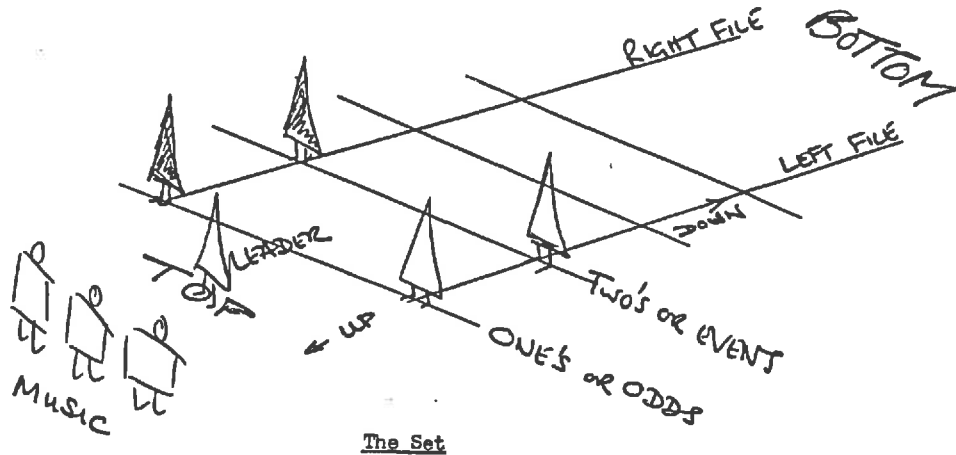


# MINDEN ROSE

RLD's Team in Hampshire

## GENERAL MATTERS



The Set

### Steps:

- Walk - springy, on the balls of the feet not heels, dancing not striding.
- Skip - an uneven rhythm, usually to jig (6/8) tunes, taking a step and a hop on each foot alternately, usually two skips to a bar. The free leg on the hop should be brought up quite high, thigh nearly horizontal & shin nearly vertical, foot horizontal not "pointed" up or down.
- Polka - another broken rhythm step to polka tunes (4/4). The weight is on the rear foot and the movement is "hop, hop, change". That is, standing on one foot, hop twice and then change the weight to the other foot on the same spot on the ground. On the first hop the other or "free" foot taps the ground, with the ball of the foot, the other side of the supporting foot.

### Hand Movements :

- Swing alternately - as in ordinary walking - swing forward the opposite arm to the free leg in the hop.
- At sides - hands and arms straight down at sides of body, sticks held horizontally forwards.
- Up - hands by ears, sticks roughly horizontal and fore and aft
- Crossed - above heads and ends crossed.
- Shake - twist of wrists to shake sticks and make bells ring
- Turns & Arches - active arm up sloped at 45 deg, stick crossed with other dancer, other arm usually sloped down at 45 deg
- Candles - sticks held at bottom, held vertically in front of chest, elbows into sides