

Locked Down Dances

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A few Contra, English and Ceilidh style dances written during the 2020 “lock down” to control the spread of COVID-19. These were used for the Nottingham Folk Dance Group “Virtual Dance” sessions which were held while the club could not meet in person. They can, of course, be danced at other times and feel free to adapt and improvise further. Let me know if you use them or adapt them, I am always eager to get feedback. I can be contacted by email: malcolm@nfdg.org.uk

When dancing these on carpet at home we found that we had to reduce the length of the music tracks to 5 or 6 times though maximum.

Where “up” and “down” are given in the instructions, dancers must agree beforehand in which directions these lie. Failure to agree may result in a less than optimal dance experience. You have been warned.

Similarly, “partner” (sometimes “pnr” due to laziness) is a flexible term. Solo dancers have used cushions, cuddly toys etc. Cats are not recommended as dance partners.

The set formation for all of these is a couple but solo dancers have a habit of imagining a ghost partner of suitable dancing skill and infinite patience.

Do please make space to dance in so that the full flow of the music and dance can be enjoyed.

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Contra Dances

Rory'n'Ella

Music: 32bar contra jig (eg: Vertical Expression – Contra Dance Music Track 6)

Dance: Malcolm Jowett

- A1 Take R hands, facing opposite directions in a very short wave
 Balance R & L; slide R as in Rory O'More
 Take L hands (facing same direction as before)
 Balance L & R; slide L as in Rory O'More & take R hands
- A2 Balance towards & away; turn pnr under & swing
 (who goes under is a choice to be made at the time!)
- B1 Take 2 hands, bal fwd & back; petronella 1 place to R
 Take 2 hands, bal fwd & back; petronella 1 place to R
- B2 Take L hand & turn with partner
 Take R hand & turn with partner

Note:

Can be done with 1, 2, 3 or 4 people – think about it & improvise!

Tremblaye Traveller

Music: Contra dance jigs (eg: 3D – Razzamatazz – Canadian Jigs)

Dance: Malcolm Jowett

- A1 Lead “down” 4 steps California Twirl to face back
 Lead back 4 steps, loop away from pnr to face up (same as direction of travel)
- A2 As A1, leading “up”
- B1 R hand with partner, balance fwd & back, box the gnat to change places
 L hand with partner, balance fwd & back, swat the flea to change places
- B2 2 hands to partner, balance fwd & back, swing partner

I had the idea for the name long before the dance popped into my head. My work colleague in France needed a report from our computer system to accompany goods in transit to a warehouse operated by a company called Tremblaye. It became known as the “Tremblaye Traveller”. I thought it would be a good name for a dance. When we were doing virtual dance sessions with Nottingham Folk Dance Group we invited Antoine and his wife to join us. Antoine had demonstrated his dancing skills when he came along to club nights during business trips to the UK. The dance was devised for one of those sessions. The loops are to signify the re-work cycles we did while developing the report. Merci mon ami!

Cox The Gnat

Music: 32 bar contra jigs

Dance: Malcolm Jowett

A1 Take RH with Pnr: Balance Fwd & back; Box the Gnat

Repeat

A2 Balance & Swing partner

B1 Face up: Line fwd (4 steps) & back (4 steps);

Lead up (4 steps), California twirl (4 steps)

B2 Face down: Line fwd (4 steps) & back (4 steps);

Lead down & cast away to face partner (4 steps)

Note: The dance finishes with the couple having changed places (progressed). Dance it again from here to get back to original sides.

The name is a typo which stuck.

Fiddle Hill Jig

Music: 32 bar contra jigs

Dance: Ralph Page, adapted by Malcolm Jowett, inspired by Rhodri Davies

A1 Do-si-do R Shoulder ; Dos-so-do L Shoulder

A2 Allem. L ; swiing & face "down"

B1 Lead down, turn alone ; lead back

B2 2H turn to L ; 2H turn to R

English Country Dances

Honeysuckle Cottage Lock In

Music: Honeysuckle Cottage (Jonathan Jensen)

Dance: Gary Roodman (Honeysuckle Cottage) with adaptation by Malcolm Jowett

- A
- 1-4 Turn Single R; change with partner R
 - 5-8 2h turn 1x
 - 9-12 Turn single L; change with partner L
 - 13-16 2h turn 1x (to R)
- B
- 1-4 Fall back; come fwd turning single
 - 5-8 RH turn 1x
 - 9-12 Keep RH; balance fwd & back, turn lady under (Duke of Kent's Waltz)
 - 13-16 Back to back Pnr.

The First of April

Music: Set tune eg: Apted & Other Country Dances Track 10: The First of April

Dance: Apted, 1773 with adaptation by Malcolm Jowett

- A1 R Hand turn
- A2 L Hand turn
- B1 Lead down 8 steps, turn individually ; dance back & cast away to face partner
- B2 2H turn to L ; 2H turn to R

Edith's Birthday

Music: Alta Vittoria by Fabrito Caroso (Band of Friends track 12)

Dance: Malcolm Jowett (with due respect to Gary Roodman)

First Part

- A1 Lead up a double & fall back
- A2 Lead down a double & fall back
- B Set & turn single 2x
- C1 Poussette out (W push) & back
- C2 Poussette out (M push) & back
- D1 2h turn to left
- D2 2h turn to right

Second Part

- A1 Into line siding R
- A2 Into line siding L
- B, C, D as first part

Third Part

- A1 Arm R
- A2 Arm L
- B, C, D as first part

Based on Gary Roodman's Alexander's Birthday adapted for couples, first danced on what would have been my grandmother's 104th birthday.

Chocolate Hobnobs O

Music: A Purcell Ball track 1 (chord intro)

Dance: Fried de Metz Herman 1989 (Chocolate Round O), adapted by Malcolm Jowett

- A1 R-hand turn partner once round; back-to-back.
- A2 L-hand turn partner; L-shoulder back-to-back.
- B1 2-hand turn partner 1x; fall back; come forward setting, setting R & L.
- B2 face up & cast away from partner;
half figure-8 up then cross over by R-shoulder.

Kit-Kat or Club

Music: A Purcell Ball Track 5 (4 bar intro)

Dance: Kit Cat Club Walsh 1710 adapted by Malcolm Jowett

- A1 1-4 set right & left; turn single right
5-8 2 hand turn (slipping).
- A2 1-4 set left & right; turn single left
5-8 2 hand turn to the right (slipping).
- B 1-8 Face up & cast away to face again; back-to-back.
9-10 single (step) in to meet and a single back.
11-14 right hand turn
15-16 left hand turn.

Hey Boys, In Stay We

Music: English Dancing Master CD1, Track 2 – 2 notes intro

Dance: Hey Boys, Up go We: Playford 1695 adapted by Malcolm Jowett

- A1 2-hand turn left 1x; 2-hand turn right 1x.
- B1 Fall back a double; come forward turning single; back to back.
- B2 Face partner: clap together, right, together, left;
Turn single & face partner;
clap together, right, together, left;
clap together 2x, both 1x

Zephyrs & Flora

Music: Zephyrs and Flora (Halsway Manor Millennium Players, Ten Years On – short intro)

Dance: Zephyrs & Flora - Walsh 1715, adapted by Malcolm Jowett

- A1 Back to back partner; join R hand, then L, 2-hand turn $\frac{1}{2}$ way
- A2 As A1
- B1 Set R&L, turn single R, 2H turn to Left
- B2 Set L&R, tun single L; 2H turn to Right

The B1 & B2 parts are quite different from the original but it works well if you remember your right & left.

Comical Fellow

Music: Apted CD1 Track 13

Dance: Published 1776, adapted by Malcolm Jowett

- A1 M set forward to partner, retire and 2 hand turn
A2 L set forward to partner, retire and 2 hand turn
- B1 lead down 8 steps; dance back & cast away to face partner;
Clap own hands 4x, 2 hand turn partner ½ way.
- B2 2 hand turn left 1x; 2 hand turn right 1x (back to “improper”)
Clap own hands 4x, 2 hand turn partner ½ way.

Geud Man of Balangigh

Music: Own tune

Dance: Adapted by Malcolm Jowett

- A1 With partner, lead down & cast back to place;
M leads round partner & back to place.
- A2 With partner, lead up and cast back to place;
L leads round partner & back to place.
- B1 M set forward to partner & turn single back to place;
L set forward to partner & turn single back to place.
- B2 2 hand turn ½ way, finishing close, fall back;
Both set forward to partner, pass right shoulder & turn to face.

Locked in with Lord Byron

Music: Own tune

Dance: Playford 11th Edition 1701 adapted by Malcolm Jowett

- A1 M entices partner forward while moving back,
L moves back enticing partner;
2 hand turn
- A2 As A1 L first.
- B Back to back with partner;
Clap: own together, partner right, own together partner left
Repeat clapping;
Turn single (8 steps)

Locked Down Dreams

Music: Winter Dreams Waltz (4 bars intro)

Dance: Gary Roodman – Winter Dreams, adapted by Malcolm Jowett

- A 1-4 Turn single right;
5-8 gypsy partner 1x round;
9-12 face partner, give right hand, balance fwd & back; right hand turn 1x.
- B 1-4 Fall back 2 waltz steps, fwd 2 waltz steps;
5-8 2 hand turn 1x round;
9-12 pull by partner by right, turn back & pull by left;
13-16 Back to back left shoulder

Turning By Twos

Music: Tourner á Trois, Paul Machlis 1998 (2 note intro)

Dance: Gary Roodman – Turning By Threes, adapted by Malcolm Jowett

- A 2H turn to L 2 waltz steps, turn single L;
 2H turn to R 2 waltz steps, turn single R.
 Back to back – 2 waltz steps out & 2 back;
 Pull by R, turn to L, pull by R into;
- B LH turn, finish close & fall back;
 RH turn, finish close & fall back;
 Face partner: M 2 singles fwd while W 2 singles back,
 M 2 singles back while W 2 singles fwd;
 R shoulder round

Thanks go to Josh Catlin for having a go at adapting this dance and giving the inspiration to adapt it further.

Well Hall

Music: Own tune (Folkus Pocus, Under No Illusion – 2 note intro)

Dance: Playford, 1701 adapted by Malcolm Jowett

- A1 Turn partner RH 1½ ;
 Cast down & cross hole-in-the-wall style.
- A2 Turn Partner LH 1½ ;
 Cast up & cross hole-in-the-wall style.
- B1 Back to back R shldr
 ½ 2H turn to Left, turn single Left
- B2 Back to back L shldr
 ½ 2H turn to Right, turn single Right

I Care Not for These Ladies

Music: Own tune. (Playford From The New World - 4x through)

Dance: Playford

Part 1

A Lead up a double & back; lead down a double & back

Chorus ...

B Face partner: Set & turn single

C $\frac{1}{2}$ RH turn partner, $\frac{1}{2}$ LH turn partner; 2H turn 1x round

Part 2

A 2H turn Left; 2H turn Right.

Chorus ...

Part 3

A Siding (Cecil Sharp/Curly) passing left to start; Repeat passing R to start

Chorus ...

Part 4

A Arm R; Arm L

Chorus ...

Marching To Praetorius

Music: Own tune: Marching to Praetorius (3D, Brass Tracks)

Dance: Gary Roodman, adapted by Malcolm Jowett

Part 1

A1 Lead fwd & back with partner

A2 Repeat

Chorus

B L moves to M's right, $\frac{1}{2}$ 2H turn

M moves to face partner, $\frac{1}{2}$ 2H turn

C Lead away/down with partner, lead back

Turn back on partner: lead away & lead back

Part 2

A1 In to line siding R with partner

A2 In to line siding L with partner

Chorus

Part 3

A1 Arm R with partner

A2 Arm L with partner

Chorus ...

Honour partner

Vivaldi in Lockdown

Music: Band of Friends Track 13: Vivaldi in Paradise

Dance: Gary Roodman (Vivaldi in Paradise), adapted by Malcolm Jowett

- A1 1-4 Lead down & cast back to face up
 5-8 Lead up (3 steps) & fall back
- A2 1-4 Lead up & cast back to face down
 5-8 Lead down (3 steps) & fall back, turning to face partner
- B Pass R , loop L , R Shoulder round 1x
 (finish on opposite side)
- C 1-4 Back to back
 5-8 2H turn $\frac{1}{2}$, turn single

Malcolm's Waltz

Music: 32 bar Waltz eg: November Waltz

Dance: Malcolm Jowett, inspired by Pat Shaw

- A1 (Give RH to partner, face up)
 Lead up 2 waltz steps , turn individually & fall back 2 waltz steps
 Lead down 2 waltz steps , turn individually & fall back 2 waltz steps
 (turn to face partner)
- A2 RH turn ; LH turn
- B1 (Take promenade hold with partner & face up)
 Chassay fwd & R 2 steps , fwd & L 2 steps ;
 Chassay back & L 2 steps , back & R 2 steps & turn to face partner
 (ie: dance out the a diamond shape)
- B2 Back to back (2 steps out , 2 back) ;
 Take RH, balance fwd & back , box the gnat to change places
- Dance continues facing the opposite direction

Ceilidh

Buttered Peas For Two

Music: Ashley Hutchings Band, Kicking Up The Sawdust

Dance: Adapted by Malcolm Jowett

- A1 2 hand turn to left; 2 hand turn to right
- A2 Right hand turn; left hand turn
- B1 shake right hand 3x; clap own hands together 3x;
Shake left hand 3x; clap own hands together 3x;
Repeat
- B2 shake right hand 3x; clap right hand with partner 3x;
Shake left hand 3x; clap left hand with partner 3x
Repeat (but get it right this time!)

Czech Dance

Music: Eight More Bars, Tenpenny Bit: The Czech Dance

Dance: adapted by Malcolm Jowett

- A1 standing on left foot tap right foot to left & right 4x & shout "Oi" as feet brought together;
Standing on right foot tap left foot right & left 4x & shout "Oi" as feet brought together.
- A2 As A1
- B Right hand turn; left hand turn.
- C Right elbow turn; left elbow turn.

Black Jack

Music: Own tune: Black Jack aka Black Joak

Dance: adapted by Malcolm Jowett

- A1 Clap on 1st beat, 2 hand turn L 1x & R 1x
4 Capers
- A2 Clap on 1st beat, 2 hand turn L 1x & R 1x
4 Capers
- B Clap: Own Together, R with pnr, L with Pnr
Repeat
R elbow turn 1x; L elbow turn 1x
4 Capers

Nottingham Swing

Music: Nottingham Swing as found on many CDs – hornpipes (eg: Philebelulah All The Way)

Dance: Traditional, adapted by Malcolm Jowett

- A1 With R elbow hold: swing
- A2 With L elbow hold: swing
- B2 take 2 hands with pnr:
2 side steps down , 2 side steps back & cast away to face back to partner
- B2 Swing partner (cross- hand hold)

Nottingham Folk Dance Group Virtual Dance Sessions 2020

