

We Are All Dancers

*For post-workshop notes go to www.amidonmusic.com
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Blaydon Races

In NEDM's *Chimes of Dunkirk* collection.

Formation: Circle Mixer: circle of couples

Music: Any jig

A1 (16) Forward and back twice. The second time end up facing partner and holding two hands with partner.

A2 (16) All move towards center: step, together, step, together, then move back to outside: step, together, step, together.

Repeat that whole sequence once.

B1 (16) All say goodbye to partner, pass right shoulders with partner, and allemande right NEW partner, then allemande left new partner. (right hand turn, then left hand turn with 'arm wrestling' grip.

B2 (16) All promenade this new partner.

Galopede

In NEDM's *Chimes of Dunkirk* collection.

Music: Galopede

Formation: Longways set of 8-12 couples.

A1 (16) All forward and back. (8)
All cross over to partner's place, pulling partner with the right hand.

A2 (16) All forward and back. (8)
All cross back to place, again pulling by with the right hand. (8)

B (16) Do-si-do partner. (8)
Two hand turn around partner. (8)

C (16) Top couple take two hands and sashay down the center to the bottom of the set, while other couples move up one place.
(16)

Repeat the dance with the new top couple.

Durham Reel

In NEDM's *Chimes of Dunkirk* collection

Formation: Longways dance for 4 - 6 couples

Music: *Slow G* from NEDM's *Other Side of the Tracks* CD, or any jig.

This dance does not need to go exactly with the phrasing of the music.

Take hands in a circle and circle left and right.

Top (Lead) couple lead a cast off around outside. Lead couple meet partner at bottom, take one hand, and promenade back to top; all others follow.

Lead couple lead 2nd cast off.

Lead couple hang on to partner's hand and lead a promenade around to the left and back to place; all follow. This is called 'Coach and Horses'.

Lead couple lead 'Coach and Horses' promenade to the right and back to place.

All take hands along lines and at the bottom (but not the top) thus forming a semicircle. Top two ladies ('Queens') make the Queen's Arch, by raising their held hands. Top gent ('King') lead the entire line through the Queen's arch. The top 'Queen' keeps her feet planted throughout; the second 'Queen' follows the rest under the arch, and changes her grip with the first 'Queen' as her hand twists around.

Top Queen lead lines through the King's Arch, and back to place.

Sicilian Vowel Dance

In NEDM's Sashay the Donut

Formation: Sicilian circle

Music: any jig or reel.

A1(16): Circle left. (8)

Circle right. (8)

A2 (16): Right hand star. (8)

Left hand star. (8)

B1: (16) Dosido neighbor. (8)

Partner two hand turn (or swing)

B2: Face Neighbors, holding partner's handy hand and, as couples, grand right and as you say "A" as couples start a grand right and left. Say "E", as you start to pass the 2nd couple, "I" the third, "O" the fourth, and "U" ("You!") as you start the opening circle left with the fifth couple.

Notes: It is useful, when first teaching the dance, to have each dancer point to their own left. Those pointing to the outside of the circle (the CW facing couples) label themselves 'outsiders' (meaning they move to the outside first in the B2 weaving figure) and those pointing to the inside of the circle (the CCW facing couples) label themselves 'insiders' (they move to the inside first in the B2 weaving figure).

Grumpy March *by Peter Amidon*

In NEDM's Sashay the Donut collection.

Jay Ungar wrote the tune 'Wizard's Walk' to go along with a contra dance composed by his then 12 year old daughter Ruth. Peter wrote this dance as a simpler alternative to Ruth's wonderful but intricate choreography.

Music: Wizard's Walk/Red Crow, as recorded on *Sashay the Donut*, or any reel.

Formation: Longways set for 7-10 couples

A1 (16) 'Grump across' the set (see note below), trading places with partner. (4)

Clap on each beat:

Own hands, right with partner, own hands, left with partner (4)

Grump back across the set to original places. (4)

Repeat above clapping pattern with partner. (4)

A2 (16) All turn right to face CCW around the entire set and circle to the right single file (no hands). (8)

All turn and start skipping in opposite direction (still single file, no hands) circling (CW) back to the left, looking for partner. (8)

B1 (16) Without losing momentum, skip in an elliptical CW circle around partner, getting closer and closer. (8)

Two hand swing with partner. (8)

B2 (16) Top couple sashay or swing to bottom. (16)

Notes: 'Grump across': Put on a grumpy frown and march to other side, passing right shoulders with partner, fists clenched, forearms parallel to floor. Turn to face partner on fourth beat in time for the clapping.

'Swing to bottom': The Active swing around each other while doing a sashay to the bottom.