

# Welcome Dance - National Folk Festival 2022

*Presented by 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*

## Dance Instructions

### 1. Snowball Mixer

#### **The Book Exchange**

Aka The Retiring Librarian Geoff Todd 1994

-an easy mixer, changing both partners and circles

**Formation:** multiple circles of 3 couples

**Music:** 32 Bar Reel

4 Bars: Introduction Honour Partner and Neighbours

A1 8 Bars: All holding hands **Circle left and Right**

A2 8 Bars: Ladies: **Right Hand Star Left Hand Star**

(finish facing your neighbour)

B1 4 Bars: **Do-Si-Do** your neighbour

4 Bars: **Swing** that neighbour

(progression /new partner)

B2 8 Bars **Promenade as a couple** anywhere in the hall to find another 2 couples

**Ready to start again**

### **2. The Sailor's Surprise**

Mike Waters, 1999, adapted Norm Ellis, 2011

**Formation:** Longways set of 4 couples.

**Music:** 32 bar Jigs

A1/2 Top Couple – Strip the Willow to the bottom of the set;

B1 The current Top 2 couples – Right Hand Star, Left Hand Star;

B2 The bottom 3 couples – Circle Left and Right;

Repeat for each couple leading in turn.

Repeat, say twice through the whole sequence.

NB: the 'Surprise' is at B2,

for the original 3rd couple who don't realise that they are in both the Stars & Circle!

(- doesn't apply when you have a 5C Set)

### 3. Fun in the Park

Jane Bullock

**Music:** 32 bar 2/4 reels

**Formation:** 3 people facing 3 people set up like spokes of a wheel around the hall

- 4 Bars: All 6 hold hands in a circle and **circle left** for 8 steps
- 4 Bars: All 6 **circle Right** for 8 steps .. let go hands (should now be back in lines of 3 facing a line of 3)
- 4 Bars: All **do si do the opposite** person by the **Right shoulder** (pass the opposite person by the Right shoulder go back to back and pop out the other side, Left shoulder to place)
- 4 Bars: Do si do same person by the **Left shoulder**
- 4 Bars: In your own lines '**Thread the needle**' (middle one with the one nearest the middle of hall, make an arch for the outside person to go under the arch pulling the middle one through the arch after them, all end in place – hint middle person only holds very loosely in the arch else will get a broken wrist)
- 4 Bars: **Thread the needle** again only this time the middle one and the outside one make the arch and the one nearest the middle of the hall goes under as above.
- 4 Bars: In your own lines hold hands and go **in 4 steps**, say thank you for dancing with us and **backwards 4 steps**
- 4 Bars: The lines going **clockwise make an arch** and the anticlockwise lines let go hands and go under the arch walking forwards all the time and meeting a new line of 3 people to start again
- Repeat ad lib

### 4. Pride of Erin

<https://www.youtube.com/watch?v=1E3ONjJpJD0>

## 5. Jane's Favourite Dance (Daniel's Favourite)

**Formation:** Longways 5 couples

**Music:** 40 bars 2/4 reels

4 Bars: In lines forward 4 steps and out

4 Bars: Top 2 couples and bottom 2 couples star Right 8 steps (once round to place) end in straight lines

**WHILE** - Middle couple swing

4 Bars: In lines forward 4 steps and out

Top 2 couples and bottom 2 couples star Left 8 steps (once round to place) end in straight lines

**WHILE** - Middle couple swing

16 Bars: Middle couple cross over and face out; Going to their own Right they go round the outside of the set to their original places, flow into....

Middle couple cross over and face out; Going to their own Left they go round the outside of the set to their original places.

Should they do the above quickly they can use up the rest of the music with a swing.

8 Bars: Top couple gallop down the middle of the set and as they pass the standing couples move up one spot

All swing partner to end of music.

Repeat above at least 4 more times.

## 6. The Yellow Cab Jig

aka "Yellow Cat Jig" Jim Gregory, 1982.

**Formation:** Circle, man has partner on his right.

**Music:** 32 bar jigs.

4 Bars: **Circle left** 8 steps.

4 Bars: **Single file right.**

4 Bars: Men : **Do-Si -Do the one** behind

4 Bars: **Right hand turn** that person (progression)

4 Bars: **Couples: Promenade** 8 steps.

4 Bars: Couples: **Forward and Back.**

4 Bars: Ladies: In 4 steps; fall back.

4 Bars: Men: **Loop Partner, go clockwise** round and finish on the left

Dance starts again.

<https://www.youtube.com/watch?v=wr4GmemrkAg&t=16s>

## 7. Gay Gordons

**Formation:** Couples facing the Line of Dance      **Music:** 16 bars, English March

Over the shoulder **Upper Promenade hold**

8 Bars:      Starting left foot walk 4 steps forward  
turning on the 4<sup>th</sup> step to walk backwards but  
continue in the same direction.  
Repeat back to place

4 Bars:      Man walks forward 4 slow steps, right hand in right hand  
While the lady turns under.

4 Bars:      Circular Galop (Rotary Chasse)

This dance can be done with skip change steps and polka steps

<https://www.youtube.com/watch?v=4QyoSIQockI>

## 8. Digger's Jig

**Formation:** Longwise set of 6 couples      **Music:** Australian 32 bars x6 jigs

4 Bars:      **Cross over** to other side

4 Bars:      **Advance & Retire**

4 Bars:      **Advance & all set** take hands partner right & left  
to other person to make zig zag arches

4 Bars:      **Top Lady leads through the arches** pulling the others behind

4 Bars:      Separate, at end of arches, and return to original places

8 Bars:      **Top couple spin** (long arm) to the foot others move up.

<https://www.youtube.com/watch?v=IA27wJrX5AQ>

## 9. Ragwort Quadrille

Adapted Norm Ellis, April 2018

**Formation:** Square set of 4 couples

**Music:** 4x 40b 6/8 Jigs played ABBBB

- Introduction: **Honour Partner, & Corner** (4b)
- A1 **“Rip & Snort”** ie Top Couple: Split the Ring - by leading through the opposite couple’s arch, separating & pulling the circle back to place; (8b)
- A2 **Circle Advance & Retire,** (4b)  
**Ladies ‘Loop’ their Partner;** (4b)
- B1 all **Ladies: Right Hand Star** 1½ times around, (4b)  
**Left Hand Turn** with the opposite Man; (4b)
- B2 all **Men: Right Hand Star** 1½ times around, (4b)  
**Left Hand Turn with partner;** all are now in opposite place. (4b)
- B3 all **Promenade home** (ie ½ way), (4b)  
all **Swing partner;** (4b)  
**Repeat with each Couple leading** in turn. (3x40b)

Note: Variation on the Ragwort Quadrille, with A2 changed from Circle Left & Right.

For Ladies to “Loop” their partner – ladies dance in front of your partner, going ‘acw’ around him back to place. ie the first ‘half’ of a figure of eight, going around partner only.

## 10. Over the Bumps

**Formation:** Couples facing the Line of Dance **Music:** 16 Bars

- 4 Bars: Take inside Hands Balance out and In  
Take 4 steps forward, turn and face the other direction
- 4 Bars: Repeat finishing facing each other, the men on the inside
- 8 bars: All take 2 side steps to own right, then 2 sidesteps to the left.  
Then 2 side steps to the right to a new partner  
Turn new partner using 4 skip steps  
Open out to face the line of dance and start again

## 11. Riverside Jig

**Music:** 32 bar Scottish Jigs

**Formation:** Duple Minor (7 groups of 4s is a good number but it can be longer)

Take hands 4 from the top and 1s have backs to band; 2s facing band

8 Bars: **Long lines in 3 steps** starting on Right foot and hop and out 3 and hop x 2

8 Bars: **Do-si-do Partner** Right shoulder;  
Do-si-do Neighbour Left shoulder

8 Bars: In your 4s **star Right** x 8 and **star Left** x 8

8 Bars: Top 2 couples with 1s in the middle - 1s make an arch with 2 beside them and run/skip down between other couples to the bottom

Other couples move up

Repeat until every group of 4 has had a go twice

<https://www.youtube.com/watch?v=DYd7Jtuzu0Q>

## 12. Boundary Bend Galop

**Formation:** 4 (or 5) Couple longways proper **Music:** 32 bars

**A1:** Take hands along sides, Slip Left 4 steps, & Slip Right 4 steps,  
All take hands and Circle Right, halfway around;

**A2:** As A1 but opposite way - Slip Right, Slip Left, & Circle Left, halfway;

**B1:** All: Turn Partner by the Right Arm, then by the Left Arm;

**B2:** Top man\* Cast to bottom of own line, others move up,  
all Swing person opposite (new partner);

\*2nd time, bottom woman 'Casts Up', then top man again, and so on alternating.

After 8 (or 10) times through everyone is home.

The alternation gives a nice opportunity for 'slips' !!!

\* Variation of Rachel's Reel, by Nigel Barrell

Source of original: 'A Barn Dance Repertoire', by Thomas Green. <<http://barndances.org.uk/>>

### 13. German Clap Dance

**Formation:** Couples in a big circle – Man has Partner on his Right

**Music:** Reels x 16 bars

- 4 Bars:** Face Partner and take open 2 hand hold  
Take 3 sideways steps towards centre WHILE bringing outside arms up and then down x 3  
(once for each step)  
Stamp x 3
- 4 Bars:** Take 3 sideways steps out towards the edge of circle WHILE bringing inside arms up and then down x 3 (once for each step)  
Stamp x 3
- 2 Bars:** Clap own knees once, Clap own hands once, Clap both Partner's hands x 3 (quick)
- 2 Bars:** Repeat above
- 1 Bar:** With Left hand on own hip and Right foot in front, shake Right hand pointer finger at Partner x 3 (quick)
- 1 Bar:** With Right hand on own hip and Left foot in front, shake Left hand pointer finger at Partner x 3 (quick)
- 2 Bars:** High five with Partner and walk past, passing Right shoulder to meet a new Partner  
Repeat ad lib

### 14. The Waratah Weaver

Elma See

**Formation:** 3 Couple set      **Music:** 3 x 32 bar Jigs

- 8 Bars:      **1<sup>st</sup> Couple** dance **Figs of 8 on own sides** (dancing in and down to start)
- 8 Bars:      **3<sup>rd</sup> Couple** dance **Figs of 8 on own sides** (dancing in and up to start)
- 8 Bars:      1s+2s+3s turn **Right hand** then, **turn left** hand
- 8 Bars:      **1s slip step down** for 4 steps **and back** up to top,  
**1s cast to bottom** as 2s+3s step up

<https://www.youtube.com/watch?v=X2BQ-2-Ut8U>

## 15. Military Two Step

Collected from South Australia

**Formation:** Couple facing LOD hold inside hands

**Music:** 16 Bar 6/8 or 2/4 tunes

4 Bars:            Outside Feet **step away and together Walk 3**  
steps down LOD turn inwards to face opposite way

4 Bars:            Outside feet **step away and together walk 3 steps**  
To place turn to face each other.

2 Bars :           **Balance** forward & back

2 Bars:            Man takes 2 chasse steps down LOD while Lady  
Turns under man's right arm

4 Bars:            **Rotary Chasse** (Waltz)  
<https://www.youtube.com/watch?v=ALmPeL3YxXo>

## 16. Bullockies Ball

Australian

**Formation:** 4 Couples in a longways set      Music: 32 bars X 4

4 Bars:            All **Advance and Retire**

4 Bars            **Right hand turn** partner

4 Bars:            **Left Do-Si-Do** partner

4 Bars:            Open **two hand turn** partner

8 Bars:            Couples **1 and 4 spin** while the **middle couples** do a right then lefthand **star**

8 Bars:            **Top couple spins** to the foot of the set, others spin up as the tops pass by



## 17. Doudlebska Polka

Czechoslovakian

**Formation:** Couples in ballroom hold scattered randomly around the room

**Music:** 48 bars own tune

### Polka

16 Polka steps in an anticlockwise direction around the room

Polka Step: Hop step together step

### March

Drop lead hand and walk anticlockwise around the room gradually forming one large circle

Each man places his left hand on the shoulder of the man in front of him

Walk for 32 counts, on the last count the man may swing his partner into the centre of the circle or allow her to turn out and polka away

### Clap and Polka

Men face the centre and clap their own hands on the first beat, clap hands once with the men on each side on the second beat

Do this 16 times

Meanwhile the women in the circle escape at any exit they wish

The women polka around the outside of the men's circle in a **clockwise direction**, hands behind backs for 16 polka steps

After 32 counts each man turns and takes the nearest woman as his new partner.

The dance starts again

<https://www.youtube.com/watch?v=GblbjsKYz3c>

<https://www.youtube.com/watch?v=KtPpwbB29Ic>

## 18. Snowball Reel

**Formation:** 4 Couple longways set

**Music:** 4 x 40 Bar Reels played AAA BB

4 Bars: 1s **turn Right hand**

4 Bars: 1s+2s dance **Right hands across**

8 Bars: 2s+1s+3s **circle 6 Hands** round and back

8 Bars: 1s+2s+3s+4s **Advance &Retire** and dance **Do-Si-Do**

8 bars: 1s **slip step down** the centre and **back**

8 bars: 1s followed by 2s+3s+4s **cast to bottom**

**1s form arch** as 2s+3s+4s dance under arch and up to top

(5 couple version)

<https://www.scottish-country-dancing-dictionary.com/video/snowball-reel.html>

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

## 19. Sybil's Roundabout

Les Wooton: English Dance and Song Spring, 1972

**Formation:** Circle mixer for couples

**Music:** 32-bar American reels

4 bars: All: **Advance** to the centre with 4 steps and **retire**

2 bars: All: Advance in again

2 bars: **Ladies: Retire** while... Gents: Turn round in centre to face partner (4 steps)

4 bars: **Do si do right** partner

4 bars: **Chassé** 2 steps left + Chassé 2 steps right

4 bars: Give LH to Partner & RH to neighbour to form a wavy line  
(Gents facing out) – Balance fwd & back +  
Allemande LH half way (with Partner)

4 bars: Give RH to next Neighbour forming a wavy line  
(Gents facing in) – Balance fwd & back + Allemande RH half way  
(with current Neighbour = next Partner)

4 bars: Allemande LH with the next 1 full turn +  
Go back to the new Partner

4 bars: Swing  
Dance starts again

<https://www.youtube.com/watch?v=rzd1Pgw9M0Y>