

NFF Heritage Ball 2019

Dance Instructions

Figures in parentheses are bar counts

Gypsy Tap

Couples in ballroom hold, men with their backs to the middle of the room
6/8 marches

- A1 (4) Man starts left foot lady right foot, 2 side steps along LOD
open out take 3 steps forward then bring feet together
- (4) Repeat
- A2 (8) Repeat all above going against LOD finish holding inside hands facing
LOD
- B1 (2) Step forward on outside foot and tap inside foot, then forward on inside
foot and tap outside foot
- (2) Solo turn away from partner in 4 steps (turn single)
- (4) Repeat step/taps and turn single
- B2 (2) In half ballroom hold, start outside foot, walk forward 3 steps and lift
inside foot (1,2,3-kick)
- (2) Back, 2, 3, close, facing partner and take ballroom hold
- (4) Circular waltz

Colonials Quadrille (Canberra version)

4 Couple Square
48 bar reel

- A1 (8) All circle left and right
- A2 (8) Couple 1 visit (in promenade hold, go anticlockwise inside the set,
acknowledging each couple in turn)
- B1 (4) Tops half rights and lefts
- (4) Sides half rights and lefts
- B2 (4) Tops half rights and lefts
- (4) Sides half rights and lefts
- C (16) Grand chain all the way around the set, swing partner

Repeat 3 more times with each couple in turn leading (when a side couple is leading it is
the sides who start the rights and lefts in B1/B2)

In B1/B2, experienced dancers may prefer to overlap the rights and lefts, doubling the
figure

Canberra Centenary Waltz

32 bar waltz by John Carroll

Couples dance (can be made progressive)

Start facing along line of dance in upper promenade hold

- A1 (2) 2 sliding steps diagonally forward and to the left (step left and close, left and close)
- (2) 2 sliding steps diagonally forward and to the right
- (4) Repeat those diagonal slides
- A2 (3) Both starting left foot, take 3 slow steps forward
- (1) Lift right foot, point in front and tap
- (3) Continuing with right foot, take 3 slow steps forward
- (1) Close left foot, release right hand, face each other briefly and then balance out holding left hands
- B1 (2) Balance in and out (see note)
- (2) Change places, women turning under the joined hands
- (4) Repeat the balance and change, end in ballroom hold
- B2 (4) Circular waltz (4 bars, two turns), then break hold and...
- (4) Woman waltzes forward one place while man casts out to the woman behind, taking upper promenade hold

Note that the balances are done holding left hand, which is unusual. When balancing in, face partner. When balancing out, turn slightly away from partner, so that the man is facing against line of dance, woman facing line of dance (feel free to flourish with the right hand at this point)..So at the end of A2, a lot happens in that one bar: close the feet, release right hand, face each other briefly and then balance out.

An Aussie Soldiers Joy

Adapted by Norm Ellis, June 2010

Sicilian Circle. 32-bar reels

- A1 (4) With opposite, right shoulder dosido...
- (4) And right hand turn
- A2 (4) With partner, left shoulder dosido...
- (4) And left hand turn
- B1 (8) Ladies Chain, across and back (Nariel style) - retain ladies chain hold for..
- B2 (8) Promenade as couples 1 1/2 times around the opposite couple to progress

The First Coorong Quadrille

A 4 figure quadrille, numbered anticlockwise 1, 3, 2, 4 (1 and 2 tops, 3 and 4 sides)

Figure 1 – Getting Acquainted

Jig, 4x32 bars

- 8 Couple 1 visit the set

- 2 Tops advance, let go of partner and take hold of opposite with both hands
- 2 Women retire, taking their opposite man back with them
- 4 Tops swing their opposite
WHILE
Sides half rights and lefts

- 4 Tops half ladies chain (to partner)
- 4 All advance and retire

- 8 All face partner, grand chain halfway and swing partner in home place

Repeat with each couple in turn leading the figure

Figure 2 – Chaining Ladies

Jig, 4x32 bars

- 4 Tops half ladies chain
- 4 All swing corner, finish is SIDE lines

- 4 Lines advance and retire
- 4 Half ladies chain, turn to face up and down the room (top and bottom lines)
- 4 Half ladies chain, turn to face across (side lines)
- 4 Half ladies chain (to partner), stay in the ladies chain hold, finish the courtesy turn facing anticlockwise around the set

- 8 Still in ladies chain hold, promenade once around the set to home place

Do 4 times, lead by tops, sides, tops, sides

Notes:

For the corner swing, the corners should wait in place and let the lead people come to them. This way there is less confusion over whether to finish in side lines or top and bottom lines. Also, after the initial ladies chain, it is nice for the man to gently assist that woman toward her corner, after which he then goes to his corner.

Figure 3 - Making Waves

Reel 4x32

- 4 Tops advance and retire
- 4 Tops half rights and lefts

- 2 Tops advance, take opposite with left hand, men take right hands to make a wavy line of 4
- 2 Balance in line (suggest balancing forward and back)
- 2 Men right hand turn halfway, take partner's left hand to remake the wavy line of 4
- 2 Balance in line

- 4 All left hand turn partner (sides also turning partner) to make a wavy line of 8 with the women on the outside (sides turn just 3/4)
- 4 Balance in line twice

- 8 Promenade partner (men turning around to get into promenade hold), finishing in home place

Do 4 times, lead by tops, sides, tops, sides

The wavy line of 4 has the women on the ends. The wavy line of 8 also has the women on the ends

Note: to get into the promenade, everyone drop right hands. Retain left hands and men turn around and take promenade hold with partner (the women do not turn around). In the promenade, the couples in the middle have the inside lane and should get in front of their nearer side couple.

Figure 4 - Giving Thanks

Waltz 4x32, plus a 32 bar coda for the waltz the hall

- 2 Man 1, solo visit: go around anticlockwise inside the set, to your far corner and acknowledge that person
- 2 Man 1 continue around to the next woman (original opposite) and acknowledge
- 2 Continue around to corner, acknowledge
- 2 Continue around to place and acknowledge partner

- 8 Woman 1 solo visit clockwise (the other direction, so starting with far corner)

- 8 All face partner and grand chain halfway (2 bars per hand)

- 8 All waltz partner home

- 96 Repeat with each couple in turn leading the figure. Then coda:

- 32 Waltz the hall

In the visiting bit, the leaders take 2 bars to move to the next person, acknowledging (with a bow/curtsy) on the second bar

The grand chain is fairly slow, with 2 bars per hand. Don't rush it.

Belgarth Waltz

32 bar waltz by Adrian Giacobetti

Sicilian circle

- A1 (4) Couples advance and retire
 - (4) With opposite, slow right hand turn just 3/4, finishing in a line of 4, facing opposite, men back to back in the middle
- A2 (4) Half reel of 4, passing right shoulder to start. Again finish facing opposite, men back to back in the middle
 - (4) With opposite, 2 hand open turn clockwise. Again finish facing opposite
- B1 (4) Half reel of 4, passing right shoulder to start. Finish by taking opposite in ballroom hold, men are still back to back in the middle
 - (4) Waltz halfway (anticlockwise) around the other couple, finishing in open position (woman on the right) facing the other couple. Take hands in a circle of 4
- B2 (2) 2 chasse steps left to turn the circle clockwise just 1/4 (women take slightly smaller steps to finish closer to your partner)
 - (2) Men turn their partner under the joined hands (mans left, womans right) to finish in ballroom hold facing the other couple. Note that the men should not need to move, other than slightly turning on the spot. (Note: original instructions specify the the woman turn under anticlockwise. Dancers may prefer a clockwise turn)
 - (4) Waltz halfway around the other couple to progress, opening out to face a new couple

CHOGM Pentrille

By Norm Ellis

5 couples in a pentagon, numbered anticlockwise 1, 4, 2, 5, 3

64 bar reel or jig

- A1 (4) Advance and retire
- (4) Circle left
- A2 (4) Advance and retire
- (4) Circle right
- B1 (8) Split the circle (a thread the needle type move):
All holding hands in a circle, couple 1 go through an arch made by woman 2 and man 5, then couple 1 separate and go around the outside, dragging everyone else with them
- B2 (8) Split the circle the other way: woman 2 and man 5 go through an arch made by couple 1
- C1 (4) Couple 1 swap with couple 2, couple 2 making an arch (see note)
- (4) 1 swap with 3
- C2 (4) 1 swap with 4
- (4) 1 swap with 5
- D1 (8) Everyone set to partner twice and swing
- D2 (8) Promenade partner around the set (anticlockwise) once around

Note: C1/C2 is the progression. The Is always go under an arch, then do a California twirl to face back in with the woman on the right.

Be a bit careful in the final promenade. Note that the couples have already progressed, so the promenade is once around, to your new positions.

Swing Waltz

Formation: Couples, start inside hand hold & start outside foot, both facing anticlockwise

Music: 32 bar waltz

- (4) Advance 3 steps & raise inside foot. Retire 3 steps (stepping back on inside foot) & face partner
- (2) Waltz solo turn – finish 2-hand hold with Partner
- (2) Chasse 2 steps sideways along LOD (step close, step close)

- (2) Chasse 2 steps back against line of dance – finish facing LOD holding nearer hands
- (2) Step apart 1 waltz step (keeping hands joined) + Change places (Lady turns under Gent's right arm) – finish facing against LOD
- (2) Repeat step away & change places – finish facing along LOD
- (2) Step away starting inside feet 3 steps to finish facing partner, take 2-hand hold

- (2) Step & balance forward + Step & balance against line of dance
- (2) Starting men's left ladies right turn to be back to back 3 steps & balance forward in LOD, keeping nearer hands joined
- (2) Balance against line of dance then forwards turning take 3 steps to face partner, take 2-hand hold
- (2) Step balance through + step balance back

- (2) Lady turn under Gent's left arm progressing along line of dance, while man dances 3 steps forward
- (2) Lady turn back (under Gent's left arm) dancing back against line of dance while man dances 3 steps backwards
- (4) Waltz on (original instructions call for a reverse waltz, but a normal circular waltz is fine)

New Parliament House

By John Colville

64 bar jig, 3 times through

Formation: 9 people in a 3x3 square. Centre person is the Prime Minister

- A1 (8) Centre people in each line, pick up the right hand person in a low promenade hold (ie hands crossed in front) and promenade left around the other 3 people
- A2 (8) Centre people then pick up the left hand person and promenade right around the other 3 people
- B1 (8) The 4 people in the centre of each side make a circle around the Prime Minister, circle left and right
- B2 (8) The 4 corner people circle left and right around the Prime Minister
- C1 (4) Right hand star with the 4 people at the front right of the set (from the set's point of view)
 - (4) Left hand star with the 4 people at the back right of the set
- C2 (4) Right hand star with the 4 people at the back left of the set
 - (4) Left hand star with the 4 people at the front left of the set
- D1 (8) Reels of 3 in your lines (centre people start by passing the right hand person by the right shoulder)
- D2 (8) Holding hands in lines of three, the front line weave to the back: the front left hand person leads their line between the other 2 lines (centre line move up), then leads their line behind the third line (third line move up)

Mount Ainslie Reel

Longways for 3 couples

Begin with everyone facing up, holding inside hand with partner

- A1 (4) Walk forward for 4 steps, then back for 4
 - (4) Dosido partner
- A2 (8) Reels of 3 on the sides, men start right shoulder, women start left shoulder (so the 1s start by going through the middle)
- B1 (8) Progressive grand chain: 1s face across, others face up; 1s pass by right hand, then give left to 2s, etc, the 2s and 3s joining in as the 1s reach them. End in place
- B2 (8) 1s cross right hand and cast to the bottom as the other couples move up. Then all swing partner, finish facing up with the woman in the right

Waltz Cotillon

Square set
2x128 bars waltz

- (16) Top couples waltz inside the set to place
- (4) Top women advance and retire
- (4) Top women cross by right shoulder
- (8) Side women repeat
- (8) Top men repeat
- (8) Side men repeat
- (8) Top couples waltz to place
- (8) Side couples waltz to place, Sides now separate to form top lines
- (8) Lines advance and retire and pass through
- (8) Lines again advance and retire and pass through, sides finishing in original place
- (32) All balance and waltz chain to place (see note)
- (16) All waltz partners to place

Repeat with the sides leading (and forming side lines rather than top lines)

For the waltz chain, face partner and take right hands. Balance forward and back (2 bars), then 2 bars to swap places, men turning the woman under. Acknowledge, then face the next person around and repeat, Continue all the way around the set.

Chain Double Quadrille

Formation: Double Sicilian Circle (2 couples facing 2 couples)
Music: 48 bar reel

- A1 (4) Right hand star -- (centre 4 people)
- (4) Turn partner left hand 1+1/2
- A2 (4) New centre 4 right hand star
- (4) Turn partner left hand 1+1/2, finish facing partner
- B1 (4) Set to partner twice
- (4) Swing partner
- B2/ (16) Ladies chain around the square, first across, then along, then across, then
- C1 along
- C2 (4) Forward and back (still in ladies chain hold)
- (4) Pass through as couples, men passing left shoulder

Maxina (Canberra version)

Music: Own tune, 24 bars

Start in the over the shoulder promenade hold

- (2) Rock forward and back twice, left foot start (for everyone)
- (2) Forward, 2, 3, kick, back, 2, 3, close
- (1) 2 slow steps forward (left foot start)
- (1) Pivot and go back for 3 steps
- (1) 2 slow steps forward (right foot start)
- (1) Pivot and go back for 3 steps
- (4) Grapevine: facing more-or-less the middle of the hall (with partner next to you), cross your left foot in front of your right foot, then bring up your right foot and close. Then cross left foot behind your right foot, bring up your right foot and close. That is one grapevine step. Do 4 of these. Finish facing along line of dance

- (1) 2 slow steps forward
- (1) 4 quick steps back (the first step back is done by crossing your left foot over your right)
- (2) Repeat
- (1) 2 slow steps forward
- (1) Ladies turn out, take a ballroom hold
- (6) Circular waltz

Cumberland Long 8

4 couple longways

- A1 (8) Cast off, all follow, take partner in low promenade hold and come up the set (note, no progression!)
- A2 (8) Still as couples, promenade left and again come up the set
- B1 Couples 1&2, couples 3&4, right hand star and left hand star
- B2 Top couple swing to the bottom, others move up

Barn Dance

Couples, in promenade hold, facing anticlockwise around the room

- A1 (1) Forward,2,3, kick -- (Walk 3 steps forward, all start outside foot, 4th beat raise inside foot)
- (1) Back,2,3,up -- (Start on the raised foot, take 3 steps backward, 4th beat raise outside foot)
- (2) Turn lady on -- (Lady turns under man's right arm, to the man in front of her)
- A2 (1) Chasse to centre-- (With new partner, 2 steps in ballroom hold).
- (1) Chasse away -- (2 steps away from centre).
- (2) Circular waltz -- (Twice, in 4/4 time)

Turn of the Tide

By Ron Coxall

32 bar waltz

In columns rather than a sicilian circle

- A1 (2) Circle left halfway
- (2) Two hand turn partner halfway
- (4) Couple at the top (the original couple 2) lead down the middle, separate and cast up around the other couple
- A2 (8) Repeat (so the other couple will do the lead down the middle)
- B1 (4) Couple 1 lead down for 2 waltz steps (nearer hands joined), turn on the spot changing hands) and go backwards for 2 steps
- (4) Repeat coming up the set. Then all take 2 hands with partner
- B2 Waltz poussette, as follows:
 - (2) Men push the women
 - (1) Turn clockwise 90 degrees, women pivoting on the spot
 - (1) Turn clockwise 90 degrees, men pivoting on the spot
 - (2) Men push the women back into the set
 - (2) Two hand turn, open out facing a new couple

Galopade Quadrille

Quadrille set, numbered anticlockwise 1324

Music 6 x 32 bars galop tunes

There are 6 figures, danced without a break

Each line below is 8 bars

- 1 All couples diamond galop round the set(see note below)
Tops rights and lefts
Sides rights and lefts
All couples set and turn partners (see note below)
- 2 All couples diamond galop
Tops ladies chain (over and back)
Sides ladies chain
All couples set and turn partners
- 3 All couples diamond galop
Tops lead through and return (1s go through the centre first, 2s through the middle on the way back)
Sides lead through and return (3s go through the centre first, 4s through the middle on the way back)
all couples set and turn partners
- 4 All couples diamond galop
1st lady turns opposite man right hand; 2nd lady turns opposite man right hand
3rd lady turns opposite man right hand; 4th lady turns opposite man right hand
All couples set and turn partners
- 5 All couples diamond galop
Tops advance and retire; sides advance and retire
Ladies advance and retire; men advance and retire
All couples set and turn partners
- 6 All couples diamond galop
All couples repeat the diamond galop
All couples galop the hall
All couples galop the hall

Notes

Diamond galop: in ballroom hold couples dance anti-clockwise through all four couples' positions in the set, making a quarter turn in each position. This means for the first 2 bars the man is on the inside of the set, for the next 2 he is on the outside and so on back to place. The figure makes a diamond pattern on the floor.

The set and turn partners: this is a quadrille (ie slow) setting step and the turn is with two hands.

Merry Widow Waltz

32 bar waltz

Start in the over the shoulder promenade hold

- A1 (2) 2 slow steps forward (everyone starts left foot)
- (2) Two forward diagonal steps (chassé) to the left (with right foot stepping behind the left)
- (4) Point right foot: in front; then to the right; then close feet together, then bend knees in a dip. (One count per move)
- A2 (2) 2 slow steps backward (left foot start)
- (2) Then 3 quick steps back (L,R,L)
- (2) Rock forward on to right foot, rock back on to left foot
- (2) Rock forward on right, then bring feet together while swivelling right and ending facing out of circle towards the wall. (Maintain upper promenade hold, gent directly behind lady.)
- B1 (4) 2 sliding steps left, then 2 sliding steps right
- (3) Face line of dance and turn out from each other, meet and...
- (1) Bow, take ballroom hold
- B2 (8) Circular waltz

Cooma Highland Reel

3 facing 3 around the room

32 bar reel

- A1 (8) All 6 people, circle left and right
- A2 (8) Centres with the 2 people on their right, reel of 3 (left shoulder start)
- B1 Same 3 people, right hands across (RH Star), left hands across. Finish in original place
- B2 Lines forward and back
Pass through (right shoulder) to a new line of three

Tivoli Galop Quadrille

Square set

48 bar reel (Can Can by Offenbach)

- A (4) In ballroom hold, top couples galop forward and back
- (4) Top couples galop over, men passing back to back. Do not turn around
- (4) Top couples galop forward and back
- (4) Top couples galop over, women passing back to back
- B (4) All 4 ladies chain, but only one place around
- (12) Do the ladies chain 3 more times to get back to original partner
- C (8) Star promenade (clockwise), women holding right hands
- (8) Promenade back the other way

Second time through, the sides to the galloping

Third time through, tops and sides both do it, overlapping the figures. So tops galop in, as they galop out the sides galop in, as they retire the tops galop across, etc. The galops across need to be pretty quick!

Fourth time it is the overlapping galops again, this time with the sides leading

Jubilee Jig

By David Johnson

32 bar jig

- A1 (4) Circle left (suggest a walking step)
- (4) Circle right
- A2 (2) Men go in to the middle, take hands and make arches
- (2) While the men retire the women go in under the arches. Women now make arches
- (2) While the women retire the men go in under the arches. Men clap on the 4th step
- (2) Men retire
- B1 (8) Grand chain: starting with your partner as 1, grand chain to number 7, who becomes your new partner
- B2 (8) Swing new partner

Note: the caller may vary the number of hands in the grand chain – keep alert!

Eightsome Reel

Square set, numbered anticlockwise 1234

Reel: 40 bars, then 16x24 bars, then 40 bars

Opening

- A1 (8) Circle left and right
- A2 (4) Ladies right hand star with partners (waist shoulder hold, you will only have time to get about halfway around)
- (4) Men left hand star (with partners) to return
- A3 (4) Set to partner, twice
- (4) Swing partner
- B (16) Grand chain all the way around the set, swing partner when you get home

Figure – start with woman 1 in the middle

- C1 (8) Circle left and right while the middle person shows off
- C2 (4) Woman in the middle, set to partner and right hand turn partner
- (4) Repeat with the man opposite
- D1 (8) Those three people do a reel of 3, woman finishes in the middle
- D2 (8) Circle left and right
- E (16) Repeat the setting/turning/reel of three with the other two men. After this, the middle person finishes on the outside of the set (in their original place) and the next person goes in to the middle

Repeat the figure for each person in turn (women, then men)

Finish

Repeat the opening

Posties Jig

By Roy Clowes

Longways set of 4 couples, end couples as active dancers

- 1-4 End Couples set, cast one place (2s & 3s step to end of set)
- 5-8 1/2 figure of 8 around new end couples (posts)
Finish in middle of set on opposite side between posts

- 9-12 Actives cross over (gents arch), arm turn nearest post
- 13-16 Active couples cross up & down (bottom couple arch), arm turn post

- 17-20 Actives cross over (gents arch), arm turn post
- 21-24 Active Couples cross up & down (bottom couple arch), arm turn post

- 25-28 Active couples half rights & lefts
- 29-32 Active couples swing partner

Double Posties Jig

(the dance is the same for the working couples. Couples 2 and 3 have more to do)

Couples 1 and 4 are referred to as the active couples

- 1-2 All take hands on the sides and set
- 3-8 1s&2s, 3s&4s, do three-quarters of a double figure 8, 1s casting, 4s casting up, to start, finishing 2s1s4s3s, 2s 3s facing out, 1s 4s on opposite sides facing in

- 9-10 Actives cross over (gents arch), WHILE 2s cast, 3s cast up, to exchange places on the sides
- 11-12 Actives turn post, finishing 1s at the top facing down, 4s at the bottom facing up, corners facing out
- 13-14 Active Couples cross up & down (bottom couple arch) WHILE 3s (at top), 2s (at bottom), cross to exchange places
- 15-16 Actives turn post, 1s 4s finishing on own sides, corners facing out

- 17-24 repeat bars 9-16 from new positions, finishing 2s1s4s3s, 1s 4s on opposite sides

- 25-28 Active couples half rights and lefts WHILE 2s (at top), 3s (at bottom), set twice, turning on the spot to face in, finishing 2s4s1s3s
- 29-32 All swing partner