

The Lymm Dance Notation

The dance begins facing up and performing a step and turn out, followed by a step and turn in (see below). The dance finishes facing up with a stamp with hands (and hankies) above the head. The step and turn is performed as required throughout the dance.

All figures and movements begin on the inside foot with the partner (except at the beginning of the dance when it is outside foot).

STEP AND TURN (8 bars) – repeated throughout dance

The step and turn notation is for a dancer on the odd side of the set starting on the left foot. The even numbers begin on the opposite foot.

Feet	Hands
1 Jump on both feet, left in front of right. Jump onto left foot. Jump on both feet, right in front of left. Jump onto right foot.	1 Cross hands in front at waist level, left in front of right. Flick hands outwards (apart) Cross hand again with right hand in front Flick outward again
2 Turn (upwards/outwards), starting on left foot and making three steps and stamping right foot (walked). Repeat 1 with opposite feet Repeat 2 downwards/outwards starting on right foot.	2 On first and third step, bring cloths smartly down from head level. On stamp flick cloths above head. Repeat 1 with opposite hands in front. Repeat 2

FIGURES – may be called in any order

Stepping for the figures is a fast skip-step, two steps to a bar of music, with the free leg behind, and starting on the inside foot. Hands are over-arm bowling action, left arm with right leg etc. and are flicked above head on the "feet-together stamp".

1. STEP UP

Three steps forward starting on the inside leg, then outside leg thrown forwards. Three steps back starting with the outside leg, then free leg is stamped "feet together". REPEAT and finish facing in towards your partner.

2. STEP ACROSS

Partners change places, and turn right to face, using eight steps (four bars) All perform step and turn up, then repeat to cross back to original place and finish with step and turn down.

3. STAR

Partners cross (starting on inside foot) passing right shoulder and then all turn left to form left hand stars (arms horizontal) in groups of four. Stars travel half way round (to adjacent position). Partners again cross (this time left shoulder) and turn right into right hand star back to place.

4. CAST UP

Bottom couple dance together up the middle of the set, and cast out and down the outside back to places, with continuous steps starting on the inside foot. As this couple pass the top (four bars of music) the next pair dance up together and cast round, followed by each couple in order. While not on the move, all dancers perform the step and turn, and move off at four bar intervals.

This is also performed as a **CAST DOWN**, in which case top couples start.

5. DOUBLE CAST

This is a combination of the CAST UP and the CAST DOWN, and was invented by Ned Rowles (Statham Team). Each couple goes in a different order, and in alternately opposite directions. Tops cast down (1st 4 bars), followed by bottoms casting up (next 4 bars), and so on, until all couples have performed a cast. Again step and turns are performed in position while awaiting turn, or after returning to place. Note: May start with bottoms casting up.

6. CORNERS CROSS

First corners, in each group of four cross over, passing by right shoulder, while the second corners do a step and turn. Second corners then cross, while first corners do a step and turn.

Note: Once each pair have crossed it may be punctuated with a step and turn (up then down) before crossing back.

The above figures are those originally collected by Geoff Bibby. Over the years the dance has evolved and other figures have been added.

7. SQUARE or RIGHT AND LEFT THROUGH (in groups of 4)

Partners cross right shoulder (inside foot start (R)) – 3 steps and kick turning along the side of set to face adjacent dancer in the square (of the group of 4). Pass left shoulder along the side of the set, 3 steps followed by a stamp to face across the set. REPEAT to place

8. UPSIDE DOWN (originally two figures*)

Beginning with first corners (i.e. nos. 1,3,5 with 4,6,8) dancers zig-zag down/up the set passing right shoulder each time (i.e. route of no.1 is to positions 1-4-5-8) with 3 steps followed by a stamp facing partner. When not moving mid-figure, the ends do half a step and turn - tops turn up, bottoms turn down. This movement continues until all have returned to their original place. All then do a step and turn up and down in place. Note: One of the top couples (no.1) will do a full step and turn (up then down) after having just done a step and turn up during “upside down”.

LYMM DANCE PROCESSIONAL

The processional dance was developed for the Lymm Rushbearing procession (Pepper Street, Eagle Brow, the Parish Church and back via Rectory Lane). The dance is now traditionally performed at the Upper Dam, Church Green (pub) and at the Parish Hall after tea and biscuits.

1. START

The dance begins with a **step and turn** (out then in) followed by a **step up**.

2. PROCESS

The basic processional is 7 steps (forward), beginning on the inside foot, followed by a stamp, which is REPEATED (also inside foot start). This is followed by a **step and turn** (out then in). Repeat until told otherwise.

3. CAST THROUGH

The back couple process through the set to the front in 7 steps (beginning on the inside foot) followed by a stamp in position at the front. Everyone else do **step and turns** (out then in). The new back couple then cast through, and so on until all have cast through. After the final step and turn the next figure is called – e.g. “process”, “cast through” or “step up” (see note).

Note: It is quite possible that at an appropriate moment, a **step up** could be called and the side may then perform some figures from the static dance. If this is the case the dance is unlikely to go into a processional.

* Upside Down and Downside Up

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(As performed annually at
Lymm Rushbearing)