

White Ladies Aston

Source:

Traditional dance. (source: Hook Eagle Morris Men)

Tune:

Lord of the Dance (also goes well to "Battle of New Orleans")

Formation:

Set of 8 in two rows of 4. Short sticks. Or, set of 6, two rows of 3.

Sticking:

Stick on shoulder when not stick tapping. All stick tapping is forehand, 1-2-1-2-3 (like dilwin).

Sequence: Note: All moves are 32 beats in length

Chorus (32) - Half a hay, sticking, half a hay, sticking.

Couples hay (32) - For 8, hay like Brimfield, in's face out, outs face in.

- For 6, top couple face down other couples face up, and wait for top couple to reach them

Chorus (32)

Stars (32) - For 8, top 4 star, bottom 4, top 4, bottom 4; For 6, top star, then middle couple switch to bottom star, switch back to top, then bottom again. Ends stick if not in star.

Chorus (32)

Cross-over (32) - Cross for 4, back for 4, stick for 8; repeat to other side.

Chorus (32)

Belt up (32) - For 8, each couple dance up one at a time; for 6 the 4th time all couples dance up.

Chorus (32)

Swing partners (32) -in / out swing for 8 then stick for 8; switch arms and repeat.

Chorus (32)

Rounds and off - small circle behind for 8 beats; large circle around for 16, then stick for 8, up on last one.
