

ALTRINCHAN

Source: taught by D Robinson at Sidmouth 1977.

Set : 16 - originally 8 men & 8 women - men on the right hand file



Dance : 12 figures altogether - order arbitrary.

CHORUS: 8 bars - start on left foot & right knee raised. Face up and single step. Wave both sticks together to right and to left in each bar by rotating from wrist.

"2's on the Sides" - fastest movement in this dance. Pairs turn by right with a high touch of sticks, going right round and back to place. Repeat with left hand. Outside arm slopes down. 8 steps to get round all the way, each way.

"Cross-Over" - 1) full 16 steps across. Odds cross over facing across and end behind opposites who step on spot and wave. Odds do not wave in crossing. 2) Evens cross to odds side while odds step on spot. 3) Odds cross back and stand behind evens again. 4) evens cross back.

SPACING - touch ends of sticks at full stretch both across and along the sides.

"Figure-Eight" - each part of the figure takes 8 bars, 16 steps. Start swagger round at top . Half way round cross back to original side still going down, all follow passing alternately at the same place.  The two files pass right shoulders again at the bottom & come up on other side. Half way

cross back to own side now going up.  When back in original place all do an "Insides" cast in and down to bottom & come back up outside of set to starting place.

In the crossing at half way, the ones on the inside circles cross first as they get there first.

"2's in Middle" - Pairs turn in and move to face, 8 steps, turn each other by right hand $\frac{1}{2}$ round to be by own place, 8 steps, left hand turn $\frac{1}{2}$ back to face own place, 8 steps, and out to place and face up, 8 steps.

"Line" - all take 8 steps into single file in centre facing up. Wave in single file for 8 steps. Face out & dance out again to place and face up, 8 steps. Wave facing up for 8 steps.

"4's" - like "2's" but in 4's. Approach partner 8 steps & put right stick in & up. Star in 4's by right hand. When one hand is down the other is up in this dance. Back by the left with stick down in the middle. All out to place & face up, 8 steps.

"Outsides" - normally the first figure of the dance. Cast from top & up middle with inside sticks crossed. As lines are closer together than normal column formation, end up middle with face out, move out to place, 8 steps, & then face up for 8 steps.

"Chain in Line" - is a hey on the sides - not progressive start so all "1's" turn to face down to start

"Grand Chain" - progressive from top, who start by going down their own side and crossing at the bottom. Turn back when reach top of opposite side & work all way back again to starting position.

Also given



and

