

SHAWFORTH

As taught by R. Dommett at a Sidmouth Workshop 1982

Music: Ross Tree, Salmon Tails Up the River or any other polka.
 Set: 16, 8 or multiples of 4.
 Step: walk for upstreets, NW polka/rant for figures.
 Implements:

UPSTREETS:

Starting with inside foot, take 7 steps forward and kick on the 8th. Repeat moving backwards to place.

CROSS-OVER

UPSTREETS

BACK TO BACK

UPSTREETS

STARS:

Dance right and left-hand star in fours.

UPSTREETS

GYPSY:

Second pair move up set until between 1st pair (4 steps), dance on spot (4 steps). 1st pair move back to 2nd's position while 2nd pair move out to 1st's position (4 steps), dance on spot (4 steps). 1st pair move forward until between 2nd pair (4 steps), dance on spot (4 steps), move back to place (4 steps).

UPSTREETS

HEY:

Like a Lichfield hey with 1st then 2nd corners crossing (2 steps each), then change places across the top and along the sides of the set (2 steps) and dance (2 steps) in position. Repeat movements again: corners cross; tops and sides; in position; the set will be inverted. Repeat movements twice more to regain original positions.

UPSTREETS

FINISH:

Cast out then come up middle of set in single file. The file veers to the left to form a circle moving clockwise. Face in to end.