by Karenne Kenny, NSW 2001. Inspired by a waltz found in one of her grandfather's music books – a piano recital piece, dated Christmas 1899, called Federation Waltz. The dance symbolises the images of Sydney at the time of Federation on 1 Jan. 1901, and the 6 separate colonies that joined together at that time. The piano piece has been adapted for dancing.

<https://www.youtube.com/watch?v=IWnt0WrDzKY>

NEW PARLIAMENT HOUSE JIG

Formation: 3 lines of 3 dancers all facing forward

Music: 64 bar jigs X 3

Bars	Instructions
	Introduction (4 bars)
8	Couples on Right end of each line, join inside hands and promenade around set to left
8	Couples on Left end of each line, join inside hands and promenade around set to right
8	Diamonds Circle left and right (middle person first & third lines, ends of second line)
8	Corners Circle left and right (end dancers in first and third lines)
4	Left Hand Star, first corner (centres & right ends of first two lines)
4	Right Hand Star, second corner (centres and left ends of first two lines)
4	Left Hand Star, third corner (centres and left ends of last two lines)
4	Right Hand Star, fourth corner (centres & right ends of last two lines)
8	Right Shoulder Reels of Three along each line facing right hand partner
8	First line lead out to left, pass behind 2 nd line and finish behind third line
64	
2X64	Repeat two times

Dance and tune by John Colville, NSW, 1980

<https://www.youtube.com/watch?v=Bn0axfdFMBY>

PETER ELLIS WALTZ

Formation: Sicilian Circle

Music: 32 bar Waltz

Bars	Instructions
4	Do-Si-Do opposite
4	Right Hand turn opposite
8	Circle Left & Right
8	Ladies Chain across & back
4	Retaining promenade hold Advance & Retire
4	Retaining same hold Chassé forward to the right 2 steps then diagonally forward to the left to face another couple
32	

Dance by Tony Northey (Tas.2017), music by Bob McInnes (NSW), in memory of Peter Ellis (Bendigo, Vic.) 1946-2015.

SWANEE

Formation: Longways Set for 3 Couples. NB 2nd Couple is the 'active' couple.

Style: Contemporary Australian, sprightly walked throughout.

Music: 32 bars X 3 (2/4). Suggested music "Swanee River".

	Bars	Instructions
		Introduction: Honour Partners (4 bars)
A1	4	Lines of 3: Advance & Retire into a circle
	4	Circle Left half way , finishing back in lines
A2	4	Lines of 3: Advance & Retire into a circle
	4	Circle Left half way , finishing back in lines
B1	4	2 nd Couple: Do-Si-Do (Rt sh.) on the Right diagonal (L2 w M1/M2 w L3)
	4	2 nd Couple: Do-Si-Do (Lft sh.) on the Left diagonal (L2 w M3/M2 w L1)
B2	4	All 2 Hand Turn Partner , to finish facing Up w nearer hands joined
	4	1 st Couple Cast Off to 3 rd place, WHILE 2 nd & 3 rd couples Lead Up one place (2 b), and Turn Single into progressed places (2b)
	32	
	2X 32	Repeat dance twice more
		Repeat the whole, as desired!

Dance by Norm Ellis, Feb. 2019

A ROSE FOR MY LOVE (WALTZ)

Formation: Duple Minor Longways Set

Music: 32 bars X 6 slow Waltz. Tempo as for dance Turning by Threes.

	Bars	Instructions
A1	4	Do-Si-Do Partner
	4	Full Right Hand Turn Partner into -
A2	8	C1: Full Figure-of-8 around 2s
B1	4	Circle Left ½ way (progression)
	4	Big wide Turn Single
B2	4	Lines Forward & Back
	2	Right Hand Balance (F&B) with Partner
	2	Change places with Partner (Lady turning under Man's Rt arm)
	32	

Waltz version by Norm Ellis, 28 Jan. 2022.

This is a derivative of the Contra Dance (of the same name) by Erik Hoffman (Feb. 2000)

GYPSY TAP

<https://www.youtube.com/watch?v=NPCzoC6sWs8>

SAPPHIRE SEA

Formation: Longways Duple Improper

Music: 32 bars (Original tune – Tom Kruskal’s by Emily Troll and Amelia Mason)

Bars	Instructions
8	Circle 4 once around. First Corners turn right hand.
4	2 nd Corners turn left hand
4	1s cast down into the middle of line WHILE 2s lead up and cast onto the ends All face 2 nd woman
8	Dolphin heys 1s passing right shoulders with 2 nd woman. From caller’s right R-L, m2m1w1w2.
4	Lines lead up a double and fall back
4	2s gate the 1s up approx. letting go early to both move into next time through dance
32	

An American/English dance by Christine Robb 2015.

<https://www.youtube.com/watch?v=g-8LyExynvA>

SWING WALTZ

<https://www.youtube.com/watch?v=dDsb7nz37Os>

ROSEMARY WALTZ

Formation: Single Circle of Couples

Music: 32 bar Waltz

Bars	Instructions
4	Advance & Retire
4	Partner Right Do-Si-Do
4	Partner Right hand turn
4	Partner Left hand turn
4	Right hands to corner balance turn Corner under joined hands to face Man who is facing into the centre
4	Right hands still joined balance and turn Corner lady to man’s right back in circle. This is man’s new partner.
4	Take ballroom hold 2 chassé steps to middle and out
4	Waltz the circle
32	

Dance by John Short, NSW 2010. <https://www.youtube.com/watch?v=F3UuBRDAXsA>