

# Student Handouts:

# English Country Dance

## Week 1: Hearts Ease and Rufty, Tufty

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### Heart's Ease

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A square dance for 2 couples. Start holding hands with partner and facing the other couple.

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#### Verse 1

1 - 4	DLf	To meet the other couple
5 - 8	DRb	Away from the other couple
9 - 16	DLf DRb	As above

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#### Chorus

1 - 4	DRb	Away from partner
5 - 8	DLf	Towards partner
9 - 16	Arm Left	With corner
17 - 20	DRb	Away from corner
21 - 24	DLf	Towards corner
25 - 32	Arm Right	With partner

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#### Verse 2

1 - 8	Side Left	With partner
9 - 16	Side Right	With corner

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Repeat the chorus.

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#### Verse 3

1 - 8	Arm Left	With partner
01/09/16	Arm Right	With corner

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Repeat the chorus.

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# Rufty, Tufty

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A square dance for 2 couples.

Start holding hands with partner and facing the other couple.

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## Verse 1

1 - 4	DLf	To meet the other couple
5 - 8	DRb	Away from the other couple
9 - 16	DLf DRb	As above
17 - 24	STL	Facing your partner and dropping hands
25 - 32	STR	

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## Chorus

1 - 4	DLf	Away from the other couple, dropping hands and turning back to face the other couple at the end of the double
5 - 8	DRf	Towards the other couple
9 - 12	Turn Single	Turn away from partner, end facing away from partner, join hands with corner
13 - 20	DLf DRf	As above, but with corner
21 - 24	Turn Single	Turn away from corner, end facing partner

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## Verse 2

1 - 8	Side Left	With partner
9 - 16	Side Right	With partner
17 - 24	STL	
25 - 32	STR	

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Repeat Chorus

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## Verse 3

1 - 8	Arm Left	With partner
9 - 16	Arm Right	With partner
17 - 24	STL	
25 - 32	STR	

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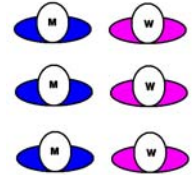
Repeat Chorus

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# Week 2: Grimstock

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**Starting Position** This is a line dance for 3 couples.



<b>Verse 1</b>	1 – 4	DLf DRb	Double forwards and backwards
	5 – 8	STL	Face your partner, and set and turn left.
	9 – 12	DLf DRb	Double forwards and backwards
	13 – 16	STR	Face your partner, and set and turn right.
<b>Chorus 1</b>	1 – 8	Hey	The first couple begin a hey by going between the second couple, and around the outside of the third couple, and so on back to place. Essentially this is a hey for the 3 men, and a hey for the 3 women, both done at the same time, but in mirror image.
	<b>Verse 2</b>	1 – 4	Side L
5 – 8		STL	Set and turn left.
9 – 12		Side R	Side right.
13 – 16		STR	Set and turn right.
<b>Chorus 2</b>	1 – 8	Hey	The second hey is the same as the first hey, except that the couples remain holding hands while doing it. The first couple goes into the middle under the second couple's arms, then over the third, and so on back to place.
	<b>Verse 3</b>	1 – 4	Arm L
5 – 8		STL	Set and turn left.
9 – 12		Arm R	Arm right.
13 – 16		STR	Set and turn right.
<b>Chorus 3</b>	1 – 8	Hey	The third hey is the same as the first hey, except that the top couple swaps places before beginning it, and crosses over again at the bottom of the set so that the man and lady come back up their own side. The second and third couples do not swap.

## Week 3: Gathering Peascods

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A circle dance, for as many couples as will. Dancers begin the dance holding hands.

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<b>Verse 1</b>	1 - 8	SDL SDL	Two doubles to the left.
	9 - 12	TL	All drop hands and turn over your left shoulders
	13 - 20	SDR SDR	Join hands again and go 2 doubles to the right.
	21 - 24	TR	All drop hands and turn over your right shoulders.

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**Chorus** The chorus repeats throughout the dance.

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<b>Part A</b>	1 - 12	Men circle	Men step forwards into the center of the circle, join hands, and slip left around the circle to finish in original position.
	13 - 24	Ladies circle	Ladies repeat above

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<b>Part B</b>	1 - 4		Men DLf into the center of the circle, meeting in the middle, and clapping on the third beat.
	5 - 8		Ladies repeat the above while the men DRb to original position.
	9 - 12		Men DLf into the center, clapping on the third beat while the ladies DRb to position.
	13 - 16		Men DR back into position, turning over the right shoulder.
	17 - 32		Repeat the above, with the ladies starting.

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<b>Verse 2</b>	1 - 8	Side Left	With partner
	9 - 12	TL	
	13 - 20	Side Right	With partner
	21 - 24	TR	

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**Chorus** Repeat Chorus, except that the ladies begin and end the sequence

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<b>Verse 3</b>	1 - 8	Arm Left	With partner
	9 - 12	TL	
	13 - 20	Arm Right	With partner
	21 - 24	TR	

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**Chorus** Repeat Chorus, with the men beginning and ending the sequence.

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## Week 4: Merry, Merry Milkmaids

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A line dance for 4 couples, starting facing the front of the hall.

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<b>Verse 1</b>	1 - 4	DLf	Towards the front of the hall
	5 - 8	DRb	
	9 - 16	STL	Facing partner
	17 - 24	DLf, DRb	As above
	25 - 32	STR	Facing Partner
<b>Chorus 1</b>	1 - 4	DLf	1st and 3rd couples double forward to meet partner
	5 - 8	Slips	1st and 3rd couples slip down the line to occupy positions held by 2nd and 4th couples. Even couples move up the line to 1st and 3rd positions.
	9 - 24	Spins	1st couple joins hands and spins in place, falling back to 2nd position in line at the end. 3rd couple do likewise, falling back to 4th position.
	25 - 48	As above	2nd and 4th couples repeat above, ending back in original positions.
<b>Verse 2</b>	1 - 8	Side Left	With partner
	9 - 16	STL	Facing partner
	17 - 24	Side Right	With partner
	25 - 32	STR	Facing Partner
<b>Chorus 2</b>	1 - 8	Men cast	1st man casts off and goes to 4th man's position, with the other men following, ending with the line inverted.
	9 - 16	Women cast	As above
	17 - 24	STL	Facing partner
	25 - 32	Men cast	1st man casts off and returns to position, others following
	33 - 40	Women cast	As above
41 - 48	STR	Facing partner	
<b>Verse 3</b>	1 - 8	Arm Left	With partner
	9 - 16	STL	Facing partner
	17 - 24	Arm Right	With partner
	25 - 32	STR	Facing partner
<b>Chorus 3</b>	1 - 24	Men's hey	Single hey for the men, as described in step introduction
	25 - 48	Women's hey	Single hey for the women