

Spindles

Origin: Chorus from Roy Dommett workshop (JM/KF).

6 dancers in 2 lines of 3. Face up.

Music: Spindles (KF).

Formula:

Once to yourself (8 bars) Back steps on bar 7

Foot up and down

-----Chorus

Half gyp

-----Chorus

Back to back

-----Chorus

Rounds

-----Chorus

Whole hey

Finish: Finish facing up. Hold show briefly. Odds walk off towards top of set, evens turn out and follow.

Chorus: Stepping into single line in middle of set.

- All keep hands in show position whilst stationary.
- In sequence from 1-6, all side step into a single line running down the centre of the set, and dance alternate sidesteps left and right on the spot.
- Turn towards the new leading arm at the start of each new sidestep, oscillating a half turn each way every sidestep.
- All odds will SSR in turn into line, starting with 1 facing up.
- All evens will SSL alternating with odds, starting with 2 facing up.
- All GR out of line-up into set. Face across. FTJ. Note: 6 will SSL into line-up and galley out straight away.
- Sequence then repeats from other end, from 6-1.
- All evens will SSR in turn into line, starting with 6 facing down.
- All odds will SSL alternating with evens, starting with 5 facing up.
- All GR out of line-up into set. Face across. FTJ. Note: 1 will SSL into line-up and galley out straight away.
- From the show position the leading hand is thrust up at start of sidestep, other hand falls down.

Note: Ensure line is straight, with vertical hanky waves.