

Postman's Knock

Origin: Traditional

6 dancers in two lines of 3

or 8 dancers in two lines of 4.

Music : Postman's Knock

Formula: the A part of the tune is twice as long as most morris tunes, so the figures are done in pairs, with a chorus after two figures.

Face up.

The B music is played as an introduction. Then everyone taps their sticks on the floor three times, before the first figure.

Rounds/ Foot up

----- Chorus

Half Gyp/Hands around

----- Chorus

Tops and Bottoms

-----Chorus

Hey/Foot down

-----Chorus

Chorus: Double sticking, similar to that in Lads a Bunchum, but with a dotted rhythm.

Odds and even each hit their opposite's stick 3 times. Repeat this 3 times, then 6 alternate hits, and finally one hit high in the air.

3 taps on the floor.

The last chorus is repeated at a higher speed, and instead of hitting the floor afterwards, there are 3 final hits in the air, on the third one, keep the sticks up, drop the left hand. Odds face up, evens face down the line. Evens follow the odds when walking off.

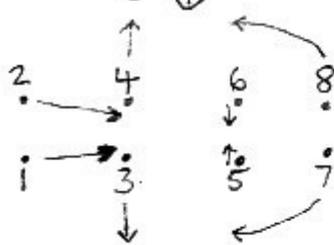
Words - to help remember the chorus tune !

Every morning as true as the clock
Somebody hears the postman's knock.
Every morning as true as the clock
Somebody hears the postman's knock.

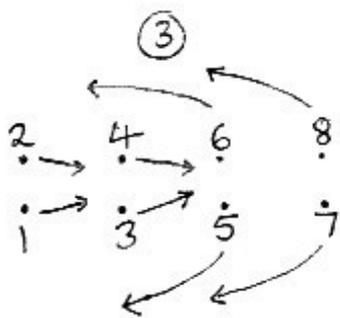
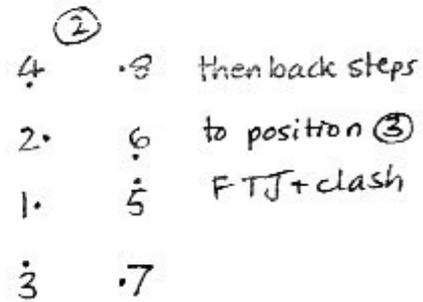
Written by EE March 2018

Tops down and bottoms up for 8 also called 'tops and bottoms'

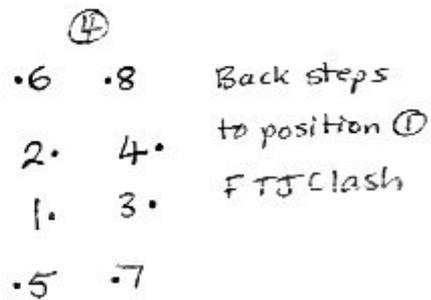
Adderbury Tops Down for 8



Start position with direction of moves.
2 double steps



direction of moves for second half



Adderbury Bottoms Up for 8

• = face !

