

**Steps:** Ordinary morris double step with the usual arm swings down and up. Cross-back-step, like old Quarry or Ascott, feet going about 15/18 ins apart, with hands doing near horizontal twists at head level. For the twists the hands start wide apart and circle forward to meet in front, back towards head then out to side. Emphasis on first part of movement. Cross-back starts using the foot that has just hopped and swinging the heel across the instep of supporting foot.

**Starts:** Outside foot, gives correct foot for hop on which turn occurs. This is left foot for all in both halves of corners/cross over and 2nd half of rounds; for odds in 1st half of foot-up/cast and evens in 2nd half; for 2&5 in 1st half of half hey, 1&6 in 2nd half and 3/4 in both halves.

**Sequence:** 2 double steps, 1 bar cross-back-step and a step and jump. If a turn in the sequence, this is done on the hop at the end of the 2nd bar, quickly, pivoting on the supporting foot, which is in the centre of the turn. If turning on the jump at the end, turn on the 4th beat of the bar having landed on both feet from the jump, as the preparatory movement for the following movement. About 2ft travel backwards on cross-backs.

**Once to Self:** facing up, all jump, swinging arms high up.

**Foot-up:** bar 1-2 move up a little, turning in 90° to face front on the 2nd hop.

3-4 cross-back, step & jump facing opposite, with very little travel backwards, avoiding separating the two lines, turning in 90° to all face down having landed from the jump.

5-6 move down a little to original position, turning in 90° to face opposite on the 2nd hop.

7-8 cross-back, step and jump facing opposite, ending still facing front. Also very little travel backwards.

**Cast:** All face up. Each column moves up and casts out at the top and moves down the outside to reverse the set, lines now a little further apart than at the start and facing down. Cross-back, step and jump facing down and moving backwards 2ft. Each column move down and cast in up the middle at the bottom and return to original positions facing up. Cross-back, step and jump facing up and travelling backwards a little, turning in 90° to face front after landing from the jump.

**Corners:** All face across the diagonals of the set towards opposite corner. Start left foot and all cross the diagonal simultaneously, all passing right shoulders, very close, together in the centre. Go in a nearly straight line and turn right 180° to face back across the diagonal on the 2nd hop, and then cross-back, step and jump, backwards to opposite's place, ending the jump still facing back across the diagonal. Repeat to original position, again starting left foot, passing right shoulders and turning 180° to right and end, after jump, facing front.

**Rounds:** All face around set anticlockwise in a circle, turning the easy way. Start right, outside, foot. Turn out, 180°, to face back on the 2nd hop, cross-back, step and jump, backwards round circle moving in original direction. Go back to place moving clockwise in circle, turn in to face front in own place on 2nd hop and cross-back, step and jump, facing across the set.

**Cross Over:** All go straight across the set starting left foot, passing opposite by right shoulder and turn to right, 180°, to face back on 2nd hop. Cross-back, step and jump backwards to or pass opposite's place.

Repeat to place, starting left foot etc.

**Half Hey:** The top pair face down and the bottom pair face up and the ends change places along the set, moving almost in straight lines, the top pair going between the bottom. Turn in 90° on the 2nd hop to face front and cross-back, step and jump facing across the set and retiming a little. The centre pair dance one double backwards away from centre of set, then one double step forward and cross-back, step and jump in line with ends. Repeat to place in same way, same actual pair going between again.

**Endings:** 4 plain capers facing up with arms swinging down and up.

**CONSTANT BILLY** - all face front and open sidestep up and down set towards and away from music, with not very much travel, and more of a slip step.

Both hands twists at shoulder level. Half hey to change ends, then open sidestep down then up. Half hey to place.

**CURLY BEADED FLORENCE** - all face front, approach opposites with double step plain caper and step and cross-back to place. Twice.