

MORWICH POLKA

It is said that this dance/team was the English entry in the cultural events at an early Olympics. As danced by Garstang at Sidmouth 1972.

Music: Rose Tree
Hands: Tiddlers

Order: Step-Up, Polka-&-turns, Step-Up, Cross-Over-&-Back, Step-Up, Polka-&-Turns, Step-Up, Up in 4's cast & end in 4's, Step-Up-in-4's, Star-on-Sides, Step-Up-in-4's, Star-on-Sides, Step-Up-in-4's, Cast-&-Up-in-Column, Step-Up: (repeat from first Polka-&-Turns) ; Polka-&-Turns, Step-Up.

Step-Up: all start with left foot. Forward, l, r, l, kick right but no hop, backwards r, l, r, tog. Repeat with same feet. Both hands do 3 outside circles and one inside going forward and 4 outside circles coming back. Outside circle is at chest level, elbows close to side, forearms angled out, sling moving almost in a plane fore and aft, starting forward from under the hands to up and over etc. Inside circles are between the hands coming into body and then down.

Polka-&-Turns: when an arm is up it does 3 twists of slings per bar.

hands	r up	l up	r up	l up	oc oc	oc up	r up	d&up	
face	up	in	down	out	walk up		up	up	ft=front
polka	l in ft	r in ft	l in ft	r in ft	l r	l r	l in ft	r in ft	d=down
									oc=outside
									circle
									Ω=spring

move back a bit

In bar 6 spring and kick right foot forward. Called a "Hossley".
When twist one hand, other is held behind body, against small of back.

Cross-Over: 4 bars across and 4 bars back with polka step starting left foot forward & right hand up. Pass left shoulder in bar 2, all turn to face up in bar 4, pass left shoulder again in bar 6 and face up at end.

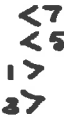
Up-in-4's-Cast-&-up-again: start left foot in front and right hand up.

In bar 1 3&7 move up inside.

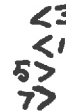


In bar 2 they are shoulder to shoulder, 1&5 still dancing on spot (or perhaps by mid bar 2)

At start of bar 4 in line of 4 across, 5&7 face up, 1&3 face down, 5&7 have moved up and 1&3 rotated on 1's position



At start of bar 6 the line has rotated 180 deg



By the end of bar 8 1&3 have come up set & 5&7 turned in behind them. Otherside mirror image.



Star-on-Sides: hands across right and back left in 4's on sides, 1, 3, 5&7 etc. Left foot in front first, go only half way round, turn in to go back, both hands down at sides at end of bar 4 and 8. Twist free hand sling. Hands in middle joined just above waist level. Come out of star to face up turning way already turning except no. 1 who goes clockwise.

Cast-&-Up-in-Column:

In bars 1-2, only 3 moves going around 1, rest step on spot.

In bars 3-4, no. 1 follows 3 and 7 moves in front of 5



In bars 5-8, rotate in circle and then straighten out in changed order <3 <1 <7 <5

Repeat sequence with men in the new order to get back to initial order.

HORWICH No.2

Music: 100 Pipers or 95th or similar.

Set: Multiples of 4. Very wide set i.e. width of street if used in procession. Each dancer carries two decorated sticks.

Step: Skipping lifting the thigh to the horizontal. Left foot start.

Hands: As given below, otherwise held out at about ear height above the shoulders i.e. elbow well bent. The stick which is held in the middle should be horizontal and point 'fore and aft'.

ONCE TO YOURSELF: Stand in column formation facing up with hands down at sides. On a whistle blast raise hands to position described above.

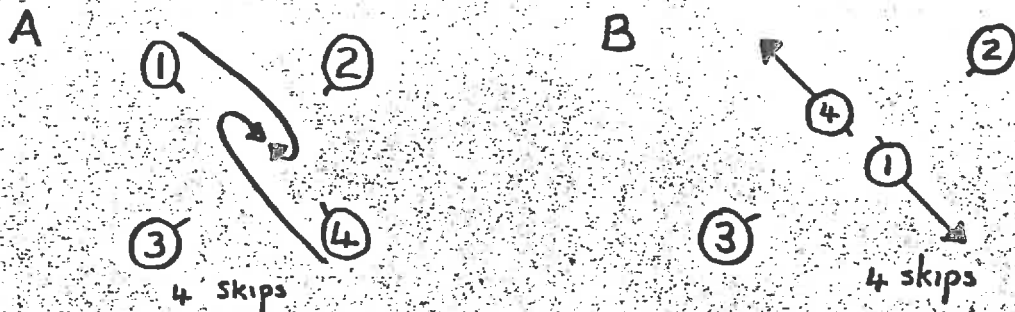
UPSTREETS: Danced at the start, then between each figure at the discretion of the leader.

Facing up dance 4 high skips with hands shaking at head height, then 4 high skips with hands still and down at sides. Repeat.

CROSSOVER: Face partner and cross the set passing R shoulders and turn up and round to face partner again (8 skips). Repeat to place passing R shoulders and turn up to face up.

STAR: In 4's. Dance 4 skips into meet and put R hand into centre of star (stick held vertical), the other hand stays where it is. Dance once round (8 skips). On the 8th skip touch L hand into the centre while bringing out R hand. Dance 4 skips backwards to place.

CORNERS CROSS. In 4's. 1st corners cross (4 skips). 2nd corners step on spot (4 skips).



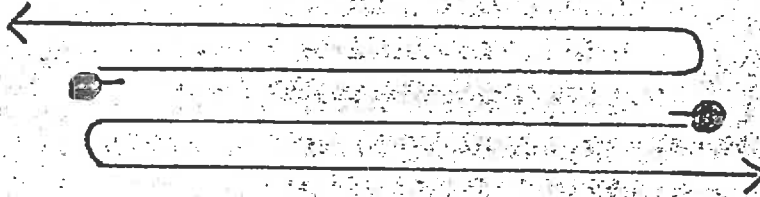
As the 1st corners dance backwards the 2nd corners move in to cross as in A. Using this dance sequence 1st corners cross back to place, 2nd corners cross back to place; 1st corners recross; 2nd corners recross; 1st corners cross to place and 2nd corners cross to place while the 1st corners dance 4 skips on the spot.

(2)

OUTSIDES: In 4's. Outside cast from the top. Meet partner at the bottom and come up the middle of the set shoulder to shoulder (12 skips). Then 4 skips backwards into place.

PARTNERS TURN: 4 skips in to meet partner. R hand turn (R hand stick held vertically) $\frac{1}{2}$ way round in 4 skips so that the dancers are momentarily in a straight line down the mid-line of the set. Turn in and dance L hand turn $\frac{1}{2}$ way round (4 skips). On the 4th skip touch in R hand as in star. 4 skips backwards into place. N.B. Outside hand in turns is kept up at head height.

FINALE: In 8 skips dance across the set passing R shoulders with partner and turn to L and return to place, stay facing out.



(in a wide set you may not have time to cross set completely). Facing out dance a double caper (i.e. step onto L foot and hop while kicking out R foot twice). Face down and dance a double caper (L foot kicked out twice). Face in and dance a double caper and face up and dance a double caper. Hands down at sides, while capering and upon the last one to finish.