

Brown Jug Polka

- 4 Do-si-do right -- (Do-si-do with partner).
 4 Do-si-do left -- (Do-si-do left shoulders with partner).
 2 Step & Honour -- (Face partner, each person steps to their right and bows or curtsies to partner).
 2 Walk on -- (Each person walks 4 small steps to meet their new partner).
 4 Swing -- (Swing new partner using a longarm hold and finish ready to start again).
32 Bars 6/8 or Polka or Reel + 4 Bars Introduction.

Variations: 1. In the second 8 bars take 4 bars each for the turns and have no advance & retire.
 2. Instead of the third advance & retire, repeat the RH & LH turns.

Tunes: Any of 6/8, Polka or Reel

Source: Six New Dances, published by Bush Music Club 1979.

Notes : This dance was written by Amnon & Sheryn Doernberg for the Bush Music Club's Silver Jubilee in 1979.

It has been commonly danced in Canberra during the 1980s with the variation 1. given above, not the original instructions.

Blaydon Races

Formation: Large single circle.

Bars Description

- 4 Advance & retire -- (4 steps each way).
 4 Advance & retire.
 4 Chassez -- (2 Chassez steps to the centre, in a ballroom hold then 2 steps back).
 4 Chassez.
 8 Promenade -- (All promenade anticlockwise for 16 steps. Then release the promenade hold and women stop).
 2 Men on -- (Men move forward to a new partner).
 6 Swing new partner -- (Swing new partner using a longarm hold and finish in circle, with woman on the right of her new partner ready to start again).
32 Bars 6/8 or Polka or Reel + 4 Bars Introduction.

Variation: Promenade for 6 bars, Men promenade onto new partner in 2 bars, Set once to new partner and then swing.

Tunes : Blaydon Races, Manchester Galop, Little Brown Jug.

Source: Dances in Sydney 1982-1984 and Canberra in 1985-1986.

Notes : The variation given is the original version I danced but the instructions are for the version which is popular in Canberra.

Brown Jug Polka (aka Heel & Toe Polka)

Formation: Circle of Couples. **Start:** Ballroom hold with men facing anticlockwise

Bars Description

- 2 Heel & Toe-- (Heel and toe twice, man starting with left foot and woman with the right foot).
 2 Sideways -- (4 slip steps to the mans left).
 2 Heel and toe -- (Back the other way. Man starts right foot and lady left but you keep the same hold as in the first heel and toe).

- 2 Sideways -- (4 slip steps to the man's right).
- 1 Clap right -- (Clap partners right hand 3 times).
- 1 Clap left -- (Clap partners left hand 3 times).
- 1 Clap both -- (Clap partners hands 3 times).
- 1 Clap knees -- (Clap your own knees 3 times).
- 2 Right arm turn -- (Turn by the right arm for 4 steps).
- 2 Left arm turn (Turn once by the left arm and finish ready to start again).
- 16 Bars Polka, + 4 Bars Introduction.

Tunes : Armatree Brown Jug Polka 6/8 is the character Tune also Little Brown Jug 2/4 ([gif](#)) ([abc](#))

Source: "Take Your Partners" by Shirley Andrews

Notes: This dance was dubbed Brown Jug Polka after the tune when the dance was first collected and introduced into the Australian folk scene by John Meredith. It was more generally known as the "Heel and Toe Polka" although there are other totally different polka dances also known by that title. Namely there is a different Queensland dance and also a version of the Princess Polka known as the Heel and Toe from the western district of Victoria from around Warrnambool, Portland, Dimboola and Harrow across to the South Australian border as far as Mt Gambier and Blanchetown. (notes by Peter Ellis [more here](#))

Foula Reel

Formation: Longways Set of 4 Couples.

Bars Description

- 4 Lead down -- (Top couple down to Bottom of Set)
- 12 Strip-the-Willow back -- (The top couple strip back to their original places).
- 8 Arch over men then women -- (The Top Couple form an arch. Lady on man's right. Then arch down over the line of men and back to place over the line of women. The man stays between the lines while lady goes around the outside).
- 8 Swing to Bottom -- (Top couple using a Longarm Hold swing to the Bottom of the Set.)
- 32 Bars Jig

Tunes: The Shaalds of Foula from Shetland Islands ([abc](#)) ([gif](#)).

Source: "Community Dance Manual No. 7".

Notes: I danced this a very few times in Canberra around 1984. The version given here differs from the Community Dance Manual version where the top couple progress using a poussette.

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