
Cheat Sheet: English Country Dances

Hearts Ease	4 people in a square, chorus goes back, forwards, turn.
Rufty, Tufty	4 people in a square, chorus has 2 set & turns, lead partner off to the wall and back, turn outwards, lead corner out and back, turn outwards face to partner.
Jenny Plucks Pears	Couples in a circle, number off 1, 2, 3. 1 st verse is double left twice, set & turn, double right twice, set & turn. Chorus has first men leading ladies in, then second, then third, then the men skip around and back. Lead the ladies out. Second chorus, the ladies lead the men in and the ladies skip around.
Gathering Peascods	Couples in a circle. Chorus has men go in and around, ladies in and around, men in & clap, ladies in & clap, men in & clap and turn out, repeat with the ladies in first.
Merry Merry Milkmaids	8 people, first chorus has cross arms and spin around, second chorus peel off, third chorus hey.
Grimstock	6 people. First chorus hey, second chorus under and over hey, third chorus cross-over hey.
Newcastle	8 people in a circle. First chorus men arm-and-a-half and left hands in, ladies skip around, men pass out & skip around. Second chorus form arches. Third chorus split into lines. Odd couples do everything first.
Goddesses	11 verses all followed by peel around and back: (1) doubles (2) men around and back (3) ladies around and back (4) men around all the way (5) ladies around (6) men circle (7) ladies circle (8) all circle (9) men hey (10) ladies hey (11) double hey.
Cuckolds all in a row	First verse: doubles then men turn back to corner, face corner, do si do, repeat with partner. Second verse: sidings, men cross, ladies cross, circle, ladies cross, men cross, circle. Third verse: armings, pousette, peel right, pousette, peel left.
