

GARSTANG

Source: collected by Edwards and danced by Garstang and John O'Gaunt and taught to various sides.

Music : Jockey to the Fair then change to Lasses and Lads for Outsides and onwards.
Sticks: held up vertical by bottom: hands out at sides at about top of shoulder level.
Each figure is done twice through, with same steps and path. (except Outsides)

Break: at end of each figure : in bar 7 jump, arms swung down, arm at full stretch to land with sticks crossed in front of thighs. In bar 8 jump again and swing arms at full stretch up, out to cross above head

SIDE-BY-SIDE: 2 bars forward not quite into line, left shoulder to left shoulder, and step with hands in line, 4 polkas in all. Turn back, to right, clockwise to place and face up on 2 bars of hopstep. Break

CROSS-OVER: pass left shoulders, all turn to face up in bar 3 so bar 4 on spot facing up. Back to place passing left shoulders again to face up for the break.

TURN-ROUND-PARTNER: Approach with 2 polkas into one line. Then right hand turn of partner with hands (palms) touching with 2 bars of skip to face back to own side. Skip 2 bars out to place and face up for break.

PROGRESSIVE-HEYS-IN-4'S: skipstep throughout. In 4's, first pair cross set passing right shoulders, second pair skipping on spot, then 1st & 2nd pairs pass left shoulders down the sides. Carry on to place. The top pair are back home and do the break but the 2nd pair do not get back in time and continue to place in bars 7/8. The passing are on beat 2, 4, 6 at top, 8 at bottom, 10, 12. So net 4 skips per change.

OUTSIDE-&-CROSS-OVER: change of tune: 4 bars to cast from top & reverse set, then cross with opposite in bars 5-6 and all face down for the break. Pass opposite with left shoulder. The repetition in this figure is the other way to place

SWAGGER-ROUND: like Lichfield swagger round path, break half way facing down & break at end facing up. End facing up.

John O'Gaunt do not dance it exactly the same.

1. The sticks have a loop at the bottom which is held by thumb and finger. The normal position for the sticks is sloping upwards from middle of chest, laying along the forearms & across upper arm at elbow. "Rest" position.
2. O2YS: Leader holds up sticks crossed above head as signal.
3. Single step except where noted and start with left foot. (right foot in 1978)
4. Break - from rest position, swing sticks up, out then down & cross in front, then spring on both feet again and swing out, up & cross over head. Then quickly down to rest position with a slight left of the body. Called a "show"
5. Side-by-Side = In-Line : right shoulder to right shoulder, turn to left quickly to get out but first part of break face out, second part face up.
6. Partner-Turn: hopsteps stamped or crunched. Go round partner without hands but facing. Break out & up. Can let sticks touch in the turn in the rest position.
7. Hey: 2nd pair do break, first half out, second up. First pair do it all facing up.
8. Cast: Break first half facing out, second half facing down. First pair cast off fast and second pair join from their place so do not go up to top. Done in 8's.
9. Rounds = Circles: used to be big circles all the way round. With more than 8 dancers split into two circles. Odds outside first time. Go round 4 bars, step on spot 2 bars & break.

"Lines are in the gutters"
"Turn up to top always"