

This construction is based on an account of the morris shown to me by a dancer at Oxford which seemed to suggest a mixture of Abingdon and Headington.

#### Steps

Ordinary morris double step with the usual arm swings down and up.

Cross-back-step, like old Headington or Ascot, feet going about 15 to 18 inches 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, then back towards head, then out to side. The emphasis is on the first part of the movement. The Cross-back-step starts using the foot that has just been hopped and swinging its heel across the instep of the supporting foot.

#### Starting Foot

Outside foot rule gives the correct foot for the hop on which the turn occurs. This is left foot for all in both halves of corners and cross-over and the 2nd half of rounds; for odds in 1st half of foot-up and 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.

#### Stepping Sequence

Two double steps, one bar cross-back-steps and a step and jump is the basic sequence. If there is 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 of the sequence, 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 2 foot of travel is suggested on the cross-back-steps.

#### COMMON FIGURES

##### Once to Yourself

All face up, all jump, swinging both arms high up.

##### Foot-up

- Bars 1 - 2 move up a little, turning in 90° to face opposite on the 2nd hop.
- 3 - 4 cross-back-steps, step and jump facing one's 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 at once-to-yourself, turning in 90° to face opposite on the 2nd hop.
- 7 - 8 cross-back-steps, step and jump facing one's opposite, ending still facing front. Also very little travel backwards.

##### Cast

All start facing 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 at end of 2nd bar. Cross-back-steps, step and jump facing down and moving backwards 2 feet (towards the music)

Each column then moves down and casts in, up the middle from the bottom of the set, and return to original positions facing up. Cross-back-steps, step and jump facing up and travelling backwards a little, turning in  $90^{\circ}$  to face opposite after landing from the jump.

#### Corners

All face across the diagonals of the set towards their opposite corner. Start with left foot and all cross the diagonal simultaneously, all passing right shoulders very close together in the centre, going in a nearly straight line and passing during the 2nd bar. All turn  $180^{\circ}$  to the right to face back across the diagonal on the 2nd hop, and then cross-back-steps, step and jump, backwards to opposite corner's place, ending the jump still facing back across the diagonal. Repeat to original position, again starting left foot, passing right shoulders and turning  $180^{\circ}$  to the right and end after the jump facing opposite across the set.

#### Rounds

All face round set anticlockwise in a circle, turning to face this way the easy way. Start on the outside foot, the right, as going the other way to normal. Dance round and turn out  $180^{\circ}$  to face back on the 2nd hop, then cross-back-step, step and jump, carrying on the same way round the circle but now moving backwards. In 2nd half return on same path, moving clockwise in circle a little further than travel in first half so that can turn in to face opposite in own place on the 2nd hop, so that the cross-back-steps, step and jump are danced facing opposite.

#### Cross Over

All dance straight across the set, starting with the left foot, passing opposite by the right shoulder and turn to the right  $180^{\circ}$ , to face back, on the 2nd hop. Cross-back-steps, step and jump retiring backwards to opposite place. Repeat to original 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  $90^{\circ}$  on the 2nd hop to face front and cross-back-steps, step and jump facing across and retiring a little. The centre pair dance one double backwards away from the centre of the set, then one double forward to form a line with the ends and cross-back etc. Repeat to original places, the same pair going between.

#### All Up

End facing with 4 plain capers and arms swinging down and up.

#### DISTINCTIVE FIGURES

##### "Constant Billy"

All face opposite and dance open sidestep up and down the set, towards and away from the music, with not very much travel and more of a slip step. Both hands twists at shoulder level. Half hey to change ends and repeat all to place, sidestep down 1st.

##### "Curly Headed Ploughboy"

All face front, approach opp sites with double step, plain caper and step and cross-backs etc to place. Repeat.