**Heritage Ball Programme**

**National Folk Festival 2023**

1. **Circular Waltz**
2. **Pride of Erin** *Couples – Nariel version or what ever is your local version!*
3. **Blackwattle Reel** *Circle Progressive*

Amnon and Sheryn Doernberg 1979

Formation: Couples in circle round hall, lady on right, all holding inner hands. Music: 32-bar Reel.

8 Bars: All hold hands and take four steps inwards and four steps back to place,

repeat.

4 Bars: Take Right arm elbow grip with partner (thumb behind elbow with fingers,

turn half around (180°) to end with lady facing man on her right and man

facing lady on his left.

4 Bars: Take the person you are now facing by Left arm elbow grip and turn half

around (180° anticlockwise) until you again face your partner and ready to

link Right arms.

8 Bars: With your partner, right shoulder do-si-do, then left shoulder do-si-do.

1 Bar: Facing partner, sidestep once to the right.

1 Bar: Honour your partner.

(Men bow, ladies curtsey, or equivalents.)

2 Bars: Pass your partner by the left shoulder and progress to your new partner.

4 Bars: Short-arm spin (cross-hand turn) your new partner, ending with lady on the

right and all circle up to start again.

Repeat as required.

1. **Statement from the Heart** *3 person* ***or "Voice, Treaty, Truth"***

Folk/bush dance by David Wanless, Tasmania, 29th May, 2020. **Difficulty**: Easy

Formation: 3 people in a heart (triangle) shape - #1 furthest from the top and facing up, #2 and #3 at the top and facing down, numbering clockwise

A1 - 8 bars - Star Lh, Rh

A2 - 8 bars - Turn Rh, Lh, Rh, Lh - #1 turn #2 Rh, #3 Lh, #2 Rh and #3 Lh (or fewer turns if they run out of time), finish holding hands in line of three facing up, with #1 in centre

B1 - 2 bars - Walk back four steps

- 2 bars - Turn single R

- 2 bars - Walk forward four steps

- 2 bars - Turn single L, and #1 pull back, all take hands in circle (in original positions)

B2 - 4 bars - Circle L all the way (slip steps)

- 4 bars - Circle R 1 1/3 (four places) (slip steps) to progress, so now have original #2 where #1 was originally

**Variation:**

A2 was originally written as a reel with #1 giving Rsh to #3. Dancers may choose.

**Music:**

32 bar reels. I use the Reconciliation Reel and Tam Lin.

**Notes:**

Written during COVID-19 lockdown and National Reconciliation Week on third anniversary of the Uluru Statement from the Heart, for a Zoom dance. We were running weekly Friday Zoom dances at the time. So, originally mostly done by one or two people.

The three dancers represent the three requests of the Uluru Statement from Heart - Voice, Treaty and Truth.

A1 represents the back and forth to the left and right of politics.

A2 represents the twists and turns on the path to reconciliation, justice and Australia growing up, coming to terms with its past, healing and moving forward.

B1 represents the many backward steps but then the forward steps we can take.

B2 represents the circle in which we need to sit down, listen and work things out. It was inspired by Tasmanian poet and singer Daniel Townsend's song "Circle people sitting down".

1. **Bullo River Ramble** *longways* *Written by Norm Ellis, April 2021*

**Formation:** 4 couple longways

**Music:** Aussie song tunes eg Waltzing Matilda -Qld version.

**Introduction:** Bow to Partner,

Bottom Couple make a 2 Hand Bridge/Arch

**A1** the 3 **Ladies dance around the men**’s line,

Under the Arch & back to original places;

**A2** the 3 **Men dance around the ladies**’ line,

Under the Arch & back to original places;

**B1** Top Couple: **Cross & Weave** the opposite line to the bottom;

ie Cross with partner passing right shoulder, Cast behind the 2nd C.

in front of 3rd C. behind 4th C. and Cross (rt sh) to own sides at the bottom;

**B2**  taking hands along the line: dance **Forward & Back**,

And **Do-Si-Do Partner** (rt sh)

Couple now at the bottom make the Arch ready for the Repeat

**Repeat** (say) 7 more times ie 8x 32 bars.

‘Bullo River Station’ is a joint Eco-tourism and Australian Wildlife Conservation project in the NT, located 360 km south of Darwin, where the Bullo joins the Victoria River before emptying into the Joseph Bonaparte Gulf. It is accessible by 4wd, air or water.

Pastoralist and author Sara Henderson, who once owned the property, published her autobiography “From Strength to Strengh” (1993) about her life rebuilding Bullo River cattle station.

1. **Grand March into Lancers** *Quadrille*

(Nariel Version, except 3rd Figure where we will do big basket - as done in Bendigo)

**Fig 1 4 x 32 bars**

Salute partners and corners (*8 bars)*

1st lady & opposite gent swing in the centre, partners crossover *16 bars*

Partners & lead through to places & swing corners *16 bars*

*Repeat 2nd, 3rd & 4th.*

**Fig 2 4 x 32 bars**

1st couple lead up & back to place *8 bars*

Swing in the centre *8 bars*

Form top & bottom lines *8 bars*

Swing partners *8 bars*

*Repeat 2nd, 3rd, 4th (side lines 3rd & 4th times)*

**Fig 3 2 x 32 bars**

All ladies to the centre

Form big basket – basket to left *16 bars*

Gents left hand across, form a star and promenade *16 bars*

Repeat *32 bars*

**Fig 4 4 x 48 bars**

1st & 2nd couples visit right & left *8 bars*

Hands across & back again *8 bars*

Both hands across and *16 bars* circle left & right

4 hands round, circle left & right *16 bars*

*Repeat 3rd & 4th couples*

*Repeat 1st and 2nd, then 3rd and 4th visiting left and right.*

**Fig 5 4 x 48 bars plus coda of 16 to 32 bars**

Right hands to partners, half grand chain, promenade to place. *16 bars*

1st couple lead up & back to place

Side couples fall in "3rd, 4th" *8 bars*

Cast - Ladies to the right, gents to the left *8 bars*

Side lines *8 bars*

Swing partners *8 bars*

*Repeat half grand chain, 2nd, 3rd, 4th, finish with half grand chain. (CODA) long swing*

1. **Princess Polka / Uncle Evs Barn Dance** *couples*

**Princess Polka (Nariel style)**

**Open position, upper hold (Pride of Erin hold)**

Using gent's left foot and lady right point the outside heel to the ground, then the toe a little to the rear.

Using polka accented steps, the lady moves to the left across and in front of the man by commencing with her right foot brought across and in front. (She has to angle a little to do this) The man at the same time uses much smaller steps as he moves only a little to the right in comparison to the lady who more noticeably travels across in front of her partner. The movement is repeated back to place. Repeat this “heel toe” and crossover movement. 8 bars

Couple then use a polka travelling movement along the line of dance to complete the next 8 bars.

**Uncle Ev’s Barn Dance (Nariel)**

**Skater's hold, hands crossed in front, right under left**.

The couple commencing on outside feet progress along LOD with 4 step hops. The action is very subtle with a slight slide of the outside foot as the hop is commenced with a knee lift and throw on the inside in a similar fashion to the old barn dance.

After the 4 step-hops the lady turns anti-clockwise under raised arms the gent only waltzing a half turn clockwise with a pause, so he is facing against LOD (Lady is facing against LOD at this point.)

Turning in the same clockwise direction the gent then turns under raised arms to end facing LOD and the lady follows just after and gent brings right arm up over her head and down into starting position. (There is only one turn under raised arms in this dance)

1. **New Parliament House Jig** John Colville 1980 *64 b jigs x 3*

Formation: 3 lines of 3 dancers all facing forward

4 Introduction

8 Couples on Right end of each line, join inside hands and promenade around set to left

8 Couples on Left end of each line, join inside hands and promenade around set to right

8 Diamonds Circle left and right (middle person first and third lines, ends of second line)

8 Corners Circle left and right (end dancers in first and third lines)

4 Left Hand Star, first corner (centres and right ends of first two lines)

4 Right Hand Star, second corner (centres and left ends of first two lines).

4 Left Hand Star, third corner (centres and left ends of last two lines)

4 Right Hand Star, fourth corner (centres and right ends of last two lines).

8 Right shoulder Reels of Three along each line facing right hand partner.

8 First line lead out to left, pass behind 2nd line and finish behind third line.

128 Repeat two times

<https://www.youtube.com/watch?v=Bn0axfdFMBY>

1. **Northdown Waltz** *Playford*

<https://www.youtube.com/watch?v=LdrLAU7hPRg>

1. **Chain Double Quadrille** *2 cpls prog*

<https://www.youtube.com/watch?v=5kuK_oFD-_o>

**Formation:** Double Sicilian Progressive *(lines of two* ***c****ouples facing two couples,arranged around the hall like the spokes of a wheel)* **Music:** 48 bar Reels

**Steps:** The first 16 bars may be danced with a travelling step, the remainder is 'walked'

|  |  |
| --- | --- |
| **Bars** | **Steps** |
| **4** | Introduction: Honour Partner, Honour Opposites |
| **4**  **4** | Middle four people Right hand star, once around then…..  Left arm turn their partner 1 and 1/2 times to change places with them |
| **4**  **4** | New middle four people Right hand star, once around then…..  Left arm turn their partner 1 and 1/2 times to finish in original place |
| **8** | Facing partner set twice Right and Left and swing in ballroom hold |
| **4**  **4** | Ladies' Chain *(Women cross over places, taking Right hands while passing. Opposite Man takes a small step to his Right and extends his Left hand to Woman’s Left hand, places his Right hand on her waist and turns her around him anticlockwise, until they are both facing along the Man’s line)*across the set to the opposite man, who turns the lady to face along his own line.  Ladies Chain along the (opposite) line, men turning the ladies to face back across the set |
| **4**  **4** | Ladies' Chain across the set to the opposite man, who turns the lady to face along her own line  Ladies' Chain along their own line to partner who turns her to face across the set – Keep this hold *(NB the Ladies have danced 'around-the-square')* |
| **4**  **4** | As a couple walk forwards 4 steps towards opposite line and back 4 steps  As a couple walk forwards 4 steps and with men passing Left shoulders pass on to another line of four with 4 more steps forward |

Repeat above

1. **Swanee** *longways* Norm Ellis, Feb. 2019

**Formation:** longways set for 3 couples. NB 2nd Couple is the ‘active’ couple 3x 32 b (2/4)

Suggested music: ‘Swanee River’ - *sprightly walked throughout!*

**Introduction:** Honour Partners, (4b)

**A1**  Lines of 3: **Advance & Retire** *into a circle*, (4b) **Circle Left half way** *finishing back in lines*;

**A2** Lines of 3: **Advance & Retire** *into a circle*, (4b)

**Circle Left half way** *finishing back in lines*; (4b)

**B1** 2nd C: **DoSiDo** (***rt sh***) on the **Right diagonal** {ie L2 w M1 / M2 w L3} (4b)

2nd C: **DoSiDo** (***lft sh***) on the **Left diagonal** {ie L2 w M3 / M2 w L1} (4b)

**B2** all **2 Hand Turn Partner**, *to finish facing Up w nearer hands joined* (4b)

**1st** C: **Cast Off** to 3rd place, **while** }

**2nd & 3rd** couples **Lead Up** one place (2b) } (4b)

**& Turn Single** into progressed places (2b) }

*Finish ready to repeat the dance twice more* (2x32b)

*Repeat the whole, as desired !*

1. **Swing Waltz** *couples*
2. **Cradle Mountain Contra**  *Contra*

By Cathy Hutchinson, Tasmania, January 2010. **Difficulty**: Intermediate

Formation: Duple improper, longwise set

A1 Hey on sides - pass Rsh, Lsh round next, pass Rsh, Lsh round -- Pass neighbour Rsh; Lsh round next so heading back the way you came; pass original neighbour Rsh; Lsh round next to finish where you started. Wrap around the ends of the set. Couples at the end without neighbours to dance with start passing Rsh across the set with partner, then Lsh round along the side, come back across Rsh and dance Lsh round on own side.

A2 Allemande neighbour Rh 1¼ into ocean wave across (Couples at the end without neighbours to dance with turn partner rather than neighbour, and turn 1½ times to change places.)

Balance the wave twice.

B1 Hey across (Rsh to neighbour to start). 1s overshoot slightly to finish facing down below 2s, holding Lh.

B2 1s down middle and back (1s hold Lh and walk down the middle for 3 steps, about face and walk back up)

Lh star and face new neighbours to begin again

**Hints:**

1. The hey in A1 is unusual - one is effectively starting in centre of one's line of four. I tend to call the "pass Rsh, Lsh round, pass Rsh, Lsh round" during the dance.
2. Challenging ‘end effects’: The first two figures are trickier for people near or at either end of the set. Also, couples reaching the end of the set don’t swap places with their partners immediately, nor have a full turn out of the dance.
3. There’s no need to cut this reel short but it is necessary for the two Robins who finish passing Lsh in the centre, to be on time or the #1s will struggle to be ready to dance down the centre.

**Music:**

32 bar reels, preferably US or Tasmanian tunes. 116-120 beats/minute.

**Track Notes:**

On the Overland Track, it was wonderful to be so remote from roads and civilisation – to just rely on each other and our careful planning and to enjoy being in such varied landscapes and moods of nature.  The temptation to climb Cradle Mountain was great. The day was wet, cold and as we climbed, we watched distant, deep, dark clouds closing in on us.  Our attempt was foiled as we were enveloped in snow and sleet and the wind whipped us.

The hey represents the four walkers weaving their way single file across the buttongrass and up the hills, the allemande represents weaving past tarns, trees and rocks and the balance symbolises gazing (and even leaning) out from Marion’s Lookout above Dove Lake. After that, another hey represents tramping single file in the rain across the Cradle Plateau to seek respite in Kitchen Hut. The fifth figure represents the (attempted) ascent and rapid descent of Cradle Mountain (beaten back by incoming horizontal snow). This is shorter than the usual down the middle, but that’s because we only got part way up the mountain. The final star stands for the snow flakes which raced past us and which later blanketed the hills.

1. **Casuarina Waltz Quadrille** *Written by John Short 2010*

**Formation** The couples are then numbered anti-clockwise around the set.

Couples 1 and 3 are top couples. Couples 2 and 4 are side couples.

**Music** 4 x 64 bars 55 to 60 bpm

**Stepping**

* Rights and lefts are danced in old time quadrille style by passing opposite by right shoulder and partner by left shoulder to the opposite side of the set (4 bars) and then repeating this movement back to place (4 bars). Hands are not used during this movement.
* The setting movement is danced in old time quadrille style by stepping to the right on the right foot and closing left foot to right foot and changing weight (1 bar), then stepping to the right on the right foot and closing left foot to right foot without weight (1 bar) then stepping to the left on the left foot and closing right foot to left foot and changing weight (1 bar) then stepping to the left on the left foot and closing right foot to left foot without weight (1 bar).

**Introduction (4 bars)**

All honour partners.

1, First couple waltz the set 8 bars

2. Opposite couple join in, top couples waltz the set 8 bars

3. Top couples, rights and lefts 8 bars

4. Set to partner, and two hand turn 8 bars

5. Grand Square **(tops in, sides separate)** 8 bars

* Start this movement with everyone facing the centre of the set.
* Top couples holding inside hands advance toward opposite with two waltz steps while side couples take two side chasses steps away from partner (2 bars).
* Top couples drop hands with partner and join two hands with opposite and take two side chasses steps away from partner while side couples take two waltz steps toward opposite (2 bars).
* Top couples drop hands with opposite and take two waltz steps backward away from opposite while side couples join two hands with opposite and take two side chasses steps toward partner (2 bars).
* Top couples take two side chasses steps toward partner while side couples drop hands with opposite take inside hands with partner and take two waltz steps backwards (2 bars).
* Everyone is now in original place.

6. Reverse the Square **(sides in, tops separate)** (8 bars).

* Reverse the above movements (ie The movement starts by top couples taking two side chasses steps away from their partner while the side couples join inside hands and take two waltz steps toward their opposite, etc.)
* Everyone finishes in original place.

7. **Waltz Progression 16 bars**

* First couple ballroom hold, advance and retire 4 bars
* First couple waltz the circle, 2s waltz into first place 4 bars
* First couple continue to waltz, 3s into second place 4 bars
* First couple continue to waltz, 4s into third place 4 bars

Repeat 3 more times – new 1st couple starting

1. **Swedish Masquerade** *Couples*

<https://www.youtube.com/watch?v=gxVZdzfEjDg>

1. **Morgan Gallop (SA)** *Quadrille*

Morgan Galop Quadrille – “Shanty Version”

Formation: Single Figure Quadrille Set of 4 Couples, with Head & Side Couples

Music: The Sea Shanty: “Bound for South Australia”

but played 9 times 16 bars, @ ~52 bpm.

Introduction: Honour Partners, Honour Corners: (4b)

First Time : (First 16 bars)

A *Head Couples:* Advance & Retire, (4b)

Cross Over (passing rt sh w opp. & ‘Calif. Twirl’ to face back in); (4b)

B *all:* “Quarter Double Ladies’ Chain”, (4b)

Repeat; (Ladies are now in opposite place & Men in home place) (4b)

Second Time : Repeat with Side Couples leading; (16b)

(Side Ladies are in opposite place)

Third Time : Repeat with Head Couples dancing; (16b)

(Head Ladies are back with partner)

Fourth Time : Repeat with Side Couples leading; (16b)

(Side Ladies are back with partner)

Repeat the whole of the above : (ie another 4x 16b)

Ninth Time: Coda :

All Couples: Advance& Retire TWICE;

All Couples: SWING Partner;

*Note: This dance is a “new setting” of the First Figure of the original “Morgan Galop Quadrille”,* *by Pam Pittaway & Peter Hunter, c 1982.*

*Arr. Norm Ellis, Dec. 2021.*

1. **Maxina** *Couples*

Nariel version, or show off your local version (look out (!) as some versions continue along line of dance at the same time as other versions are reversing!)

1. **Love ‘em and Leave ‘** *Quadrille Noreen Grunseit 1983*

<https://www.youtube.com/watch?v=3Flqn4o5F7Y>

**Formation:** Quadrille – Tops and Sides **Music:** 64 bars x 4 jig time <https://www.youtube.com/watch?v=5Ao12K-DRzE>

|  |  |
| --- | --- |
| **Bars** | **Steps** |
|  | Introduction: Honour partner and corner |
| **4** | Partners take hands in front in low promenade hold.  Head couples advance and retire WHILE sides promenade around anti clockwise the outside of the set to the opposite places. |
| **4** | Head couples promenade around the outside of the set to opposite places WHILE sides advance and retire. |
| **8** | Repeat above 8 bars back to original places. |
| **8**  **8** | Head couples walk in 4 steps, take opposite person in a ballroom hold and gallop out between side couples then polka to Man's position.  Side couples repeat |
| **2**  **2**  **4** | Head couples take inside hands and advance 4 steps  Take hands with opposite couple and circle Left – walk three places. *(This brings couples inside their own places, with Women on the Left of their partner)*  Let go of opposite's hand and swing partner back to place.  *Sides repeat* |
| **4**  **4** | Top Women, Ladies chain half way *(Women change places. Take Right hands and pull by passing Right shoulders. Opposite Man takes a small step to his Right and extends his Left hand to Women's Left hand, places his Right hand on her waist and turns her around him anti clockwise, until they are both facing into the set)*  Side Women repeat |
| **2** | Pulling Left shoulders back Men cast out to Right and with skip change step travel to next Woman WHILE Women make quarter turn to face anti-clockwise.  Women take new partner's Left hand in their Right hand. Couples promenade to Man's original place. Skip change step, and Women crosses to Man's Right side |

Repeat above 3 more times to finish with original partner

1. **Waltz Country / Auld Lang Syne** *Couples Prog.*

**Formation:** Progressive Sicilian Circle *(Couple facing couple arranged like the spokes of a wheel around the hall)* **Music:** 40 bars in Waltz time

|  |  |
| --- | --- |
| **Bars** | **Steps** |
|  | Introduction: Honour partner and corner |
| **4**  **4** | Opposites take both hands and balance forward and back in waltz time *(everyone stepping forward on Right foot, back on Left foot.)* Men change places with opposite Woman, *(turning Woman under their joined Right hands)* and both honour. Men travel clockwise, Women anti clockwise round the set.  Balance and change with Partners as above |
| **8** | Repeat above 8 bars |
| **4**  **12** | In your group of 4 join hands in a ring. All balance forward and back *(as above )*in waltz time.  Men let go Right hands and turn the Woman on your Left over to their Right side. *(The Woman dances a complete waltz turn as she goes under Man's raised Left arm to his Right side) –* Alternatively *(Woman can just waltz step across in front of the Man and into place beside him on his Right)* ***Only the Women move the Men stay as far as possible on the same spot.***  Repeat above 3 more times until the Women are back in original places...ending in a waltz hold with partner |
| **8** | These 2 couples in the set waltz around one another once *(****keep it tight)*** and then waltz on *(in the direction they were facing at the beginning of the dance)* to next couple coming to form a new set. |

Repeat above ad lib.

**Extras:**

* **Buttongrass Quadrille**

Buttongrass Quadrille - David Wanless, October 2005

Written for the eighth annual Buttongrass Ball. Dedicated to the twin Tasmanian heritages - cultural and natural - as exemplified by the old-time dances, the bushwalkers of more recent times and the Tasmanian Aboriginal people who've walked the buttongrass plains since time immemorial.

Music: Set tunes, 48 bars. E.g., for HOT String Band: “Dancing Dustman”.

Level: Easy

**Formation:** 4 or 8 couple square sets

**Instructions:**

4 bar intro: Honour your partner

A1 - 8 bars: Circle L and R -- 8 slip steps to left, 8 slip steps back

A2 - 8 bars: Tops gallop across and back -- 8 steps each way, going to your R of other couple. Can go beyond set.

B1 - 8 bars: Tops Rh chain across and back -- Rh person give Rh to start

B2 - 8 bars: All set to and turn partner -- All strathspey set, open two-hand turn, with side couples moving to form...

C1 - 8 bars: Top and bottom lines forward and back twice -- 4 steps in and briefly acknowledge opposite on last step; 4 steps back; repeat

C2 - 8 bars: Swing corner -- Ballroom hold. Rh people move on one-place.

Repeat (tops x 2, sides x 2) All should finish back with their original partners. With 8 couples - tops, sides, tops, sides, ...

**Variations:**

A2: Intermediate version: 4 gallop steps across; full turn; rpt to place. Advanced version : Double it - all four couples gallop, passing just to R of centre, and just in front of couple to their L.

B1: Advanced version: (almost never do)

1. Double it - all four couples do Rh people's chain, with RH star in centre

2. Alternate - Rh chain first time through dance, Lh

chain second time through and so on

* **Virginia Reel**
* **Melbourne Waltz**

*J.Power’s Select Collection of Dances for 1820.* [University of Melbourne Library]

Country dance: Longways set for 3 couples.  
*32 x 3b Slow Waltz (ie Modern Waltz tempo)*

|  |  |
| --- | --- |
| 2 Bars: | 1st and 2nd men **set** to each other, **WHILE** 1st and 2nd ladies also set to each other, |
| 2 Bars: | 1st and 2nd couples **cross** to opposite side, the ladies passing between the men. |
| 2 Bars: | 1st and 2nd men **set** to each other, **WHILE** 1st and 2nd ladies also set to each other, |
| 2 Bars: | 1st and 2nd couples **cross** to opposite side, the ladies passing between the men. |
| 2 Bars: | 1st couple take two hands and **chasse down** 2 steps, |
| 2 bars: | 1st couple **chasse up** 2 steps, |
| 4 Bars: | 1st couple cast into second place and come into face 1st corners. *L1 faces M2, M1 faces L3.* 2nd couple move up on last 2 Bars |
| 2 Bars: | 1st couple **turn first corners** by right hand, *L1 turns M2, M1 turns L3* |
| 2 Bars: | 1st couple **pass partner by the right** |
| 2 Bars: | 1st couple **turn second corners** by right hand, *L1 turns M3, M1 turns L2* |
| 2 Bars | 1st couple **pass partner by right** to dance into 2nd  place on their own side |
| 4 Bars: | All three couples dance **right allemande** (Regency Tulloch Turn) |
| 4 Bars: | 1st couple cast to the bottom, **WHILE** 2nd couple left allemande, **AND WHILE** 3rd couple left allemande moving up into 2nd place while turning. |

<http://www.colonialdance.com.au/2015-heritage-ball-national-folk-festival-2186.html>

Danced in a 4 couple 2019

<https://www.youtube.com/watch?v=Y74wzMzV0UU>