

MILKROW PROCESSIONAL - also taught by Froome, M M M

Music: Rushcart Lads, Long Morris, Girl I Left Behind Me, Cornish March.

Step: Polka step unless specifically stated

Hands: slings: in walk, inward circles (as Royton), both inward and towards body, start come over top of circle towards body, almost in vertical plane parallel to direction dancer is facing. Hands out in polka.

1. "Step-Up" : Walk forward 4 steps, 2 polka steps on spot, walk backwards 4 steps, 2b polka steps on spot. Repeat again, 16 bars in all. This occurs between each figure.
2. "Cross-Over" :  $\frac{1}{2}$  gyp like movement, dancers passing and retiring backwards on same track. Partners face, move forward on 3 walk steps and a jump to land feet together, 2 bars of polka on spot, repeat backwards to place (8 bars). Repeat to other side of partner.
3. "Two-Across" : Turn partner, knuckles touching, polka continuously.
- 4/5. "Outsides" and "Insides" - cast out or in and lead round to place. Optional figures.
6. "Cross Molly" : in 4's, right hand star
7. "Reel" : alternative to fig 8 - use both when going through sequence twice. A reel on sides, started progressively by top pair, bringing other pairs in in turn, giving rights and lefts, touching knuckles in passing.
8. "Up-in-Fours" : All move forward 32 bars, turn and move back 32 bars. On a stage this has to be arranged to fit in properly.
  - 1 - 2 : all walk forward, 2nds move up between 1sts to make line of 4s
  - 3 - 4 : all polka on spot
  - 5 - 6 : all walk forward, 2nds move forward into column ahead of the 1sts.
  - 7 - 8 : all polka on spot
- 9-16 : Repeat: 1's going between 2's. At end all turn to face back.
- 17-32 : Repeat going the other way, 1's moving up first.