Take a Step Back in Time
with the
Colonial Dance Club of Richmond

You’ve heard about it. You’ve seen it in the movies. It’s part of your heritage! Fun the whole family can enjoy!

Call us at 804-744-3264 or 804-266-7355 or lindance.history@gmail.com

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Welcome

The Colonial Dance Club of Richmond is dedicated to the promotion and preservation of English Country Dancing. Sponsored by the County of Henrico, VA Division of Recreation and Parks, we were established in 1977. Since then, our club has been busy introducing young and old to English Country Dancing, giving demonstrations and performances by request in Central Virginia and as far away as Washington, DC.

Performance at Eppington Plantation in Chesterfield County, VA
The Jefferson Ball

Usually, on the first Saturday of November, The Colonial Dance Club of Richmond hosts The Jefferson Ball; a gala where selected dances are presented in the grand style of yesteryear. The ball includes a fine catered diner served between two live music dance sessions. Regular attendees display attire fashioned after clothing of those days gone by. Not only great fun, The Jefferson Ball showcases a wonder of early America when social dance was an intricate part of courtship.

You are invited to come see what you have been missing. The Jefferson Ball is open to the public. Colonial attire is preferred and we can suggest locations to rent appropriate attire if necessary. Formal evening suits or tuxedos for men and evening gowns for ladies are also acceptable.

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Our Dance Schedule

We meet every Wednesday night from 7:30 p.m. to 9:30 p.m. at:

Belmont Recreation Center
1600 Hilliard Road
Henrico, VA 23228

We dance in the ballroom, which is to the right as you enter the front door.

Weekly Practice
Other Groups

Williamsburg Heritage Dancers
Newport House
710 South Henry Street
Williamsburg, VA 23185-4113

Every Tuesday Night, 8 p.m. to 10 p.m.
Website:  http://williamsburgheritagedancers.org/

Louisa Group
“Glen Beau”
8876 Jefferson Highway
Mineral, VA 23117

Every Friday night, 8 p.m. – 10 p.m.
Dance Master: Jerry Reynolds
jerry.reynolds2010@gmail.com

Rappahannock Colonial Heritage Society Dancers
St. George’s Episcopal Church
905 Princess Anne St.
Fredericksburg, VA (downtown)

2nd and 4th Friday, 7:30 p.m. – 9:00 p.m.

Dance Instructor: Elaine Sturgeon
540-785-2168
Contact Person: Tina Buchanan
purrs4me@wwlink.net
Shenandoah Valley Civil War Era Dancers
All-volunteer, non-profit, learning and teaching dances of the 1700s and 1800s, whose main goal is to raise money for battlefield preservation by teaching and enjoying early American dance.

Host free and open-to-the-public dance sessions twice a month in Harrisonburg. Call or visit website for more information and schedule.

Dance Instructor: Tom Mack
540-743-9389
Website: https://sites.google.com/site/svcwed/home-1
A. Clothes and Accessories:

1. Jas. Townsend & Son, Inc.
   133 North First Street
   P. O. Box 415
   Pierceton, IN 46562

   1-800-338-1665 (order)
   1-219-594-5852 (to order catalog)
   email: catalog@jastown.com
   web: http://www.jastown.com

2. Smoke and Fire Trading Co.
   P. O. Box 166
   Grand Rapids, OH 43522

   1-800-766-5334 (order)
   1-419-878-8535 (information)
   web: http://www.smoke-fire.com

3. Marjorie Steen
   Fredericksburg Seamstress
   201 Morgan Lane
   Spotsylvania, VA 22554

   1-540-582-7771
   email: marjsteen@cs.com
4. Wingeo (Gifts, Patterns, Millinery)
   2205 Longview Drive
   Woodbridge, VA 22916-2616
   1-703-494-6958

5. Burnley & Trowbridge Co.
   108 Druid Drive
   Williamsburg, VA 23185
   1-757-253-1644
   email: jasburn@aol.com

6. The Recollections of J. P. Ryan (Patterns)
   P. O. Box 1265
   Berryville, VA 22611

7. Amazons (Patterns)
   2218 East 11th Street
   Davenport, IA 52803-3760
   1-319-322-6800
B. Societies

1. Country Dance and Song Society
   132 Main Street
   P. O. Box 338
   Haydenville, MA 01039-0338
   1-413-268-7426-ext 3
   email: camp@cdss.org  Web: www.cdss.org

2. The Costume Society of America
   55 Edgewater Drive
   P. O. Box 73
   Earleville, MD 21919-0073
   1-410-275-1619 or 1-800-CAS-9447
   www.costumesocietyamerica.com
Contact Us!

This is not George and Martha Washington!

(But they enjoy doing the dances George and Martha did!)

Come Join the Fun! Contact

The Colonial Dance Club of Richmond

744-3264 or 266-7355 or lindance.history@gmail.com
Dance Terms

Allemande: Stand side by side with partner, right shoulders together, right arm extended, left arm behind back. Cross right arm inside partner’s arm, right hand holding partner’s left. Dance clockwise in this position, usually once around.

Allemande: As allemande except stand with left shoulders together, left arm extended, right arm behind back. Cross left arm inside partner’s arm, left hand holding partner’s right. Dance counter-clockwise.

Arming: Partners hold each other by a forearm grip with man’s hand under and supporting the woman’s elbow. For “Arm Right” use right arms and “Arm Left” use left arms. Alternative way is for the two dancers to simply link elbows.

Back to Back: In this figure, (called a do-si-do in square dancing) two dancers face each other, move forward and pass each other by right shoulders; then, each moves slightly to his right and dances backwards back to place passing by left shoulders.

Balance and Swing. An enthusiastic form of setting. Step onto the right foot and kick the left across, then step onto the left foot and kick the right foot across. May end with a buzz swing.
**Balance Back.** Take 2 small steps back before doing another move, such as crossing with a partner or corner.

**Bourée.** A traveling step in 4 beats that may be started on either foot. For the right foot: Sink on left foot and place right foot in front, 4th position. Step forward on right foot, then step forward on left foot. Step forward again on right foot, sink on right foot, and place left foot in front, 4th position.

**Box the Gnat.** American dance term. A couple give right hands and change places, with the woman going under their joined raised arms. They end facing each other.

**California Twirl.** American dance term. A couple stands side by side facing the same direction, holding inside hands (man’s right, woman’s left). She turns left and goes into his position.

**Cast:**

**(Down/Up)** A solo turn outward followed by walking behind the dance line. Rejoin the line below (above) your nearest down-line (up-line) neighbor.

**Circle:** Three or more dancers take hands in a ring and dance clockwise unless instructed otherwise. A walking step or slipping step is used.
Corner. In a square set, your corner is the person next to you on the other side from your partner. In a longways duple minor set, 1st corners are the people in the 1st man and 2nd woman’s places. Second corners are in the 1st woman and 2nd man’s places. In a 3 couple or triple minor dance in which the 1s have moved into the middle position, the 1’s 1st corner is the person diagonally to their right, and the 1’s 2nd corner is the person diagonally to their left.

Cross and Cast. The top couple crosses to the other side of the set passing right shoulders and goes down the outside one place.

Cross Over One Couple. In a longways set, the 1st couple of each minor set crosses over by right shoulders and goes into the second place, improper, while the 2s lead up.

Cross Over: In a longways set, the first couple of each minor set crosses over by right shoulders and goes into the second place, improper, while the twos move up.

Crossover Hey. A hey (figure 8 with all dancers moving) in which the first couple starts by crossing over (lady going first) and dances with the two people on the other side. The first couple each go between the two people (the twos and threes) to start. The ones cross back over to their own side when they reach the top of the set, and then hey on their own side. All return to original position.

Double Figure Eight. As one couple crosses through the other, the other couple casts into their place and then leads through crossing so that both couples follow the same track with everybody moving. Usually begins with the bottom couple crossing up and the top couple casting down.

Figure Eight. One couple dances a figure eight path around another couple. You and your partner cross between the other couple, lady going first. Go behind the person who was next to your partner. Cross again through the couple to end in your original place.
Gate. Typically in a longways set, a working couple leads up round another couple (the posts) and back to where they started. The posts hold nearest hand with the working couple and help them around.

Gipsy (Gypsy). Two dancers walk around each other shoulder to shoulder gazing lovingly into each other’s eyes.

Grand Chain. In a circular or square set, face your partner, and pass your partner giving right hand. Give left hand to the next person who approaches you. Keep passing right and left alternately until told to stop. Usually results in men going counter-clockwise and women going clockwise around the set.

Grand Square. In a square formation, side couples face each other and fall back 4 steps while head couples advance a double. Sides turn to face opposite across the set and advance a double towards them while heads face each other and fall back a double with opposite. Sides lead in a double with opposite while heads fall back away from opposite a double. Sides fall back to place with partner while heads move forward to place.

Half Figure 8. Active dancers cross (lady first) either up or down and cast off around one dancer. Dancers finish directly opposite from where they started.
**Half Rights and Lefts.** Two facing couples give right hands to partner and cross the set, turn to face neighbor, and then give left hands to neighbor. Pass neighbor and turn to face partner across the set.

![Half Rights and Lefts](image)

**Hands Across.** Four dancers give right hands in a shaking handhold to the person diagonally across the set and move all the way around, or move halfway around and then give left hands to return to place.

![Left Hands Back](image)
**Hands Around.** Any number of dancers give hands in a circle and slip to the left or right as directed. Keep arms in a “W” position and give weight in order to keep the circle symmetrical.

![Hands Around](image)

**Hey, Circular.** *For 4 changes:* Two facing couples pass partner by right shoulder and cross the set, turn to face neighbor, and then pass neighbor by left shoulder. Turn to face partner across the set and repeat. End in original position. *For 3 changes:* Same as above but end after passing partner for the second time. End in progressed position.

![Circular Hey](image)

**Hey, Crossover.** Top couple crosses (lady first) to dance a mirror hey on the opposite side. Lady passes third man by left shoulder, and man passes third lady by right shoulder. Usually ends by hey on own side, with top couple crossing back to hey with dancers on their own side when they get back to the top.
Hey, Mirror Image. Top couple dances in and down as middle couple dances out and up. Third couple waits a moment, and then dances up between the first couple as they dance down. Repeat above until all are in original position. Partners usually take hands at the top and bottom of the set.

Hey, Sheepskin. Top man leads the other 2 men across the set above the first lady. Men dance behind the first lady, in front of the second (middle) lady, and behind the third lady. As the third man passes the middle lady, he goes around her to take over the head of the line and change the direction of the line of men. The men continue weaving through the ladies, with each man going around the middle lady when he becomes the last man in the line. When the original first man is back in the lead, he leads the men down the ladies’ side and up the men’s side to original place. The 3 ladies then do the same around the men. Can be done with a skipping step.

Hey, Straight. Top dancer faces down while remaining dancers face up. Top 2 dancers pass right shoulder, then first and third dancer pass left shoulder as all three move in a figure 8. Ends with all in original position. May also be done across the set, and with 3 or 4 dancers.

Improper/Proper. Improper is when a male dancer is on the ladies’ side and vice versa. Proper is when a dancer is on his or her own side.

Ladies’ Chain. Two ladies cross with right hand and give left hand to opposite man. Turn man (either open turn or courtesy turn), then ladies cross again by right and turn partner by left. Men can help by dancing out and to their right toward lady as she crosses over.

Lead Down the Center. Designated couple face down, take inside hands, and dance down the center of the set, drop hands and turn around individually toward each other to face up, and dance up to place or cast to second place, as directed.

Longways Set. A dance formation with men in 1 line facing ladies in an opposite line, facing partner.
**Minor (Duple or Triple) Set.** Duple minor set involves 2 couples dancing with each other within a longways set. Triple minor set contains 3 couples dancing together within a longways set.

**Poussette.** Two couples take 2 hands with partner. One man pushes while the other man pulls (usually so that the couples move clockwise) in a diamond formation, 4 steps out and 4 steps back. In a half poussette, couples progress; in a full poussette, they change places.

**Promenade.** Often occurs at the end of a dance in a circular or square set. Typically uses a crossed handhold in front. Couples dance clockwise or counterclockwise (depending upon the dance), either halfway or all the way around the set.

**Rigadoon.** A footing step that takes 4 counts. Many interpretations exist, including: Hop on left foot; at the same time, extend the right leg to the front or side. Pull the right leg back and land on the right foot as you extend the left foot either to the front or side. Plié, then straighten up, with or without a hop, and land in first position.

**Right Hands Across.** Four dancers give right hands in a shaking handhold to the person diagonally across the set and move all the way around. Often done for 8 beats and followed by Left Hands Across back.

![Right Hands Across](image.png)
Rights and Lefts. Two facing couples give right hands to partner and cross the set, turn to face neighbor, and then give left hands to neighbor. Pass neighbor and turn to face partner across the set. Repeat until all are where they started the figure.

Setting Step. A footing step that can be done in place or advancing toward another dancer. Step to the right, rising slightly on ball of foot. Then close feet and lower heels to ground. Repeat to the left. Another version is to make a small leap to the right, bring the left foot over and change weight, then return the right foot to the floor. Repeat to the left.

Siding. In original siding, 2 dancers advance toward each other right shoulder to right shoulder and then retire to place. Repeat to left shoulder. In Cecil Sharp siding, dancers advance passing left shoulders, walking in an arc. This should be done by walking forward 3 steps and turning on the fourth beat. Then go back to place walking forward on that same arc passing right shoulders.

Strip the Willow. A move where the top couple of a longways set turn each other by the right (probably with an elbow hold) once and a half to get to the other side, and then turn the next person on the side by the left, go back to their partner for a right turn, the next person on the side by the left, back to their partner by the right and so on, turning everyone of the opposite sex by the left in between right turns with their partner.
Swing. The buzz swing begins by taking ballroom position. Put your right foot next to your partner’s right foot, outside edge of feet nearly touching. Use your left foot as if you were on a scooter to push yourself around. Swings done by 2 ladies may be done in the crossed hand position.

Turn Single. A solo turn for one person that takes 4 beats. Take four steps around a small circle rather than pivoting in one spot. If no direction is given, the dancer should turn over the right shoulder. In a cloverleaf turn single, 2 dancers who are dancing together turn away from each other by turning over opposite shoulders.

Up a Double and Back. Starting with right foot, take 3 steps forward. On the fourth step, bring the left foot just up to the right foot, keeping weight on the right foot. Then back up starting with the left foot, 3 steps, then feet together.

Women’s (Men’s) Moulinet. French for windmill, the figure is often done in a cotillion. The ladies set twice advancing toward the center, then do right hands across ¾ of the way around, falling back into the square at the end. Repeat with left hands across.
Elizabethan Dance

Queen Elizabeth was making a progress of the kingdom in 1591 when she first saw people doing country dances at Cowdray House, the home of Lord and Lady Montague. She introduced the dances at court, and they were then danced at every ball along with the established court dances of the day. The first colonists in the New World brought these country dances with them and many of these early dances such as Rufty Tufty and Jenny Pluck Pears have survived to this day! Colonial dance, then, has its roots in Elizabethan England. Join us as we expand our activities to include Elizabethan Court Dancing, including the pavane, bransle, alman, and galliard!

Recent Elizabethan Dance Performance
Upcoming Events

1. **The Jefferson Ball**: November 2, 2019.
   Relive the experience of attending a Colonial Ball with fine dancing and fine dining. Cost is $35 per person (adults) and $25 for students, and includes heavy hors d’oeuvres by Ronnie's midway through the evening. Period attire or formal wear is encouraged. To reserve your place, please send a check to Harper Alford, 10059 Hobby Hill Road, Richmond, VA 23235. Call 804-272-9594 for more information. The dances to be performed are listed below.

   **Minuet**
   - Atossa's Gift
   - The Black Nag
   - The Braes of Dornoch
   - Candles in the Dark
   - Childgrove
   - Elephant Stairs
   - Elverton Grove
   - Geud Man of Ballangagh
   - Halsway Manners
   - Joy after Sorrow
   - Kill Him with Kindness
   - Knives and Forks

   - Newcastle
   - Noisette
   - The Punch Bowl
   - Sapphire Sea
   - The Severn Bore
   - Terpsicourante
   - Top and Bottom
   - Trip to Tintagel
   - The Two Cousins
   - Vivaldi in Paradise
   - Well Hall
   - The Young Widow
Jefferson Ball, Nov. 2, 2019 ~ 6:30 p.m.

**Atossa’s Gift (Iw duple, 2017, S. Higgs)**

<table>
<thead>
<tr>
<th>Part 1</th>
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<tbody>
<tr>
<td>A1</td>
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<td>A2</td>
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<tr>
<td>B1</td>
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<td>B2</td>
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</tbody>
</table>

**The Black Nag (3 cpl lw, 1670, Playford)**

**Part 1**

| A | 1-8 Up a double & back, twice |
| B1 | 1-2 1s take 2 hands & slip up 4 steps |
| 3-4 | 2s do the same |
| 5-6 | 3s do the same |
| 7-8 | All TS |

**Part 2**

| A | 1-4 All side with partner RS |
| 5-8 | All side with partner LS |
| B1 | 1-2 M1 & W3 change places, passing back to back (slip step), leading with RS |
| 3-4 | W1 & M3 do the same |
| 5-6 | W2 & M2 do the same |
| 7-8 | All TS |

**Part 3**

| A | 1-4 All arm R with partner |
| 5-8 | All arm L with partner |
| B1 | 1-8 Men hey, skipping |
| B2 | 1-8 Women hey, skipping. Men TS last 4 beats |

**The Braes of Dornoch (3 cpl lw, 1753, J. Johnson)**

| A | 1-2 1s lead down center to bottom of the set |
| 3-4 | 1s cast up around 3s; 2s lead up 1 place |
| 5-8 | 1s 2HT in center |
| 9-12 | 1s lead up through 2s and cast back to center |
| 13-16 | 1s 2HT ¾, acknowledge partner, & turn R individually, ending back to back in the center, M1 facing down & W1 facing up, as 2s & 3s turn to face them on bars 15-16; take hands in wavy lines of 3 (“double triangles” in Scottish country dance) |

| B | 1-2 All set forward & back in lines |
| 3-8 | Those with L hands joined turn by the L; 1s turn other dancer in their own line by the R, ending with 1s proper in center |
| 9-12 | Partners back-to-back |
| 13-16 | Bottom 2 couples 3 changes of R & L while top couple 2HT once round |

**Candles in the Dark (Iw duple, 2004, L. Holtz)**

| A1 | 1-4 Giving RH in crossing. 1s assisted ½ figure 8 down through 2s |
| 5-8 | M1 & W2 (on original ladies’ side) assisted ½ figure 8 through dancers across the set |
| A2 | 1-4 W1 & M2 (on original men’s side) assisted ½ figure 8 through dancers across the set |
| 5-8 | 2s assisted ½ figure 8 down through 1s. All are now improper & progressed |
| B1 | 1-8 2s (at top) split 1s to begin symmetrical back-to-back. All circle L once round |
| B2 | 1-8 Repeat symmetrical back-to-back but 1s split 2s to begin. All gypsy partner RS 1½ around. 1s take RH & face down to prepare for next round |

**Childgrove (Iw duple, improper, 1701, Playford)**

| A1 | 1-4 Partners side by RS |
| 5-8 | Partners back-to-back LS |
| A2 | 1-4 Neighbors side by LS |
| 5-8 | Neighbors back-to-back RS |
| B1 | 1-4 Neighbors 2HT once & a half, skipping (progression) |
| 5-8 | Partners 2HT once round (walking) |
| B2 | 1-8 1s dance a full figure 8 up through 2s (skipping). (Experienced dancers, dancing with other experienced dancers, are welcome to do a double figure 8)
Elephant Stairs (lw duple, 1727, J. Walsh)
A1 1-8 1s dance a whole figure 8 by first casting down around the stationary 2s, ending with a cloverleaf TS out
A2 1-8 2s repeat except begin by casting up around 1s & end with cloverleaf TS out
B1 1-4 Men lead across through women & cast back to place
5-8 1s lead down through 2s & cast back to place
B2 1-4 Women lead across through the men & cast back to place
5-8 1s cast down, lead up, & cast down, WHILE 2s lead up, cast down, & lead up

Elverton Grove (lw duple, 1712, J. Walsh) (modified by J. Millar)
A1 1-8 All TS, balance forward & back, & cross over changing places with partner, turning R to face back in
A2 1-8 Repeat to end in original places
B 1-4 Men lead through ladies
5-8 Ladies lead through men
9-12 1s ½ figure 8 through 2s
13-14 All set once
15-18 2s ½ figure 8 up through 1s
19-22 1s cast off & cross as 2s cross up into progressed place

Geud Man of Ballangigh (lw duple, 1698, Playford)
A1 1-4 1s lead down through 2s & cast back
5-8 Men lead through ladies & cast back
A2 1-4 2s lead up through 1s & cast back
5-8 Ladies lead through men & cast back
B1 1-4 M1 set to W2, advancing, & TS back to place
5-8 W1 repeat to M2
B2 1-4 All circle L half way & fall back slightly
5-6 Partners set to each other
7-8 Partners cross over with each other

Halsway Manners (3 cpl lw, 2001, M. Devlin)
A1 1-4 Taking hands, lines go forward & back
A2 1-4 1s & 3s back-to-back with partner WHILE 2s (active couple) gypsy ½ RS & end facing M1, with W2 in front of partner
B1 1-4 Actives RS dolphin hey with the men
B2 1-4 Actives LS dolphin hey with the women; actives lead up the middle proper to just below the 1s
C1 1-4 Actives handy hand turn with 1s (men LH, women RH) once and a half (actives stay at the top)
C2 1-4 1s turn 3s once and a half (men RH, women LH). Progression: 2-3-1

Joy After Sorrow (3 cpl lw, 1719, Playford)
A1 1-8 M1 go down the center WHILE W1 goes down the outside; both TS at bottom. M1 go up the outside WHILE W1 goes up the center; both TS
A2 1-8 1s set to partner; all mirror hey on own side
B1 1-4 M1 go to W2 (as M2 moves up). M1 & W2 face up, take inside hands, & turn ½ CCW (M1 backing up)
5-8 M1 & W2 lead down to 3s and TS away
9-16 M1 & W2 ½ figure 8 up through couple above & 2HT in middle place, ending proper
B2 1-8 M1 & W2 circle L with W1 1⅔, (until 1s are improper in middle place & W2 is in top place)
9-16 1s cross while leading up through 2s. 1s honor partner & cast to bottom (3s lead up)

Kill Him with Kindness (lw duple, improper, 1719, Walsh)
A1 1-2 Neighbors lead out & turn to face in
3-4 Neighbors lead in; 2HT partner half way
A2 1-4 Repeat A1 (on opposite side) until all are home
B 1-2 Hands 4 and circle L half way around
3-4 Cloverleaf TS
5-8 3 changes of a circular hey with hands, starting with neighbor
<table>
<thead>
<tr>
<th>Knives &amp; Forks (lw duple, 1726, Neal)</th>
<th>Noisette (lw duple, 2004, P. Callens)</th>
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<tbody>
<tr>
<td><strong>Part 1</strong></td>
<td></td>
</tr>
<tr>
<td><strong>A1</strong> 1-4 1s cast (2s up) &amp; back-to-back in 2s place</td>
<td>A1 1-4 Women lead between men &amp; cast back to place</td>
</tr>
<tr>
<td><strong>A2</strong> 1-4 1s cast back up (2s lead down) &amp; back-to-back in own place</td>
<td>5-6 W1 &amp; M2 (in 2nd corner positions) cross by RS &amp; turn R to face back in</td>
</tr>
<tr>
<td><strong>B1</strong> 1-4 All lead neighbor out (short lead) and turn about, lead back &amp; cross over, passing RS with partner; loop back to R, all ending improper</td>
<td>7-8 All cast over RS to move CW single file one place around the minor set. All are now improper</td>
</tr>
<tr>
<td><strong>B2</strong> 1-4 M1 &amp; W2 change places (orig. 1st corners); then W1 &amp; M2 change places; all 2HT partner once round</td>
<td><strong>Part 2</strong></td>
</tr>
<tr>
<td><strong>Newcastle (4 cpl square, 1650, Playford)</strong></td>
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<tr>
<td><strong>A1</strong> 1-4 All take hands, lead in a double &amp; fall back</td>
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<tr>
<td><strong>A2</strong> 1-8 All that again</td>
<td>5-8 1s dance CW (RS) all the way around neighbor and then ½ farther, to bring M1 into the center between the 2s, facing M2, and W1 on the outside of the set facing W2. (On bar 4, W2 turns about RS to face W1.) All are now in a line of 4 in 2nd place, facing neighbor &gt; M2 M1 W2 W1 &lt;</td>
</tr>
<tr>
<td><strong>B1</strong> 1-2 Arm R with partner, once round</td>
<td>7-8 All cast over RS to move CW single file one place around the minor set to original places (W1 facing out) going into…</td>
</tr>
<tr>
<td><strong>B2</strong> 1-2 Partners arm L once round</td>
<td><strong>B1</strong> 1-4 1s dance CW (RS) all the way around neighbor and then ½ farther, to bring M1 into the center between the 2s, facing M2, and W1 on the outside of the set facing W2. (On bar 4, W2 turns about RS to face W1.) All are now in a line of 4 in 2nd place, facing neighbor &gt; M2 M1 W2 W1 &lt;</td>
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<tr>
<td><strong>Punch Bowl (lw duple, 1701, Playford)</strong></td>
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<td><strong>B2</strong> 1-4 M1 &amp; W2 change places (orig. 1st corners); then W1 &amp; M2 change places; all 2HT partner once round</td>
<td>3-4 All move CW single file half way around to original places facing partner</td>
</tr>
<tr>
<td><strong>A2</strong> 1-8 All that again with the next person</td>
<td>5-6 All balance forward (3 counts) and back (3 counts)</td>
</tr>
<tr>
<td><strong>B1</strong> 1-4 Original heads lead in a double, lead back</td>
<td>7-8 1s cast down as 2s lead up</td>
</tr>
<tr>
<td><strong>B2</strong> 1-2 Partners arm L once round</td>
<td><strong>Part 3</strong></td>
</tr>
<tr>
<td><strong>Part 3</strong></td>
<td></td>
</tr>
<tr>
<td><strong>A1</strong> 1-8 All arm R, arm L &amp; pass on to next</td>
<td>A1 1-2 1s cross &amp; cast while 2s meet</td>
</tr>
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<td><strong>A2</strong> 1-8 All arm R with this person, then arm L and form two lines with current partner improper (W on left of M). The facing lines pass through original head position</td>
<td>3-4 1s lead down thru next 2s below &amp; cast back to 2nd place while 2s separate &amp; move up outside of couple above &amp; lead back down thru couple above to original 1s place</td>
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<td><strong>B1</strong> 1-4 Lines fall back a double &amp; come forward</td>
<td>5-8 1s &amp; 2s circle L ½ way; 1s cast, 2s lead up</td>
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</table>
Sapphire Sea (Iw duple, 2015, C. Robb)

A 1-4 1s and 2s circle L once around
5-8 1st corners RHT once around
9-12 2nd corners LHT once around
13-16 1s cast and lead up the middle to end between the 2s in a line of 4 facing W2, WHILE the 2s dance up, then cast off to end on the outside of a line of 4. End with the 1s in the middle facing W2

B 1-8 Dolphin hey. This is a normal RS hey for 3 for the supporting (2nd) couple but 1s function as one person. Women start by passing RS. At each end of the hey, 1s change the lead. End 1st couple between 2nd couple, all facing up in a line of 4
9-12 All lead up in line & fall back
13-16 2s gate 1s into progressed place

The Severn Bore (Iw duple, 1991, F. de Metz Herman)

A 1-4 M1, moving forward, set R to W2 & L to W1 (women do not set); M1 TS back to place
5-8 These 3 circle L once round, releasing early to dance out to place
A2 1-4 W1, moving forward, set R to M1 & L to M2 (men do not set); W1 TS back to place
5-8 These 3 circle L once round, releasing early to dance out to place
B 1-4 1s meet (1 bar), lead down with near hands, & turn in to face up at end of bar 4, WHILE 2s cast up 1 place (1 bar) & meet (1 bar) in center above 1s & facing down with near hands joined, follow 1s down the center
5-6 1s lead up WHILE 2s, facing down, fall back
7-8 2s split the 1s, effectively doing a ¾ mirror gypsy with neighbor ending in a line of 4, 1s in center facing out and 2s facing in:
   Top of Set
   M2 M1 W1 W2
B2 1-6 Hey for 4 across, neighbors passing RS
7-8 1s LHT ½ way to progressed place

Terpsicourante (4 cpl Iw, 1s & 3s improper, 2004, G. Roodman)

A1 1-4 Working in sets of 2 couples, all side RS with neighbor
5-10 Set R & L and TS, then gypsy ½ way with neighbor
A2 1-10 As above, except with partner (end with everyone diagonally across from where they began)
B 1-4 With partner, RHT once round
5-8 Men cross; women cross
C 1-2 Serpentine progression: Working in sets of 2 couples, circle L ½ way, & for an instant, continue facing the couple you circled with 3-4 1s & 4s (who are standing back to back in the middle of the set) change places while keeping their backs to each other, M1 & M4 drawing their partners out & around the other couple (1s moving down the set, 4s moving up) to face end couples
5-6 With the couple you are facing, circle L ½ way until 2s & 3s are back to back in the middle of the set
7-8 2s & 3s serpentine progression in middle
9-10 With the couple you are now facing, circle L ½ way
11-12 1s & 4s do the serpentine progression in the middle

Note: The middle of the serpentine progression can be thought of as an outward-facing circle without taking hands with the other couple

Top and Bottom (Iw duple, 1750, V. Williams Library)

A1 1-8 1s & 2s right hands across, left hands back
A2 1-4 M1 set to W2 & 2HT once round
5-8 W1 set to M2 & 2HT once round
B1 1-8 W2 hey with 1s (W2 & M1 pass LS)
B2 1-8 M2 hey with 1s (M2 & W1 pass RS)
B3 1-4 Partners 2HT once round
5-8 3 changes of a circular hey, partners facing to start (2 steps per change)
Trip to Tintagel (lw duple, 2013, J. Simpson)

A1 1-4 All set; 1s cast off as 2s lead up
5-8 All set; 2s cast off as 1s lead up (1s staying close in the middle, ready for…)

B1 1-4 1s fall back & come forward as 2s come forward & fall back
5-8 1s cast off & lead up into a line of 4 facing up, WHILE 2s meet, lead up, & cast onto the ends of the line

A2 1-4 Line of 4 lead up a double, then fall back, bending the line in on itself to swing the 2s (who are on the outside) into the center of a line of 4 facing down
5-8 Line of 4 lead down a double & cast back

B2 1-8 Circle to the left & right (slipping step, if possible)

Vivaldi in Paradise (lw duple, improper, 2007, G. Roodman)

A1 1-4 1s lead down through 2s & cast back
5-8 1s lead up 4 steps; turn & lead back to place

A2 1-4 2s lead up through 1s & cast back
5-8 2s lead down 4 steps; turn & lead back to place

B 1-8 With neighbor & next person along the lines, do a hey for 3 (pass R, loop L, back to neighbor); gypsy R with neighbor & end progressed

C 1-4 In own set, 2 men change places, then 2 women, all passing RS
5-8 Pass neighbor RS & 2HT partner ½ way

Well Hall (lw duple, 1679, Playford)

A1 1-4 1s RHT once and a half
5-6 1s cast down 1 place, 2s lead up
7-8 1s change places & fall back on last 3 steps

A2 1-8 2s repeat A1

B1 1-2 1st corners change places
3-4 2nd corners change places
5-6 Circle 4 hands round half way
7-8 All TS cloverleaf

B2 1-2 2nd corners change places
3-4 1st corners change places
5-6 Circle 4 hands round half way
7-8 1s cast as 2s lead up

The Young Widow (lw triple, 1788, J. Griffiths)

A1 1-8 1s & 2s RH across and LH back
A2 1-8 1s down the center & turn as a couple, M backing up; 1s lead back up & cast into 2nd place (improper) as 2s lead up

B1 1-4 Taking hands on the sides, all set R & L twice

B2 1-4 Circle 6H L ½ way; 1s step back out of the set

C 1-8 2s & 3s face each other, set twice, and ½ R & L to progressed places; 1s move back into set

The Two Cousins (Db1 circle mixer, men inside facing out, 1993, W. van den Berg)

A1 1-4 Partners side ¼*, then gypsy ¾ clockwise to partner’s place
5-8 Partners balance forward & back, turn single clockwise

A2 1-8 Repeat all back to places

B1 1-4 Couples face CW, take inside hands, dance round the circle and turn in to change hands
5-8 Dance CCW 2 bars and TS away (women CW, men CCW)

B2 1-8 Repeat B1 counter clockwise, then clockwise, men turn single, but women cast one place to meet new partner who was behind them

*¼ siding: With partner, start as in Cecil Sharp siding, curving in to finish RS to RS with partner, men facing in and women out. (Use 4 steps, close with R foot on the 5th and pause on the 6th)
**Minuet (couple dance)**

**Introduction**

1-2  Bow to presence
3-4  Bow to partner

**Part 1**

A1  1-4  2 Minuet steps toward head of hall
5-8  2 Minuet steps to turn ½, M backing up
A2  1-4  2 Minuet steps toward foot of hall
5-8  2 Minuet steps to turn ½ way round as cpl, end in contra line facing partner (but slightly to the R of partner)

B1  1-8  Dance over the “Z”: 1 Minuet step on the parallel, 2 Minuet steps along the diagonal (pass RS), 1 Minuet step on parallel
B2  1-8  Retrace “Z”
A3  1-8  RHT with 4 Minuet steps
B3  1-8  LHT with 4 Minuet steps. Finish side by side facing presence

**Part 2**

A4,  1-16  Repeat A1, A2
A5
B4,  1-16  Repeat B1, B2
B5
A6  1-8  2HT to L, 4 Minuet steps
B6  1-8  2HT to R, 4 Minuet steps. Finish facing presence

**Coda**

1-2  Bow to presence
3-4  Bow to partner
For information, please contact Harper Alford at (H) 804-272-9594 or (C) 804-385-8901.

Location: Belmont Recreation Center, 1600 Hilliard Rd, Henrico, VA 23228.

FROM THE NORTH: Route 95 North to exit 83 (Parham Road West). At 2nd light, turn L onto Route 1 South. Turn R at 4th light (Route 356, Hilliard Road). Go in 1st drive on R.

FROM THE SOUTH: Route 95 North to exit 81 (Route 1 North). Turn L at 2nd light (Route 356, Hilliard Road). Go in 1st drive on R.

FROM THE EAST: Route 64 West onto Route 95 North. Stay on 95 North to exit 81. Turn L at 2nd light (Route 356, Hilliard Road). Go in 1st drive on R.

FROM THE WEST: Route 64 East into Richmond. Take LEFT exit 186 (Route 95 North). On 95 North, take exit 81 (Route 1 North). Turn L at 2nd light (Route 356, Hilliard Road). Go in 1st drive on R.