

# ADDERBURY

A Cotswold tradition with both stick and hanky dances. Sources: via Earl of Stamford via Hammersmith MM, and Bacon's Handbook & Sharp's Morris Book.

The references say outside foot both halves, right foot in rounds, left in hey (except Shooting is left foot always & Sweet Jenny Jones is right foot) double steps (except Shooting-single), sticks vertical (except Shooting-horizontal under arm), held still. Long sticks. Clash with partner at the end of each half figure (but not half way in rounds or hey).

**(NB. MMM do left foot first half, right foot second half of figures in Black Joke, Lillibullero, Postman's Knock, South Australia, Bluebells & Buffoon)**

FIGURES:-

1 SING AROUND    AND FOOT UP    2 ½ GIP    3 PROCESS DOWN  
4 PROCESS UP    5 HANDS AROUND 6 HEY

## LILLIBULLERO

Stick dance for 6

First figure dance around instead of 1

Chorus: sword fight 1st corners (tips top, big arc tips bottom), 2nd corner, partner then clash partner tips forehand backhand, then foot up MMM start on right foot. During 1st and 2nd corners, remaining dancers do same clashing with adjacent person: nos 3 and 4 step back slightly each time so we have a nice neat pair of lines clashing at about 45°.

## POSTMAN'S KNOCK

Stick dance for 8

Once to yourself is singing in position "*Every morning as true as the clock somebody hears the postman's knock.*" Repeat.

2 FIGURES FOR EVERY 1 CHORUS

ROUNDS & FOOT UP    ½ GIP & BACK TO BACK    LONG PROCESS DOWN (tops down)

LONG PROCESS UP (bottoms up)    HANDS AROUND & STAR

ADDERBURY HEY & "POSTMAN'S HEY"

Adderbury Hey is a parallel reel on the side for 4, middles start facing ends and pass right shoulder.

"Postman's Hey" is danced in 2 groups of 4. 1 starts and goes to 4's place

2 immediately goes to 3's place (both diagonally downwards). At the same time 3 & 4 dance up the side to 1 & 2's places respectively. Continue until all back to place, ie visit each house! 5678 do same.

Last chorus is done once normally, then again without the music but singing while sticking.

Chorus: doubles: odds hit evens' butts 3x, evens hit odds' butts 3x, repeat 4x, last time slower.

Normally sticking is done doubles first (ie 2 hands on stick) then singles (1 hand) and so on. Last time with singing is always done doubles.

## SWEET JENNY JONES

Stick dance for 6 to waltz time

Start right foot always. RLR, Toe Heel Heel, LRLRLR, LRL, THH, RLRL CLASH, ie count 3 steps then toe heel heel, 6 steps plus 3 steps, toe heel heel, 4 steps clash.

Chorus: doubles, singles etc. Start by odds tips hitting evens butts etc.10, clash, 9 clash. Then Foot Up.

## SHEPHERDS' HEY

Hand clapping dance for 6. Can do it with hankies tied on or without hankies.

Hankies moved to make shape like apple on stalk: down, around & up (so up coincides with hop).

Sing around is

*"I can whistle, I can sing, I can do most anything,*

*I dance and I can play, I can dance the Shepherds Hey."*

Chorus: First Time. Clap, touch right ankle, clap. Clap, touch left ankle, clap. Clap, clap under right leg, clap. Clap under left leg. Clap in front, behind, in front.

Second time Knee, third time hip.

Then from shoulder on add a wave:

fourth time shoulder, (ie clap, shoulder , wave etc)  
fifth lips, sixth “doff hat” & jump.

### **BLACK JOKE**

hankies:- down, around & up. “Apple on stalk” shape

CHORUS : screw down (ie sidesteps travelling away from music and circling leading arm at waist level 4 times, repeat facing up but doing it on the spot with other arm) & foot up (surge). Side step & ½ hey. 4 capers half way through each figure & at end of figures & chorus.

### **SOUTH AUSTRALIA**

Source: via Eryri Morris from perhaps Adelaide Morris. Standard Adderbury figures

Walk round in tight circle sticks horizontal radiating out from centre at waist height (representing pushing on a capstan) singing: *In South Australia I was born, “Heave away, haul away. In South Australia round Cape Horn, we’re bound for South Australia”*. 4 capers in set formation facing up starting on word “bound” and straight into foot up.

Chorus (effectively sticking and foot down): evens present stick horizontally odds strike its middle, then evens strike odds. Then sticks vertical strike tips forehand, backhand, wave in air, forehand. Then sticks horizontal all in a line to represent pulling rope on each side of set and pull down the set walking, shouting “heave heave” then four capers up (probably 3 capers up and a step-jump to face partner).

### **BLUEBELLS** (resting)      Music: Bluebells of Scotland

Dance around singing “*Oh where tell me where has my highland laddie gone? He’s gone to the wars with his frilly knickers on.*”

odds tips hit evens butts x2 evens tips hit odds butts x2 repeat.

odds tips hit evens butts evens tips hit odds butts repeat, clash, clash, repeat .

### **BUFFOON**

(resting)