

This is one of the Playford dances

Formation: Single file of 8 dancers, the 4 men standing in one half, facing their partners who are in the other half.

Action: Running step used throughout the dance.

FIGURE 1

1. a. First man sides (Each moves obliquely across to a point beside partner's position, passing left shoulders and turning as they pass to hold eye-to-eye contact. Cross back to place similarly, passing right shoulders) with his partner (8 counts)
- b. First couple set (A low spring to the right on right foot (count: and 1) with left foot following weight momentarily shifted to left (and 2), then back to right for spring to the left, etc. There is a lift and a fall on each weight transfer, and the action is executed on the balls of the feet, lightly) to one another (4 counts).
- c. First man and 1st lady change places passing left shoulders and turning single at the same time (men turn clockwise and ladies counterclockwise). They finish with backs to one another. (4 counts).
2. Repeat 1, the 1st man dancing with 2nd lady, and the 1st lady with the 2nd man.
3. Repeat 1, the 1st man dancing with 3rd lady, 1st lady dancing with 3rd man, and the 2nd couple dancing together.
4. Repeat 1, all couples now active, 1st with 4th, 2nd with 3rd. As dancers change places, they make an extra half turn to their left and in to face the person with whom they have just changed places.
5. Repeat as in 1, all couples active.
6. Repeat 1, 3 couples dancing.
7. As in round 2, 2 couples dancing.
8. Repeat 1 couple #1 dancing. At end all are back in original places.

FIGURE 2

As in Figure 1, but substitute "arming" (right elbow turn) for siding. Dancers arm right during 1-4, then arm left during 5-8.

FIGURE 3

Progressing Straight Hey. As in a grand right and left, 1st couple begins the hey by joining right hands and passing right shoulders; they can then pass the 2nd couple, joining left hands passing left shoulders. They continue with a right and left down the line. As 1st man or 1st lady reaches a dancer, he becomes active with a right or left hand as required. On reaching the end of a line dancers turn to their left and come back into the line with left hand. In this figure every dancer passes through every place in the entire line and then stops when he reaches his own place. 1st couple begins first and finishes first; 4th couple begins last and finishes last. At the end of the hey each man and lady honor own partner. (The hey takes 48 counts.)