

THE BESSELS LEIGH MORRIS

BESSELS LEIGH

1st issue

- Steps :** ordinary double step with usual arm swings down and up. cross back step like old Quarry or Ascott with hands doing near horizontal twists at head level. Cross back starts with heel across instep using foot that has just hopped. No real travel.
- Sequence :** 2 double steps, 1 bar cross back and step, jump. If turning in the sequence, this is done on the hop at the end of the 2nd bar. If turning on the jump at the end, turn on both feet having landed from the jump.
- Start :** Outside foot - this gives correct foot for hop on which turn occurs
- Once to Self :** jump, swinging arms up high, facing up.
- Foot Up :** bar 1-2 move up a little, turn in to face front on the 2nd hop  
3-4 cross backs to partner, face down having landed from j.  
5-6 move down a little, turn in to face opposite on hop  
7-8 cross backs to partner, end facing front still.
- Cast :** All face up, each column cast from top and move down to reverse set, lines now a little further apart than at start and cross back step facing down and moving back a little. Each column cast in up the middle to places and cross back steps facing up, turning in to face front after landing from the jump.
- Corners :** All face across diagonals and start left foot. Cross the diagonal together all passing right shoulder very close in the middle. Go straight and turn right to face back across the diagonal on the 2nd hop and then cross back step to opposite corner's place. Repeat to own place, again starting left foot and passing right shoulders.
- Rounds :** All face round set anticlockwise, turning the easy way. Start right (outside) foot, turn out to face back on 2nd hop, cross back step backwards round circle. Back to place moving clockwise, turn in to face front in own place on 2nd hop and cross back step facing across set.
- Cross Over :** All go straight across the set, passing opposite by right shoulder and turn to right to face back on 2nd hop. Cross back step backwards to or past opposite's place. Repeat to place.
- Half Hey :** Ends face down and up and ends change places along the set moving almost in straight lines, top pair between bottom. Turn in on the 2nd hop to face front and cross back step retizing a little. The centre pair dance one double backwards away from centre of set, then one double step forward and cross backs in line with the ends. Repeat to place, same pair going between.
- Ending :** four plain capers up with arms swinging down and up.

**DANCES**

- Constant Billy -** all face front and open sidestep up and down - more a slip step - with both hands circling at shoulder level. Half hey to change ends, then open side step down and then up and half hey to face.
- Curly Headed Floughboy -** all face front and dance a double step, plain caper and a step, and cross back step to place. Repeat. Move as close to opposite as practical in the first two bars.