

MIDDLETON - units of 4 - usually 8

Music: Girl I Left Behind Me

Step : 123h polka step but free foot not crossed over

Hands: continuous twist of "tiddlers" overhead, right c.cl, left clockwise.

1. step on spot till ready then move forward 4 bars and backwards 4 bars.
2. face partner, move forward to meet, backward to place and then back-to-back with partner, passing right shoulders. Each move 4 bars - 16 bars in all
3. swing partner right and left 8 bars each way
4. top pair cast in, lead side down middle, cast up and lead up outside of set - 16 bars
5. partners face, polka to meet (2 bars), lower hands and cross wrists and touch partners' hands, holding this for 2 bars, fall back to place - 4 bars. Repeat all - 8 more bars.
6. in 4's, right and left hand star.
7. step on spot facing up.
8. "Cross Morris" - collected before 6&7 once only if stationary, repeated often in process
Face up - walk 3 steps forward. then spring throwing free leg up, one step per bar (4b)
repeat backwards, 3 steps & spring again (4b).
Still facing up throughout, cross over with partner and back again, polka (8b)

MIDDLETON JUNCTION - a younger side

Step : 123h as in Cotswold Morris step, free foot forward and raised about 6 in.

Hands: up, shake forward and back, 4 times each way to a bar

1. forward (2b) and back (2b) with morris step done 4 times, in column facing up
2. face across - back-to-back (4b) and cross-over to partner's place (4b) passing right shoulders first and turn right at end.
repeat to place.
3. top pair cast out, lead set down outside and up the middle. Leader goes down the middle and brings them up. (16 bars)
4. partners face, polka up to centre of set and shake right hands then cross over to partner's place (8 bars).
repeat to place shaking left hands (8 bars)
5. in 4's - right and left hand stars, letting centre tiddlers hang down. (8 bars each way)
6. as figure 4 but put a hand on partner's shoulder instead of shaking hands in bars 3-4.
7. "forward and back" - all face up and all start with the left foot.
2 bars - 3 walking steps and a caper moving forward, hands up in a "V" throughout
2 bars - ditto back to place
2 bars - 2 morris steps forward
2 bars - 2 morris steps backwards
Repeat (8 bars)
8. All face up - wave both hands together, once each way per bar, to left and right,
bending elbows above head (12 bars)
In last 4 bars turn twice on the spot ending with a jump to land feet together, while
the arms swing down and up.