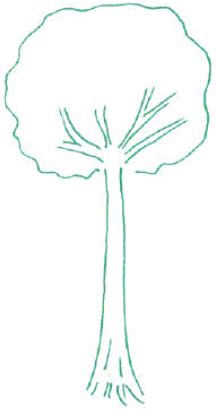
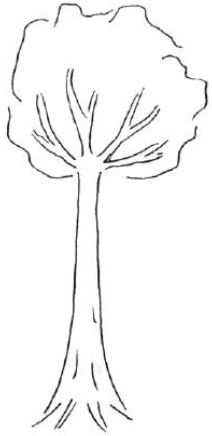
F version

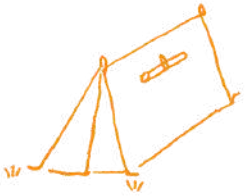
Includes harmony & bass



THE FSC COUNTRY DANCING MANUAL

Musicians' Version





Use QR code or visit fsc.org.uk/glee for country dancing manual, recordings of the tunes and more, including sheet music for Bb, and how-to videos

Contents

Tunes (dance in brackets)

1. Lady Bandiscoth's Reel (Serpent) 2
2. Pat-a-cake Polka (Heel & Toe) 3
3. Alunelul 4
4. Shropshire Lass (Flying Scotsman) 5
5. Off She Goes (Circassian Circle) 6
6. I Want To Be Near You 7
7. Scotland the Brave (Gay Gordons) 8
8. Seven Stars (Riverside Jig) 9
9. Oh Honey Oh 10
10. Morgan Rattler (Bridge of Athlone) 11
11. Bonny Kate (Oxo Reel) 12
12. Monaghan Jig (Cumberland Sq 8) 13
13. La Russe (Old Swan Gallop) 14
14. Dashing White Sergeant 15
15. Old Joe Clark (Lucky Seven) 16
16. Hole in the Wall 17
17. Enrico (North Eggardon Reel) 18
18. Cuckold come out.. (Ducking for Oysters) 19
19. Random Jig (Waves of Tory Island) 20
20. Black Nag 21

Bass & harmony parts 22

This book is the companion to the main FSC Country Dancing Manual as musicians requested larger print, plus bass and harmony. Calling instructions are in the main book. There's a separate Bb music booklet. Everything plus recordings available on fsc.org.uk/glee

Notes for bands / musicians

It's so much nicer having a live band! We've included sheet music and chords here so FSC musicians can learn the same tunes as the ones recorded on the FSC website and we can have more live bands on camp.

You can set up a **junk percussion station** next to the band: a few upturned A10 tins, a washing up bowl & metal tent pegs can sound great. Someone can play the spoons. Lentils in jam jars are a fun option (and quieter). You'll often find musicians who haven't brought their instruments on camp - put them in charge.

The music

We have chosen specific tunes to go with specific dances. But they're mostly interchangeable with other tunes of the same length.

FSC standard is to have a 4 bar intro, by just one player, and then the other musicians join in at the moment when the actual dancing should start.

Tips for FSC bands:

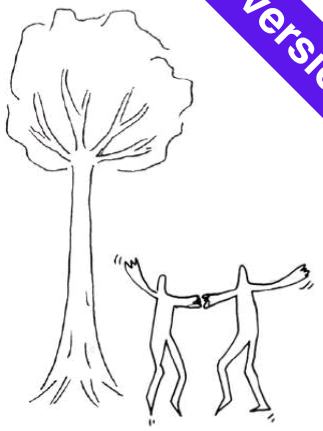
- It is often good to start a bit slower and gradually speed up, ideally getting faster when the tune comes back round to A1
- The one thing the band must *really* try to avoid is slowing down. Strummed guitars and percussion often do this as they are physically more demanding
- Most dances work best at about 110 beats per minute (BPM). If you have a watch, take the pulse of a second, double it, then slow it down. Or it's the speed of "Another One Bites The Dust"
- FSC callers are likely to be less experienced than in the outside world, so they'll need your help more - watch the dancers & help keep them in time
- It can be helpful to have one of the players in charge of the band to keep time and communicate with the caller, e.g. on delaying or repeating a few bars until dancers are ready
- Band rehearsal at Peafair followed by end of camp ceilidh has worked well for us (kids occupied, music at peafair is lovely, everyone in festive mode)
- It's helpful if musicians can also learn to call and dance the dances - you won't always be able to spare the staff for a full band anyway so will end up using pre-recorded music for practice
- It can be frustrating to be quiet during the calling rather than rehearsing or discussing the next tune. But it's really important

1

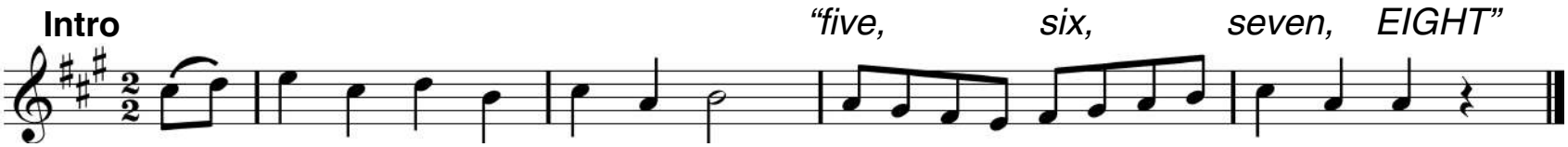
Lady Bandinscoth's Reel

For Serpent dance

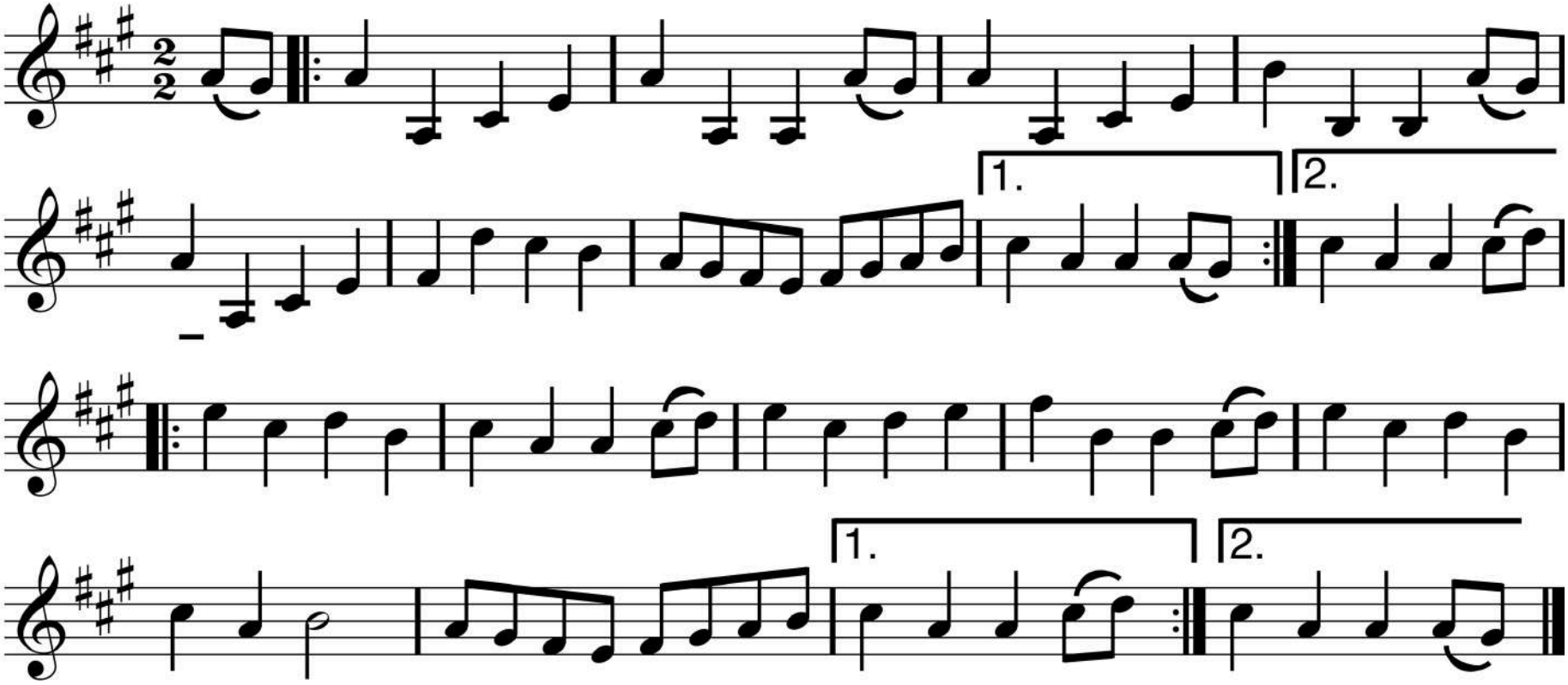
F version



Intro



Tune

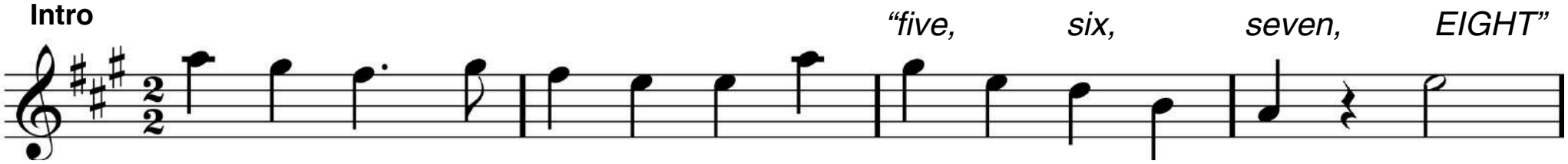


2 Pat-a-cake Polka

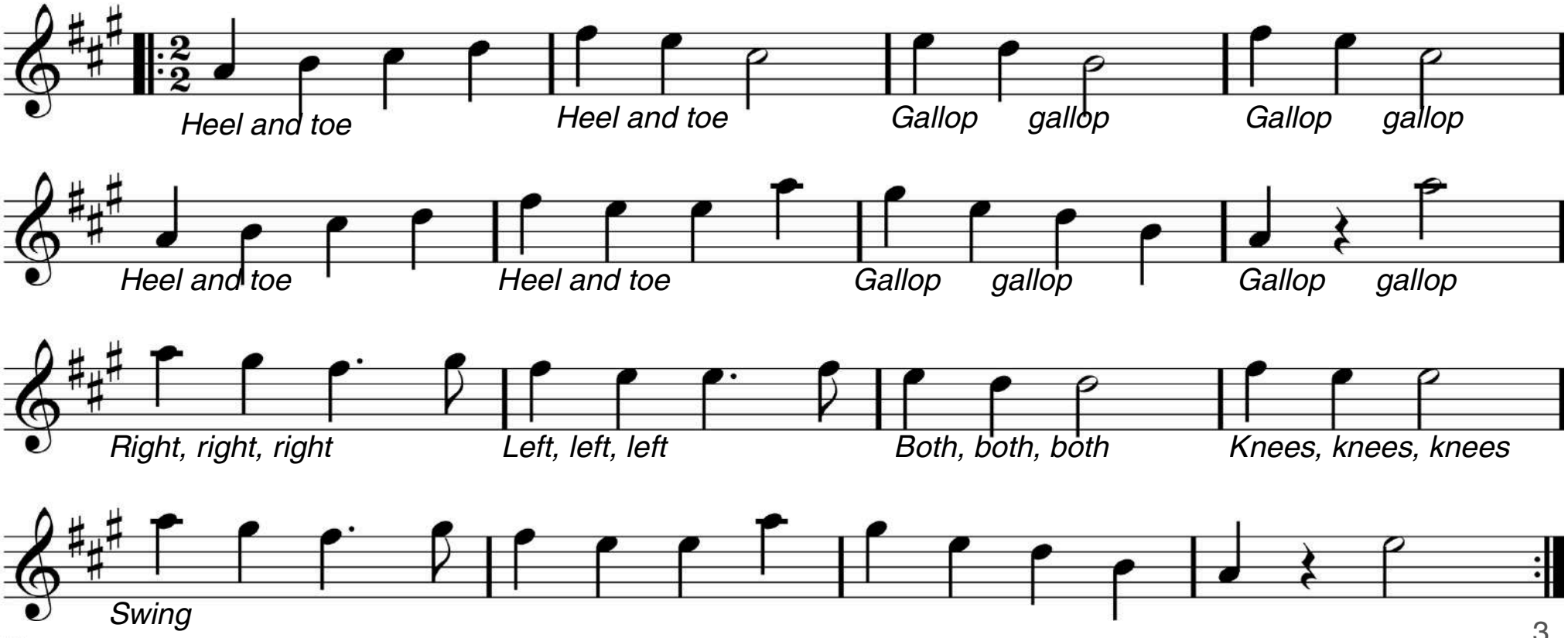
For Heel & Toe dance

F version

Intro



Tune



Note: the music is to the polka to be played by musicians, not the tune sung by dancers which is a simplified version

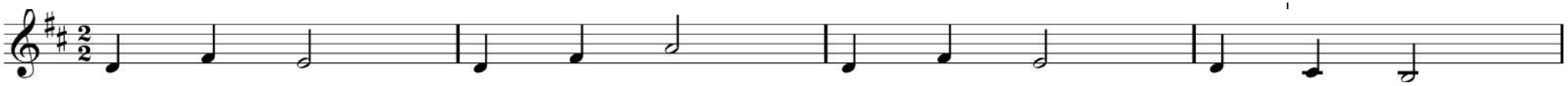
3 Alunelul

For Alunelul dance

F version

Intro

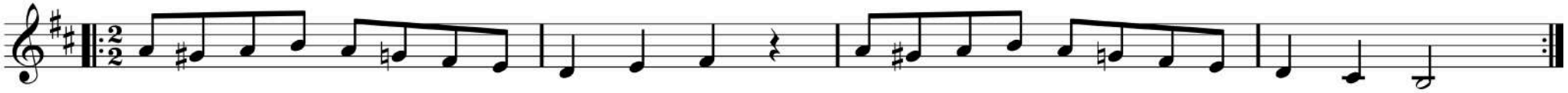
"five, six, seven, EIGHT"



Tune

A

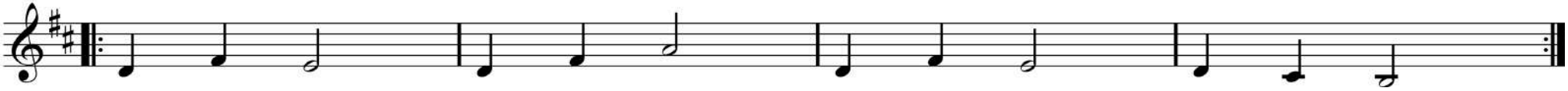
1 R→ R→ R→ L↓ L↓ L← L← L← R↓R↓



2 R→ R→ R→ L↓ L↓ L← L← L← R↓R↓

B

1 R→ R→ L↓ L← L← R↓ R→ R→ L↓ L← L← R↓



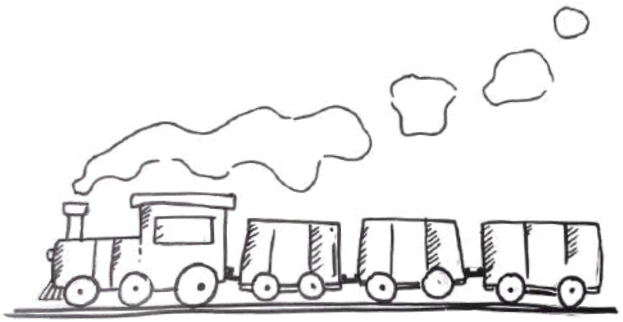
2 R→ L↓ L← R↓ R→ L↓ L↓ L← R↓ R→ L↓ L← R↓ R↓

Note: speeds up each time it gets back around to A

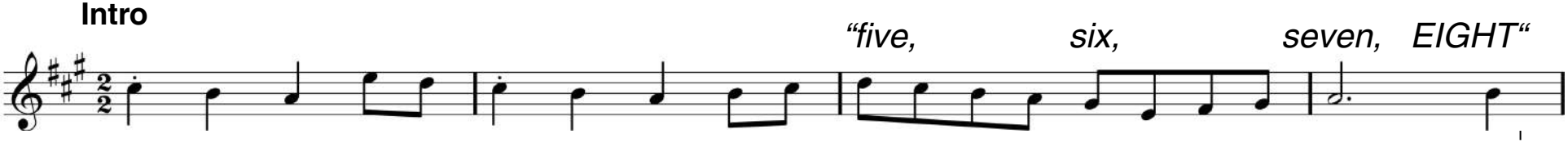
F version

4 Shropshire Lass

For ‘Flying Scotsman’ dance



Intro



Tune

1 Top red leads line around blues (count 16)

A

2 Top blue leads line around the reds (count 16)

1 Top couple gallop down (count 8) → beyond (count 4) → & back to bottom (count 4)

B

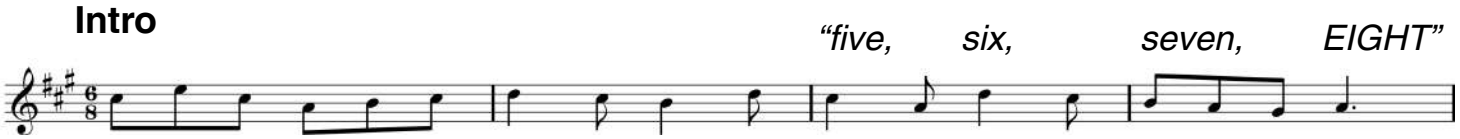
2 Everyone gallops down (count 8) → and back (count 8)

5 Off She Goes

For ‘Circassian Circle’ dance

F version

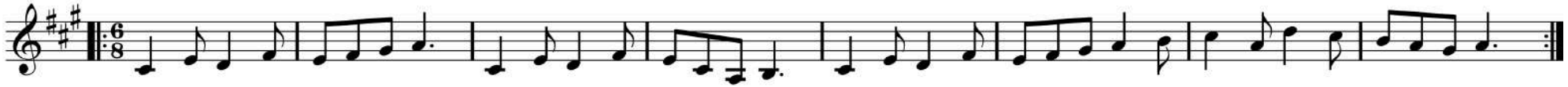
Intro



Tune

1 Forward & back → Forward & back →

A



2 Reds in & clap → Blues in & clap →

1 Everyone swing (new partner) →

B

2 Promenade →

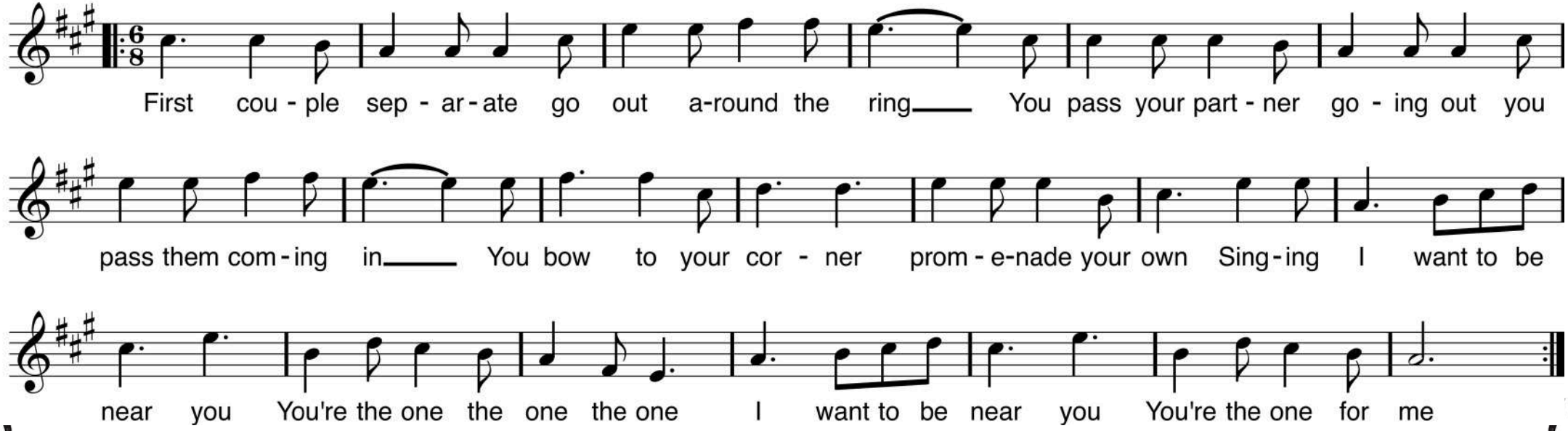
6 I Want to be Near You

F version

For ‘I want to be Near You’ dance

Intro

Tune



7 Scotland the Brave

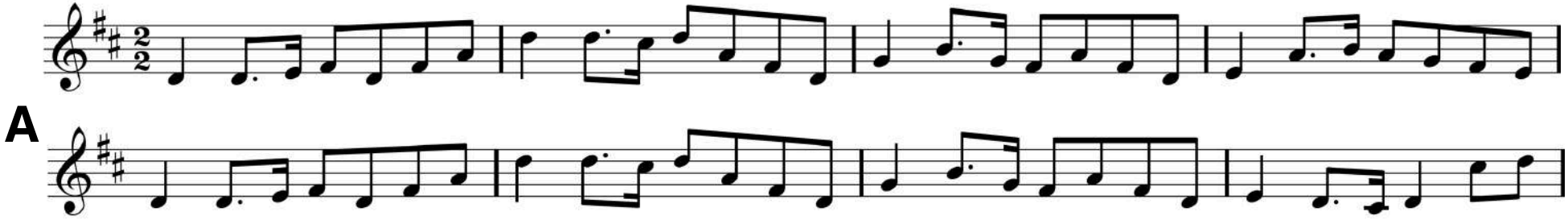
For Gay Gordons dance

F version

Intro

Tune

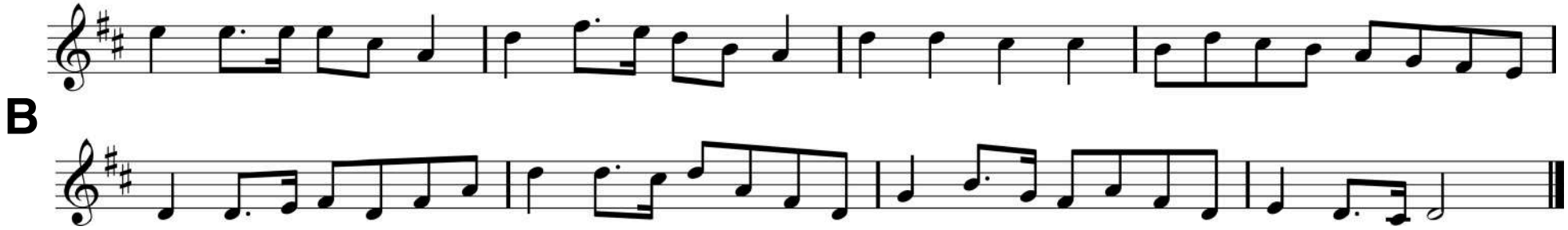
1 Forward 4 steps → Pivot back 4 steps → Forward 4 steps → Pivot back 4 steps →



A

2 Blue spins red whilst walking forward (& progressing) →

1 Forward 4 steps → Pivot back 4 steps → Forward 4 steps → Pivot back 4 steps →



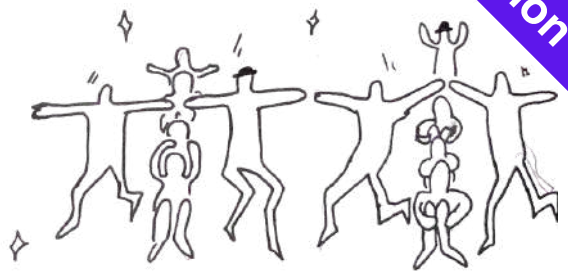
B

2 Blue spins red whilst walking forward (& progressing) →

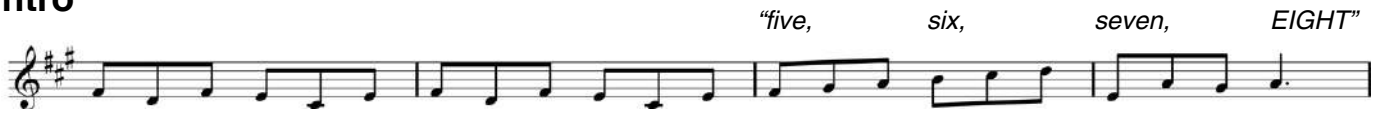
8 The Seven Stars

F version

For Riverside Jig dance



Intro



Tune

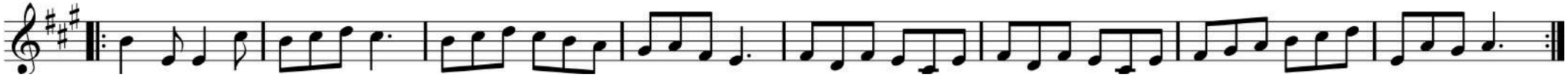
1 Forward (count 8) → Back (count 8) →

A

2 Right hand star → Left hand star →

1 Do-si-do along line → Do si do along set →

B



2 Top 2 couples charge → Swing if time →

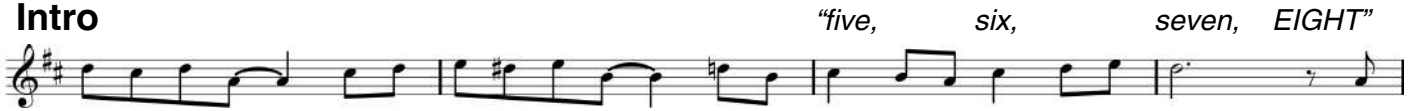
9

Oh Honey Oh

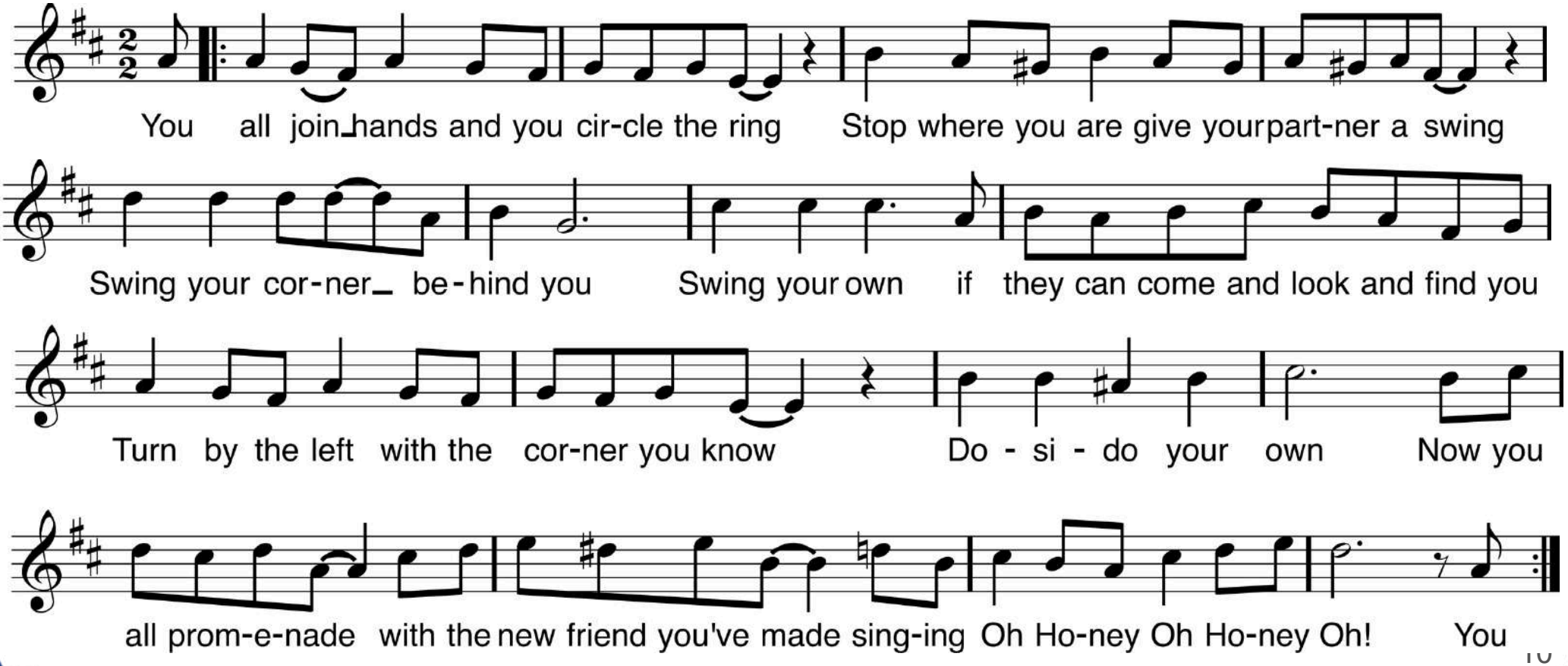
For Oh Honey Oh dance

F version

Intro



Tune



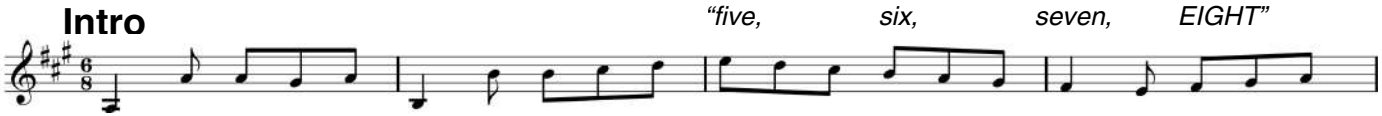
Morgan Rattler

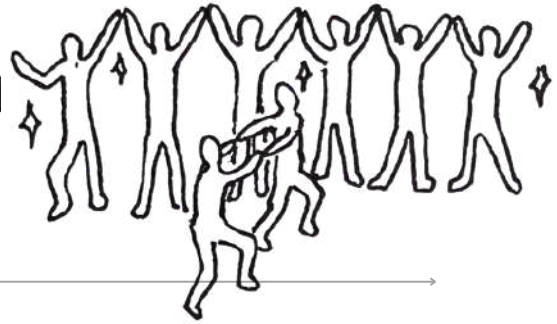
10

For ‘Bridge of Athlone’ dance

F version

Intro

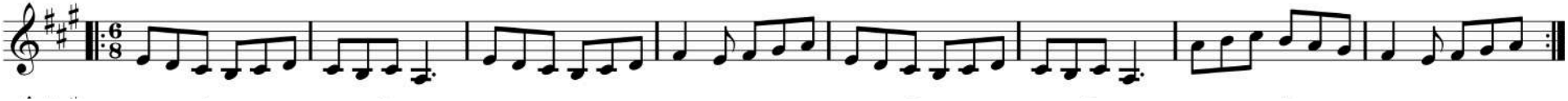




Tune

1 Lines forward & back → Blues arch, reds under →

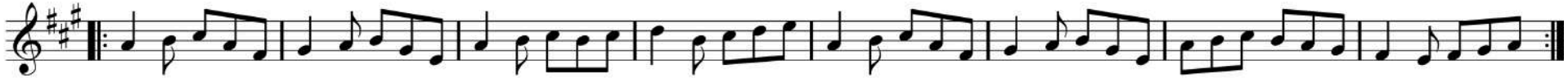
A



2 Lines forward & back → Reds arch, blues under →

1 Ones gallop down & back →

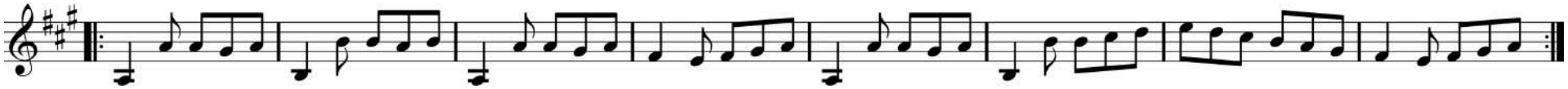
B



2 Ones cast off & arch at bottom, everyone through →

1 Everyone arch, red 1 up middle & down outside, blue 1 up outside & down middle →

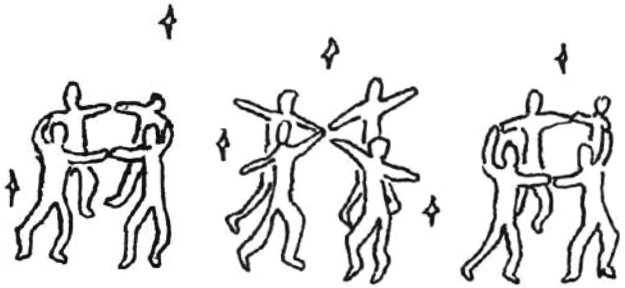
C



2 Everyone swing →

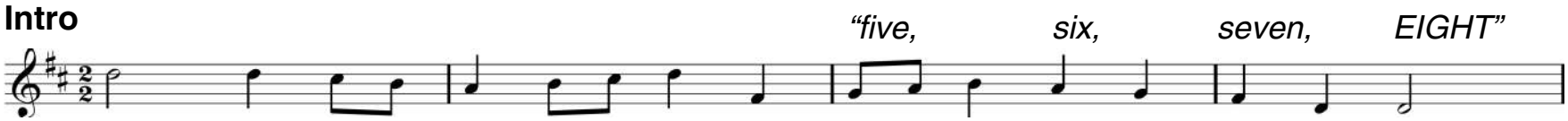
11 Bonny Kate

For Oxo Reel dance



F version

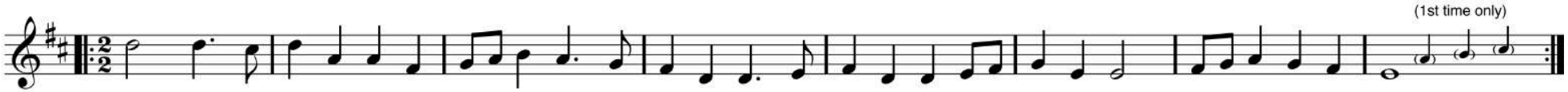
Intro



Tune

1 Lines forwards → Lines back → Top couple gallops down →

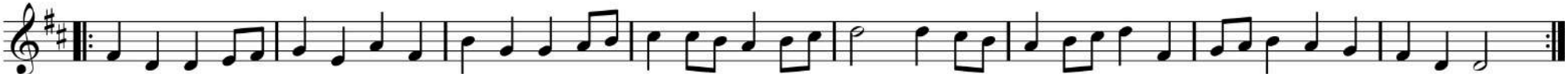
A



2 Lines forwards → Lines back → No.2 couple gallops down →

1 Oxo L: circle R / Left hand star → Oxo R: circle R / Right hand star →

B



2 No.2 couple gallops back → All swing (if time) → Back in lines →

12

The Monaghan Jig

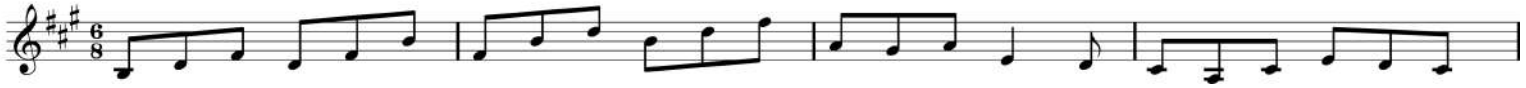
For Cumberland Square Eight dance

F version

Intro

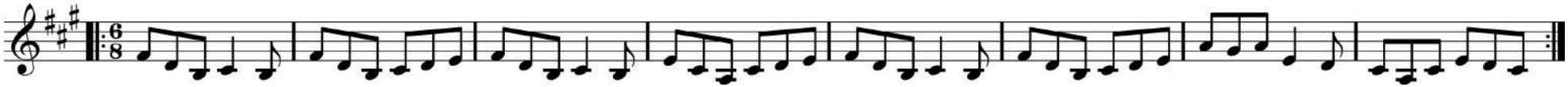
"five, six, seven, EIGHT"

Tune



1 Top couples gallop across → Top couples gallop back →

A



2 Side couples gallop across → Side couples gallop back →

1 Top couples RH star → Top couples LH star →

B

2 Side couples RH star → Side couples LH star →

1 Top couples basket →

C

2 Side couples basket →

1 Everyone circles left → Everyone circles right →

D

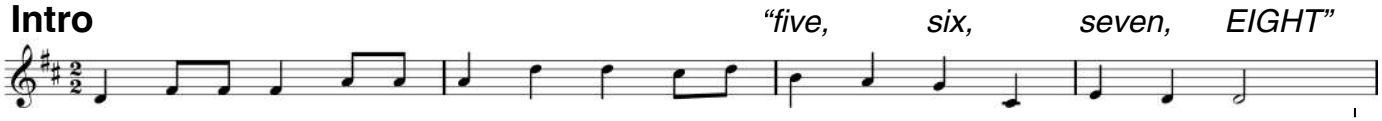
2 Promenade around →

13 La Russe

For ‘Old Swan Gallop’

F version

Intro



Tune

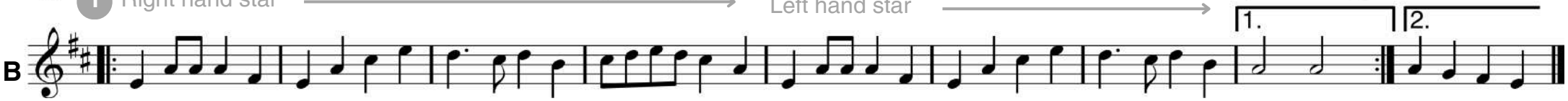
1 Ones gallop anticlockwise → Ones gallop back to place →

A

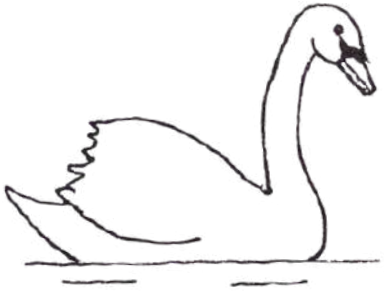
2 Twos gallop clockwise → Twos gallop back to place →

1 Right hand star → Left hand star →

B



2 Forward & back → Arch & under →

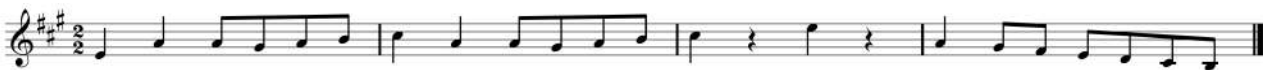


14 Dashing White Sergeant

For Dashing White Sergeant dance

Intro

"five, six, seven, EIGHT"



There's an optional song to this tune:

A1 Now we're here let us all begin
So step it out and step it in
To the music of the violin
We'll dance the hours away

A2 Pluck the banjo, beat the drum
We'll dance and sing the whole day long
Dance it right or dance it wrong
But dance it anyway

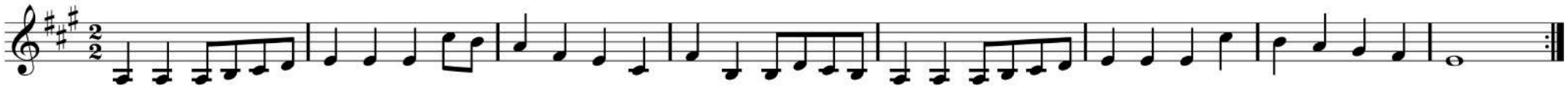
B1 Katie, Peggy, Sam and Paul
Sally, Peter, Jack and all
Dance, dance, dance, dance
Dance away the hours together

B2 Dance till dawn is in the sky
What care you and what care I?
Hearts a-beating, spirits high
We'll dance, dance, dance

1 Circle right → Circle left →

Tune

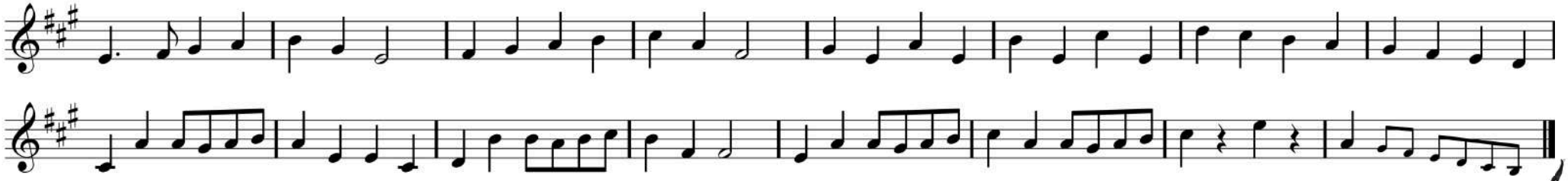
A



2 Centre bounce-kick R&L, turn by R → Centre bounce-kick L&R, turn by L →

1 Reel of three →

B



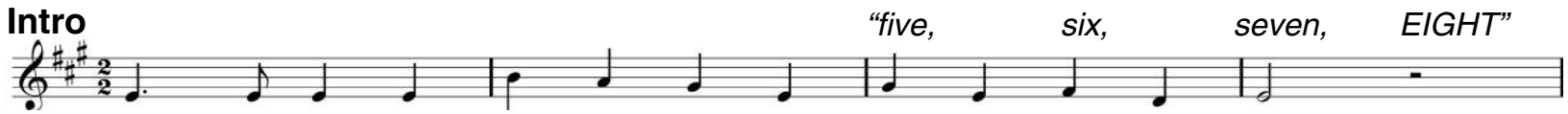
2 Forward & back → Forward & find a new three →

15 Old Joe Clark

For Lucky Seven

F version

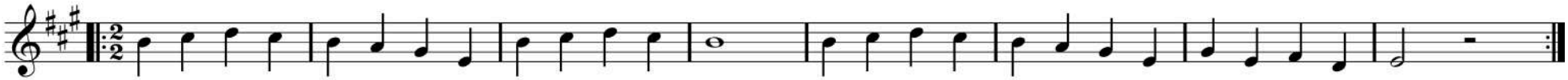
Intro



Tune

1 Circle left → Circle right →

A



2 Into the middle → and back → Into the middle → and back →

1 Grand chain →

B

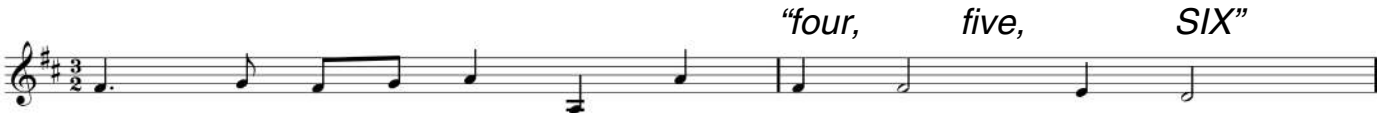
2 Swing →

16 Hole in the Wall

F version

For Hole in the Wall dance

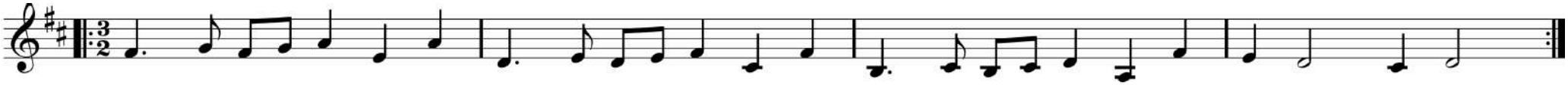
Intro



Tune

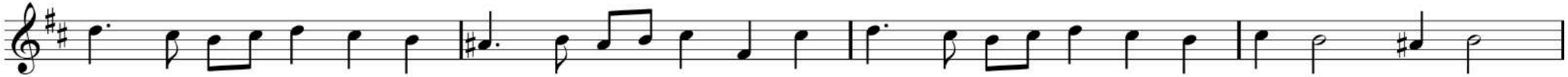
1 First couples cast off → Lead up centre back to place →

A



2 Second couples cast off → Lead down centre back to place →

1 1st blue & 2nd red change place → 2nd blue & 1st red change place →



B

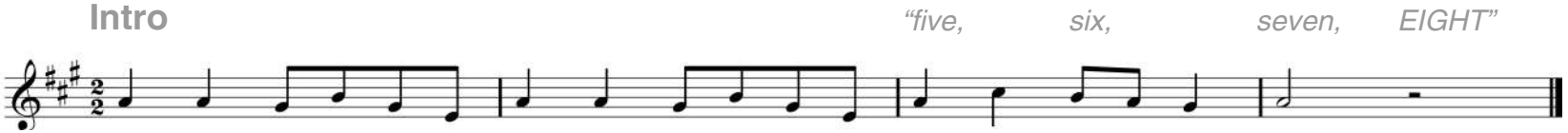
2 Half circle left → 1st couples cast down, 2nd couples step up →

17 Enrico

For ‘North Eggardon Reel’

F version

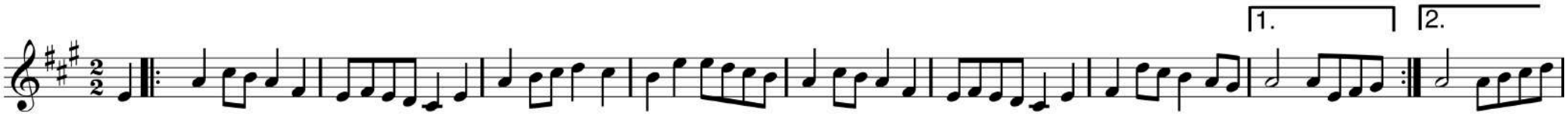
Intro



Tune

A

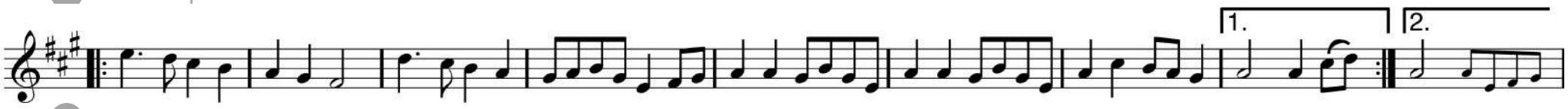
1 Lines forwards → Lines back → Lines forwards → Lines back →



2 Ones gallop down → Ones gallop back →

B

1 Ones strip the willow →



2 Ones continue to strip the willow →

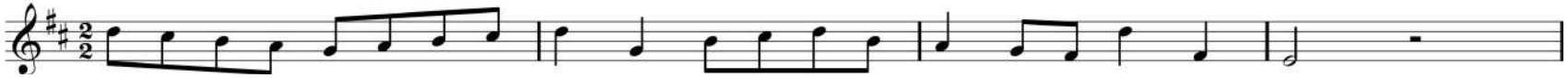
18 Cuckold Come Out of the Amrey

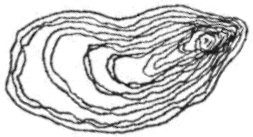
F version

For 'Ducking for Oysters' dance

Intro

"five, six, seven, EIGHT"

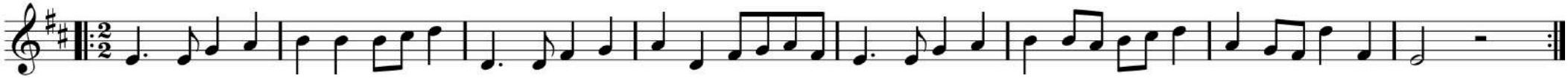




Tune

1 Circle left → Circle right →

A

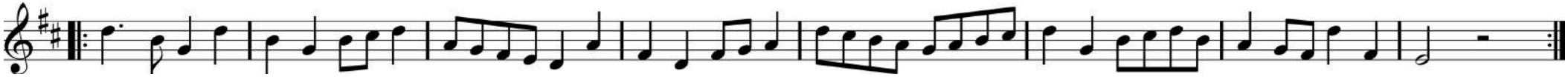


2 Right hand star → Left hand star →

---

1 Top couples under arch and back → Bottom couples under arch and back →

B



2 Rock & Roll → Top couples under arch and move on →

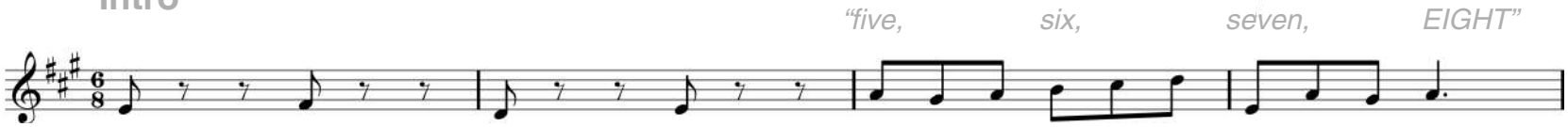
19

Random Jig

For ‘Waves of Tory Island’ dance

F version

Intro



Tune

1 Lines forwards → Lines back → Right hand stars →

A

2 Lines forwards → Lines back → Left hand stars →

1 Ones gallop down the set → Ones gallop back →

B

2 Ones cast off → Arch & through →

1 Everyone do waves →

C

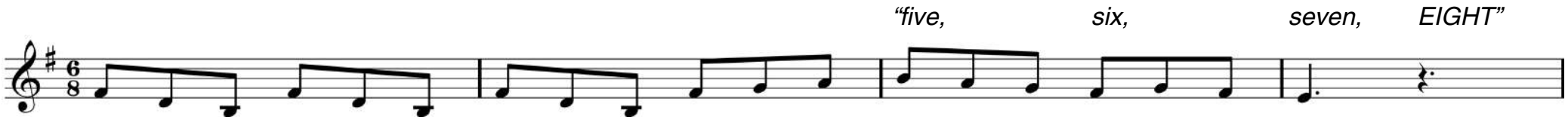
2 Everyone do waves →

20 Black Nag

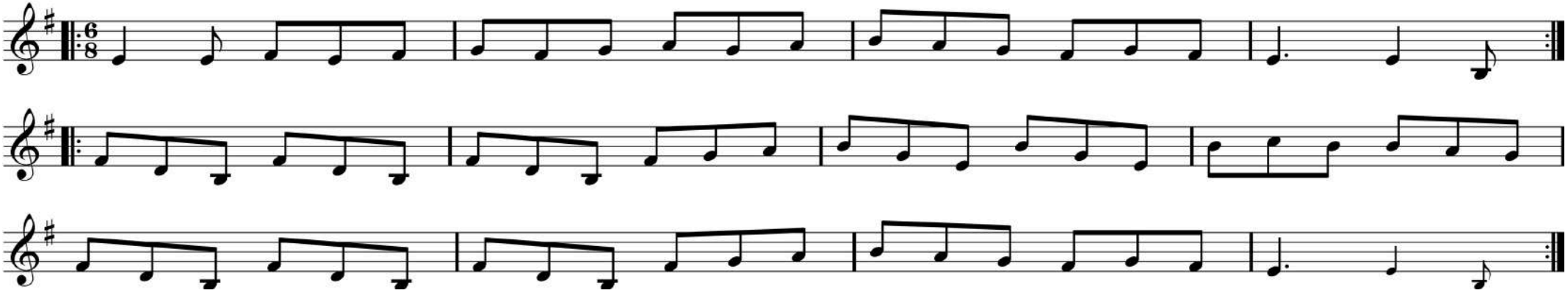
F version

For Black Nag dance

Intro

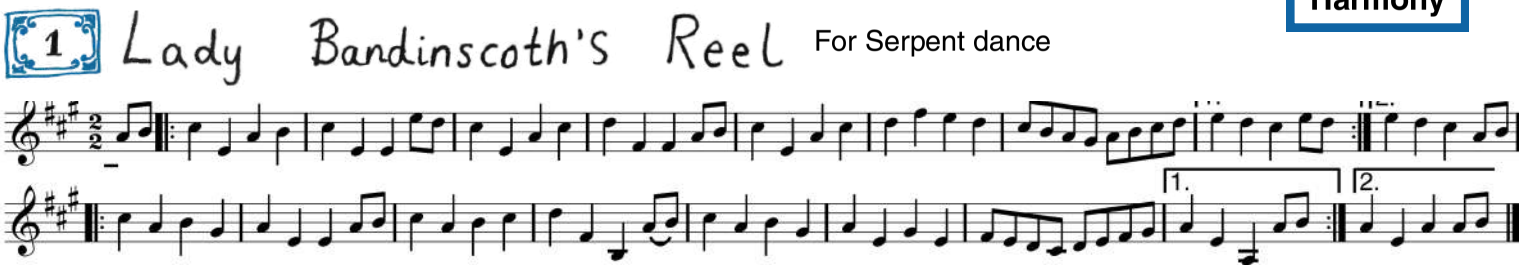


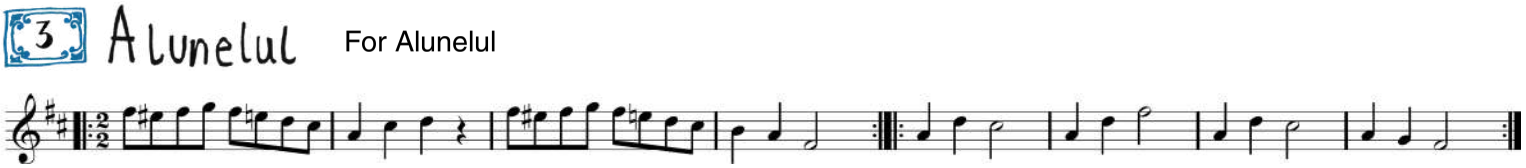
Tune

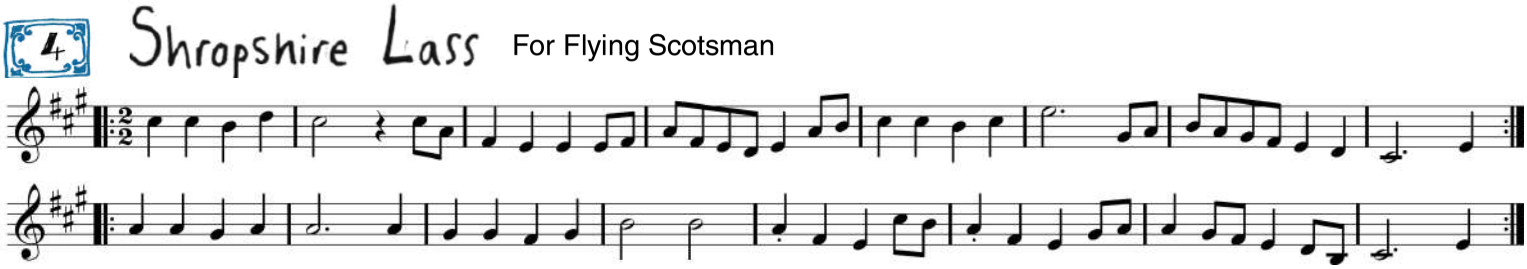


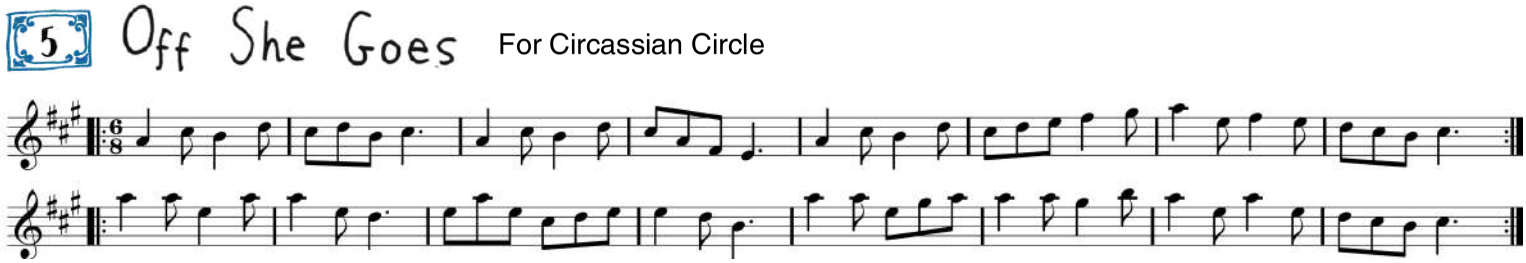
F version

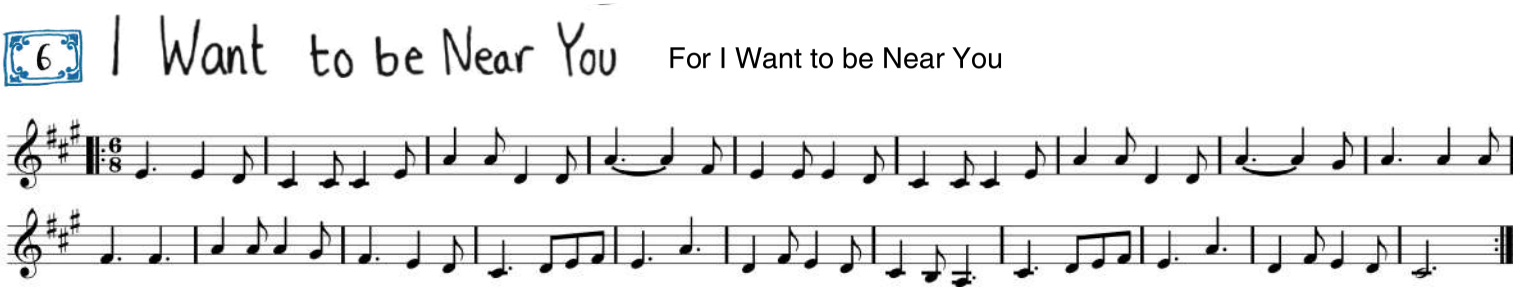
Harmony

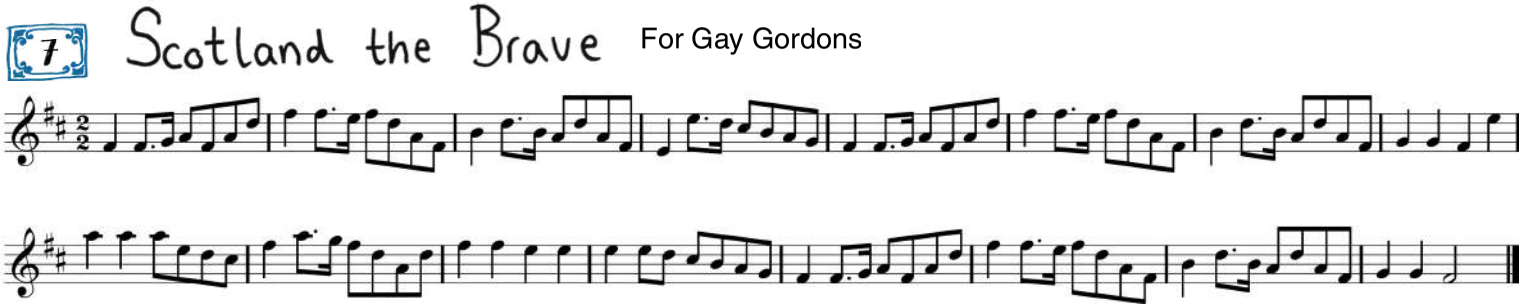










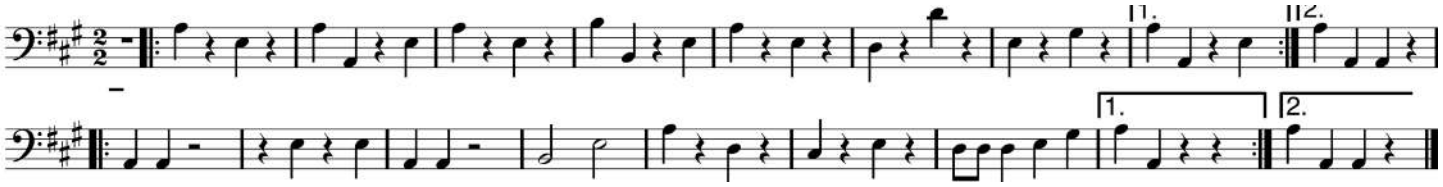


F version

Bass

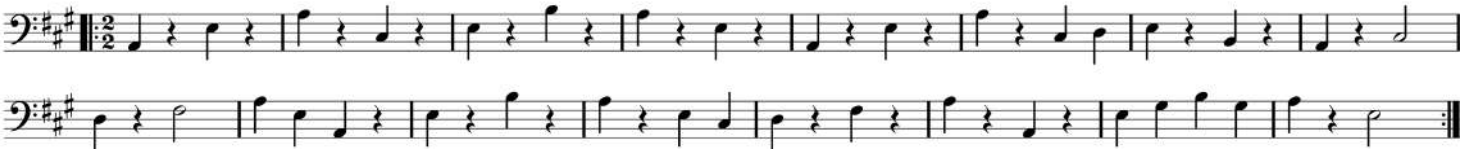
1 Lady Bandinscoth's Reel

For Serpent



2 Pat-a-cake Polka

For Heel & Toe

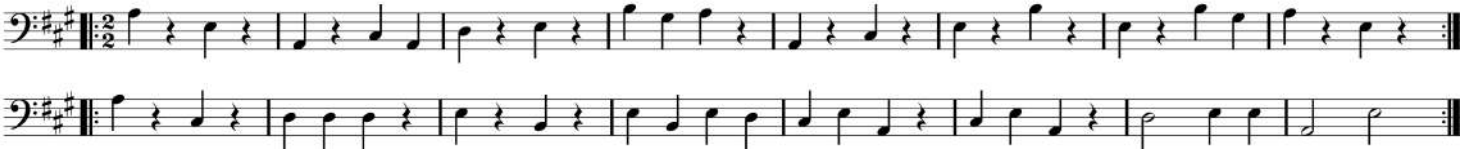


3 Alunelul

For Alunelul

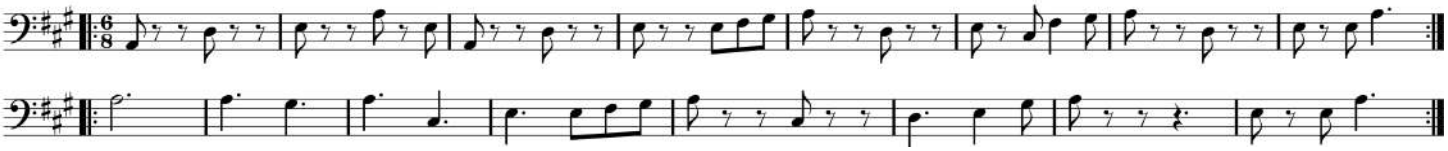
4 Shropshire Lass

For Flying Scotsman



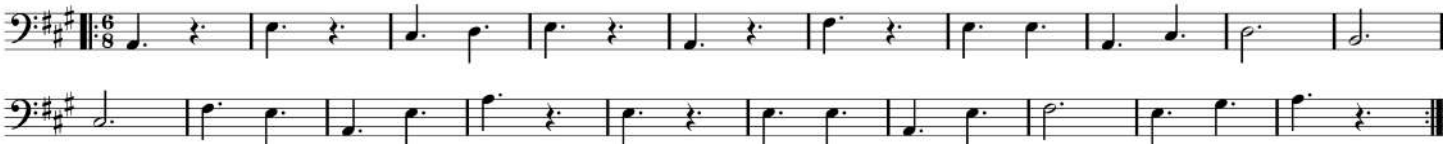
5 Off She Goes

For Circassian Circle



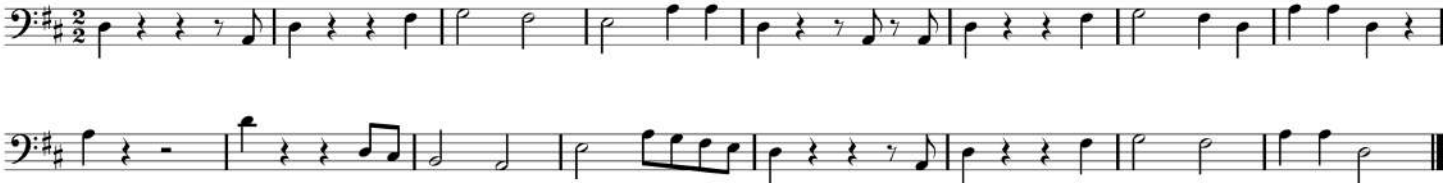
6 I Want to be Near You

For I want to be Near You



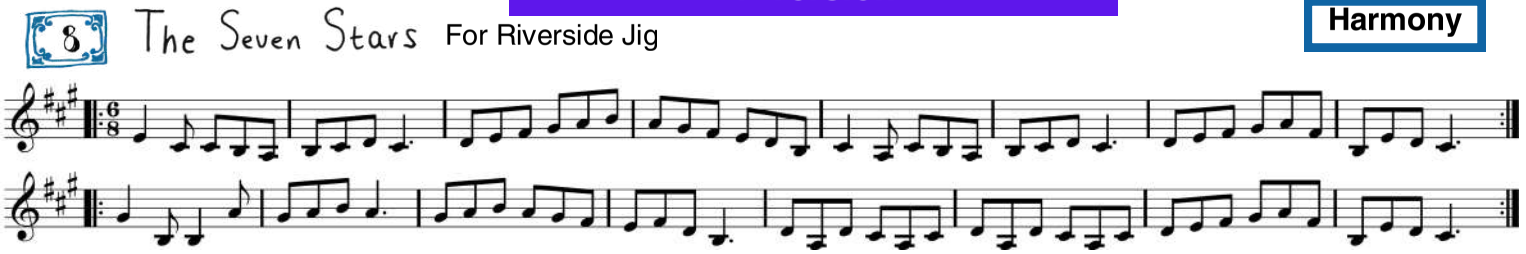
7 Scotland the Brave

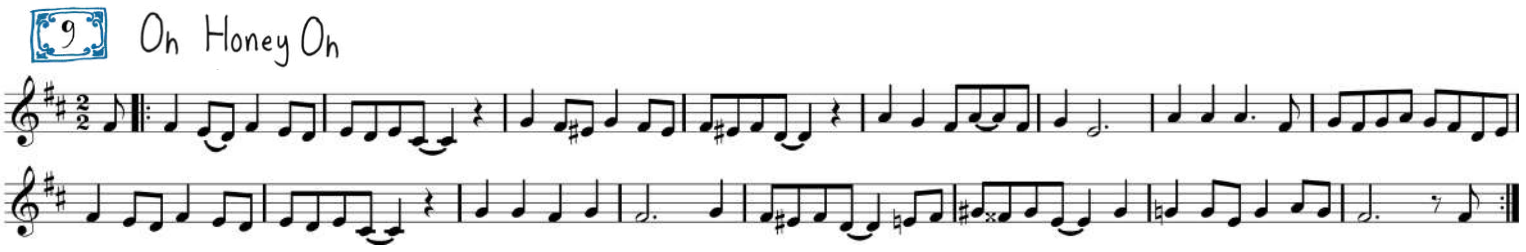
For Gay Gordons

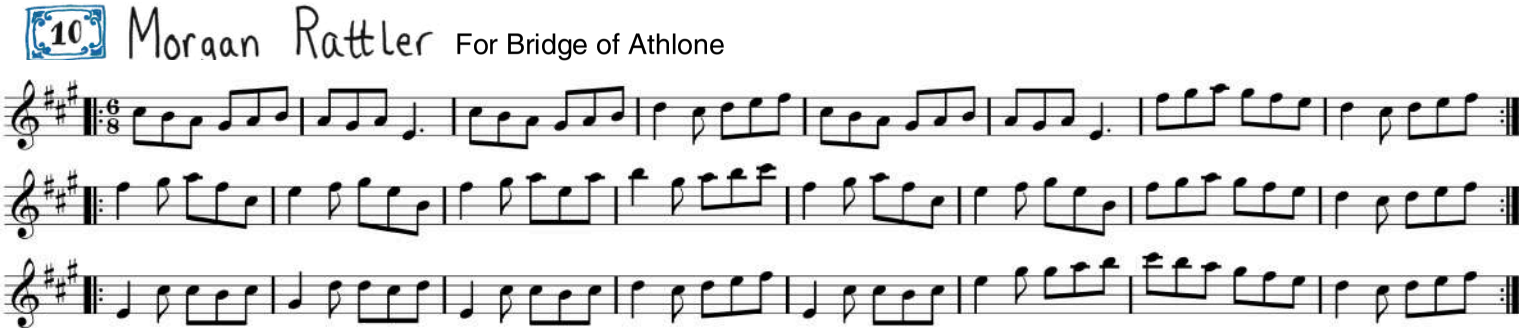


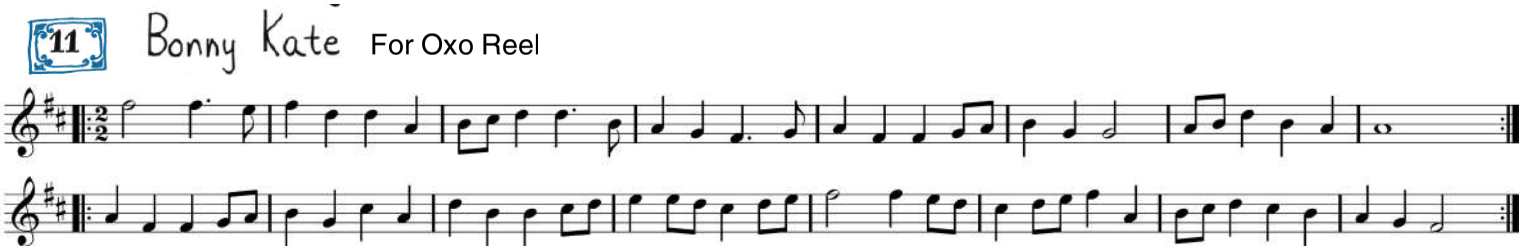
F version

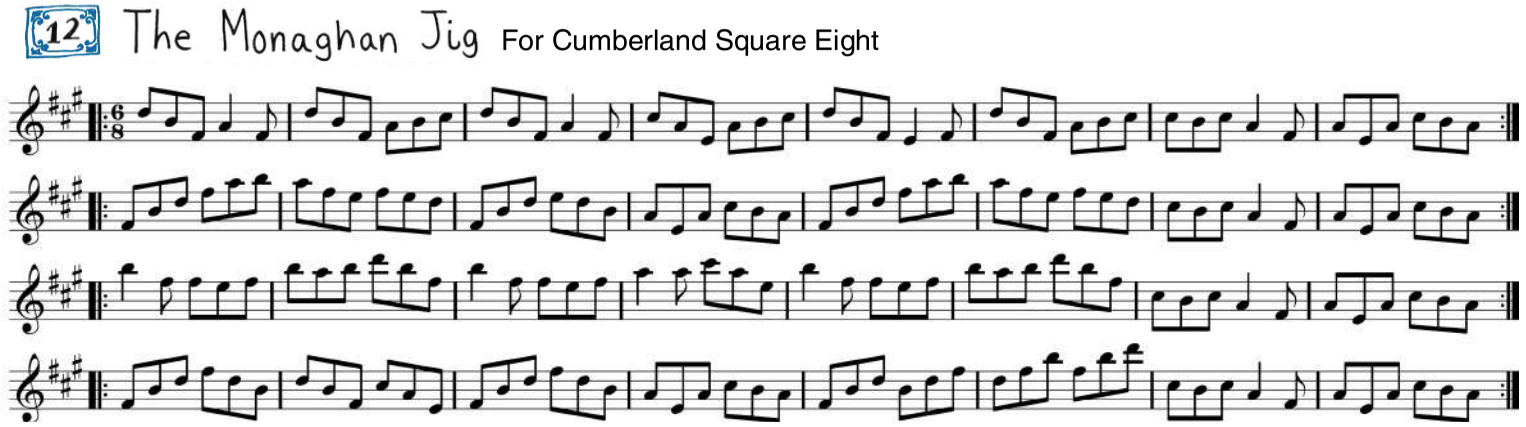
Harmony

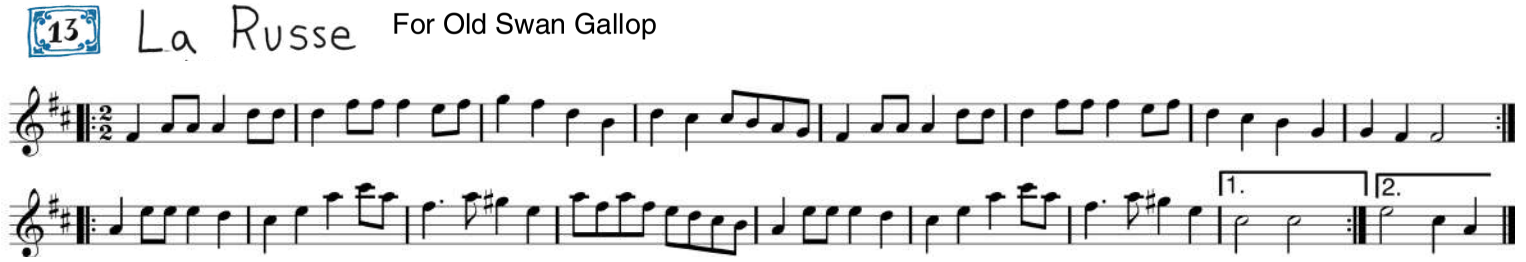






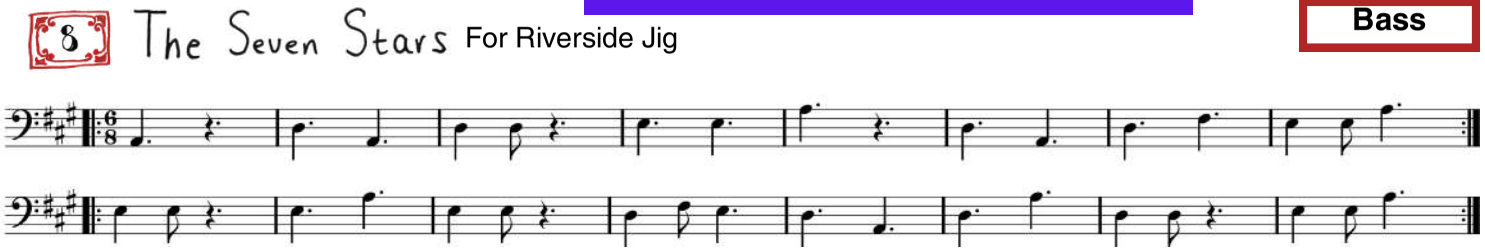


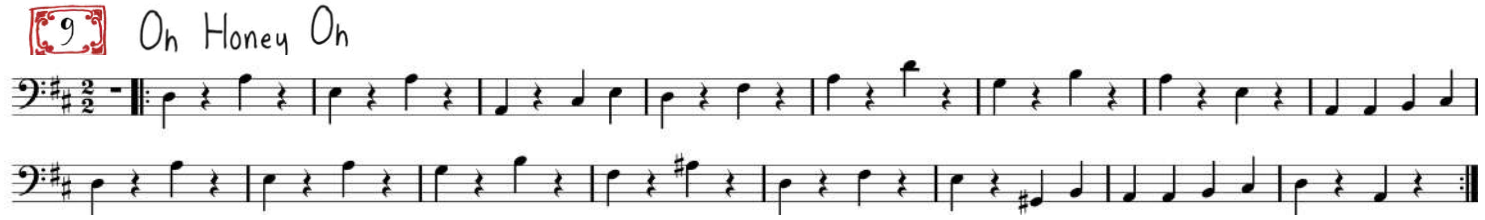


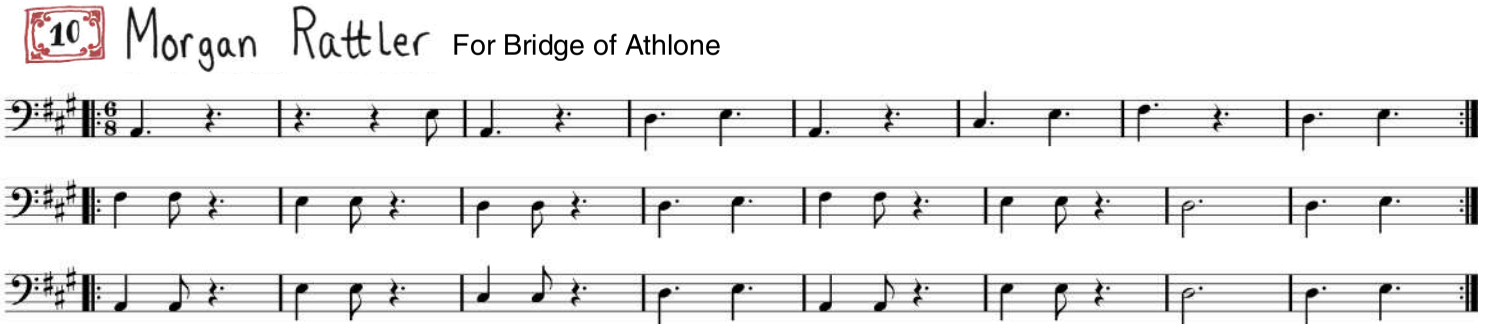


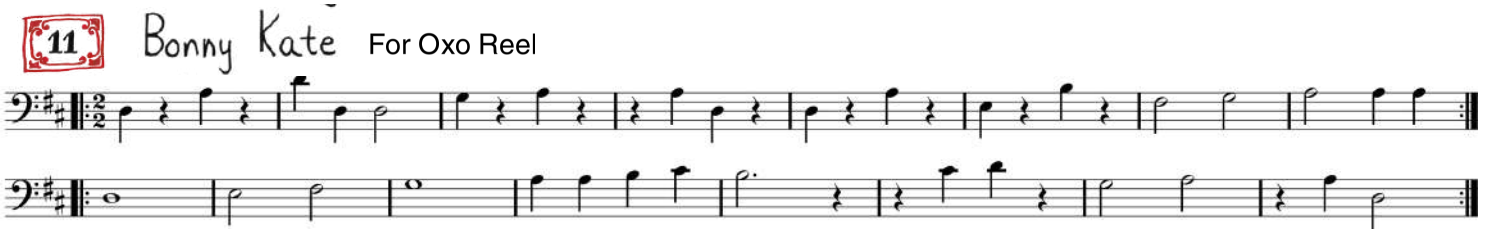
F version

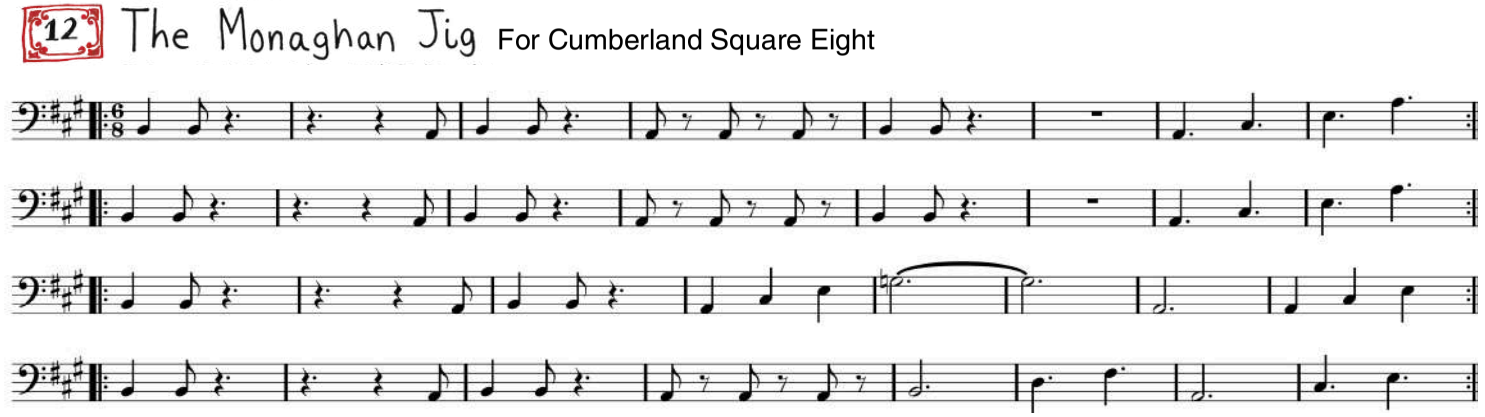
Bass

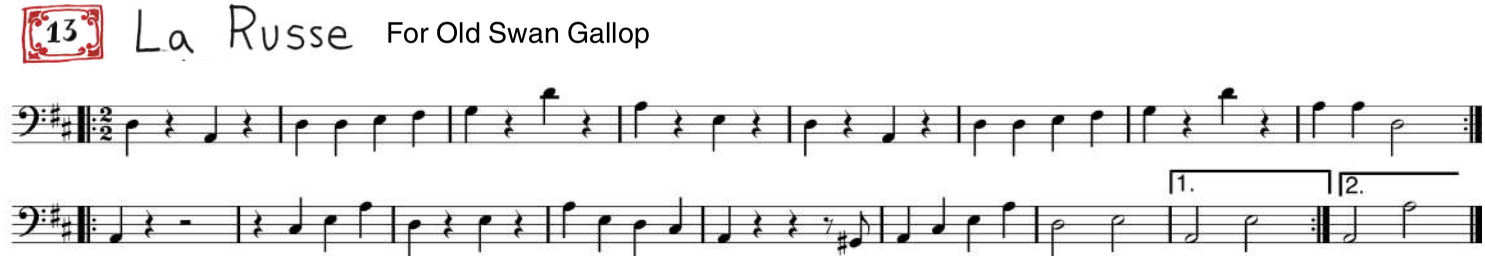








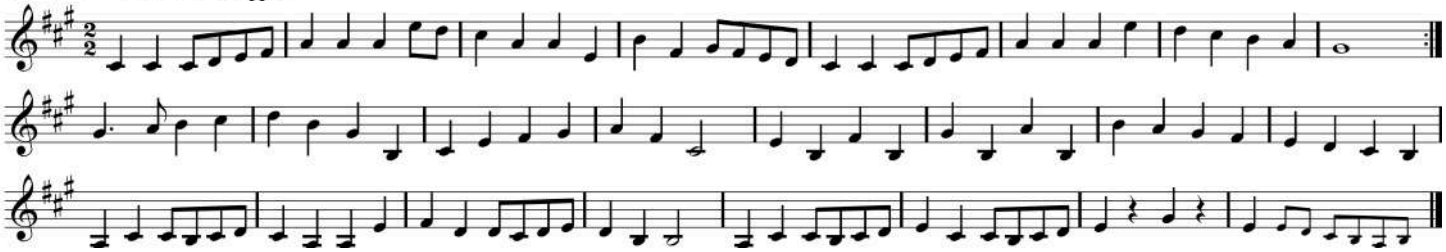




F version

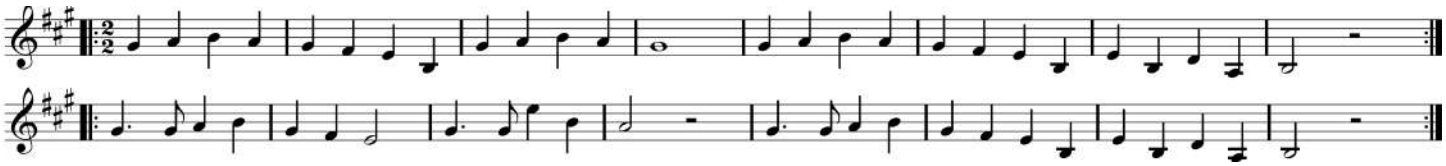
Harmony

14 Dashing White Sergeant

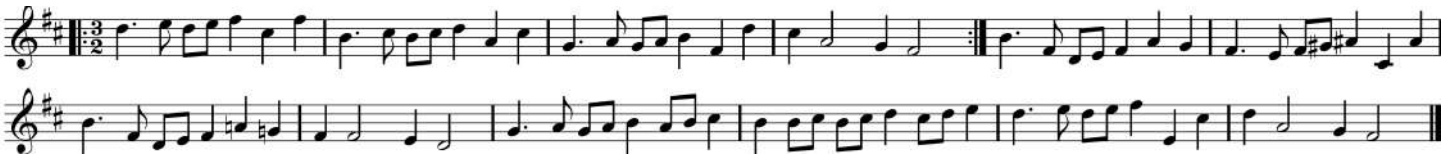


15 Old Joe Clark

For Lucky Seven

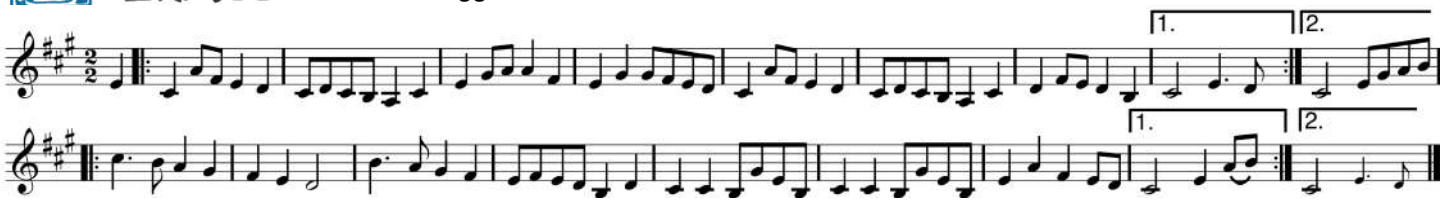


16 Hole in the Wall



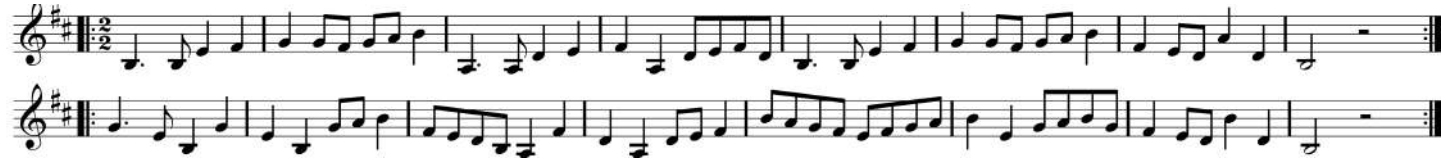
17 Enrico

For North Eggardon Reel



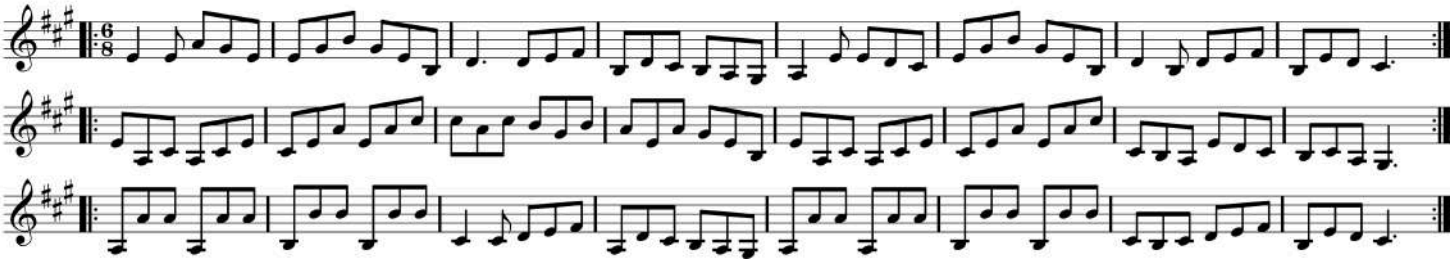
18 Cuckold Come Out of the Amrey

For Ducking for Oysters

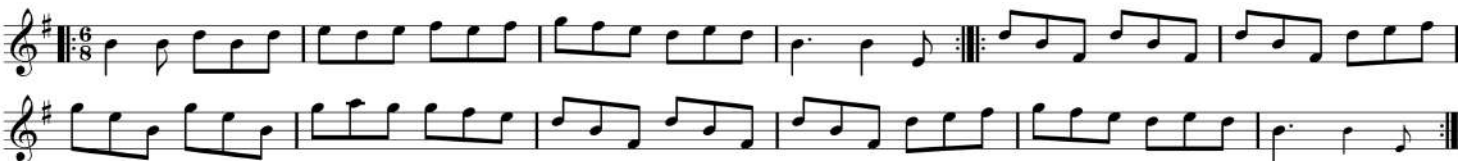


19 Random Jig

For Waves of Tory Island



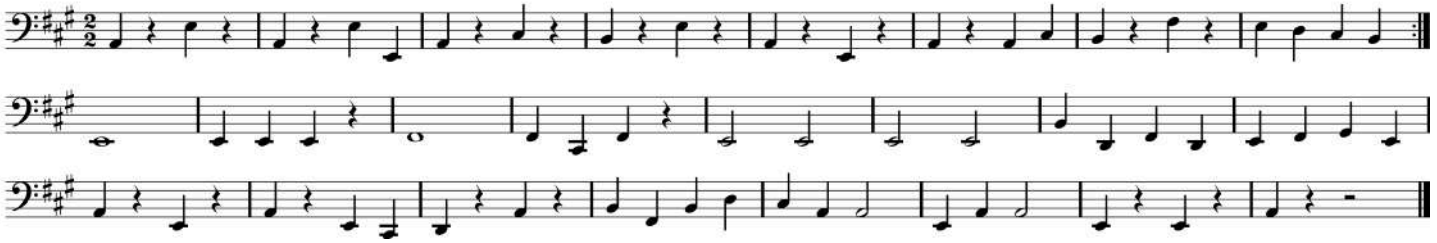
20 Black Nag



F version

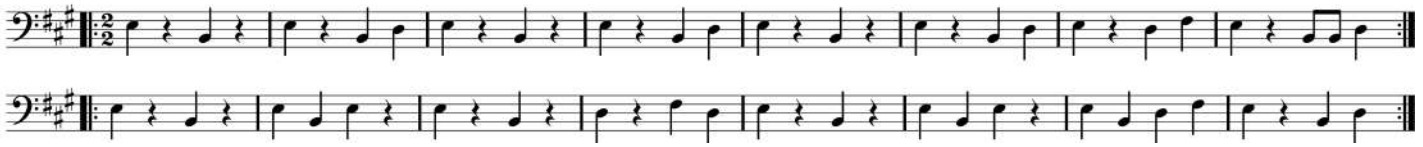
Bass

14 Dashing White Sergeant

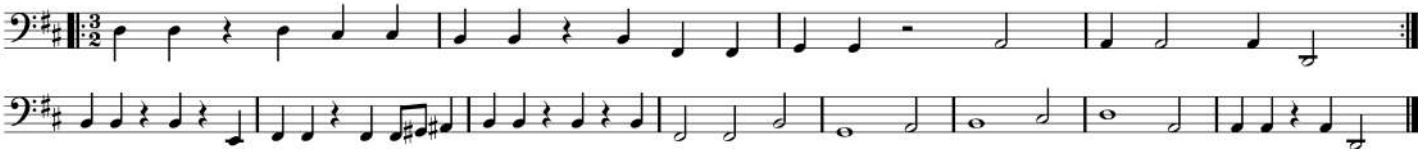


15 Old Joe Clark

For Lucky Seven

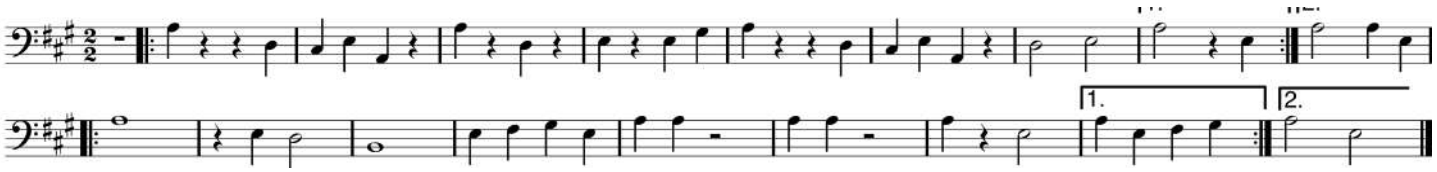


16 Hole in the Wall



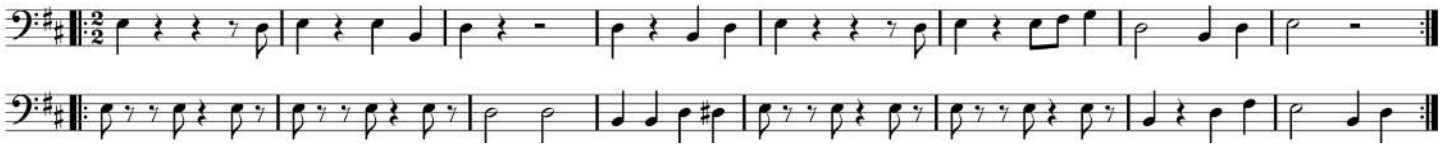
17 Enrico

For North Eggardon Reel



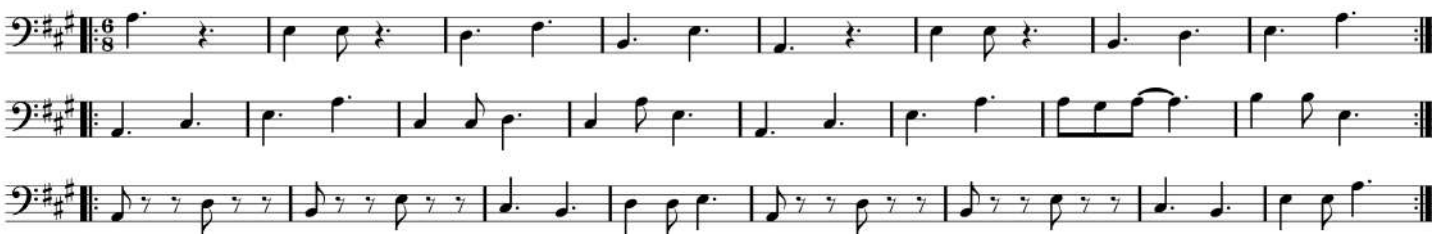
18 Cuckold Come Out of the Amrey

For Ducking for Oysters

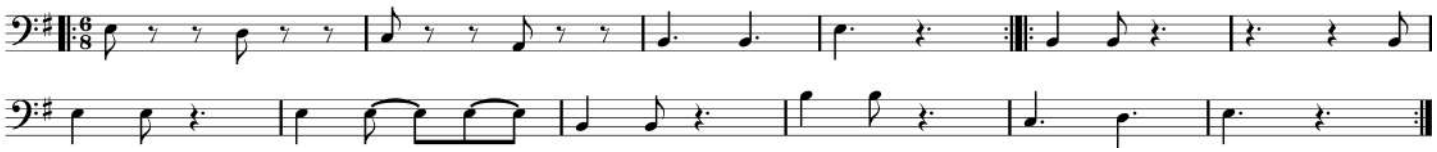


19 Random Jig

For Waves of Tory Island



20 Black Nag



Country Dancing Music
Beats and counting

The subdivision of rhythms within each bar (or “time signature”) is what defines the different types of tunes are called: reel (4:4), jig (6:8), hornpipe (4:4), triple hornpipe (3:2), march (2:4), waltz (3:4), polka (4:4) etc. These are often interchangeable for dancing purposes (apart from waltz tunes and triple hornpipes). The most important thing is that the number of bars match the dance. So a dance requiring a 32 bar reel can also be danced to a 32 bar jig, but not to a 48 bar reel.

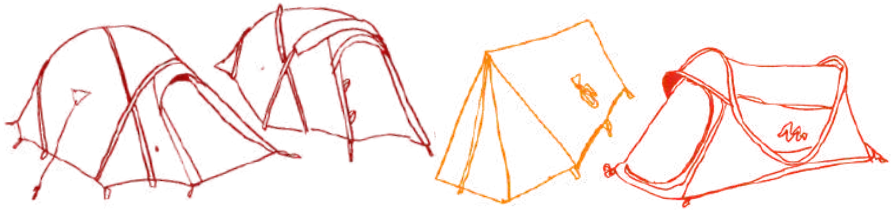
Counting numbers of bars can be confusing because of the different subdivisions of the bars in different types of tunes. Generally it is more natural to count in beats. There are generally two instinctive beats to each bar, which means there are 16 instinctive beats to each section of the dance. So A1 will be 16 beats, A2 /, B1 / B2 also each 16 beats.
For calling purposes it is clearer to call in counts of 8, so the 16 beats of each section are made up of two figures of eight counts each For example:

“Circle Left, 2, 3, 4, 5, 6, 7, 8 and
Circle Right, 2 ,3, 4, 5, 6, 7, 8”

Often you will need to call the next figure in place of the number 8. For example:

“Right hand
Star, 2, 3, 4, 5, 6, 7, left hand
Star, 2, 3, 4, 5, 6, 7, now do-si-Do, 2, 3, 4, 5, 6, 7, and swing your Partner, 2, 3, 4, 5, 6, 7, 8”

.



Country Dancing Music (& our recordings)
Notes for listening & playing

Country dancing music is intentionally repetitive, because the same melody is played for each “repetition” of the dance elements, often as each new couple starts the dance. So in a given 3-5 minute dance, you might have 5-7 repetitions of the same melody.

To keep it interesting and help the dancers, musicians often vary the detail of what they are playing on each repetition.

<u>Some of our recordings illustrate examples of this:</u>

> Tunes might speed up *(Alunelul, Monaghan’s Jig)*

> Some add different musical instruments, building the sound up gradually *(Hole in the Wall)*

> Musicians might add a harmony line above or below to the melody, or subtly vary the tune through improvisation *(Random Jig, I Want to be Near You)*

> Some switch into a completely different tune (our recording of Circassian Circle, which starts with *Off She Goes*, and then merges into *New Rigged Ship*, before coming back again to the original tune)

<u>Other suggestions for how musicians can mix it up:</u>

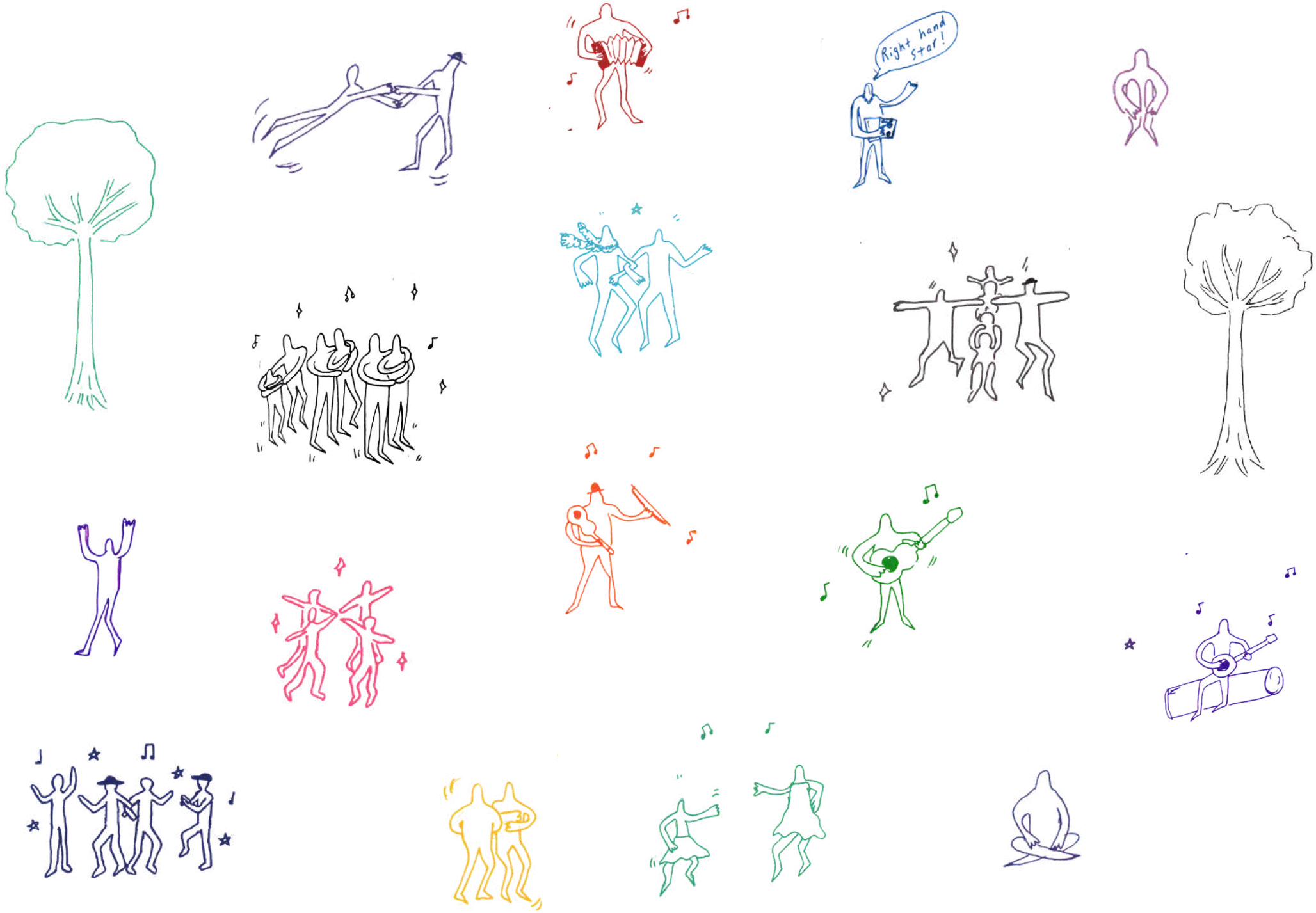
> On the 5th or 6th time round it can be fun to drop down a bit in intensity so you can build up (*crescendo*) back into playing really loud when you get back round to the A part for the final rounds

> Percussion and guitars can start with a single hit or strummed chord at the start of every second bar (count of four) for the first time round the tune, and then become progressively more complex on each repetition

> Playing the same tune in a higher key can really lift the dancers - this is quite difficult though

#	Tune name	Page	Tune type	Dance name	Dance formation
1	Lady Bandinscoth's Reel	2	32 bar jig	Serpent	Long line
2	Pat-a-cake Polka	3	16 bar polka	Heel & Toe (clapping)	Couples
3	Alunelul (own tune)	4	16 bar tune	Alunelul (stamping)	Circle, no partners
4	Shropshire Lass	5	32 bar reel	Flying Scotsman (train)	Longways sets
5	Off She Goes	6	32 bar reel	Circassian Circle (last dance)	Couples in big circle
6	I Want to be Near You (own tune)	7	Sung	I want to be near you (sung)	Square sets
7	Scotland the Brave	8	16 bar march	Gay Gordons	Couples in a circle
8	Seven Stars	9	32 bar jig	Riverside Jig (charging)	Longways sets
9	Oh Honey Oh (own tune)	10	Sung	Oh Honey Oh (sung)	Square sets
10	Morgan Rattler	11	48 bar jig	Bridge of Athlone	Longways sets
11	Bonny Kate	12	32 bar reel	Oxo Reel	Longways sets
12	Monaghan Jig	13	64 bar jig	Cumberland Sq 8 (basket)	Square sets
13	La Russe	14	32 bar reel	Old Swan Gallop	Sicilian Circle
14	Dashing White Sergeant	15	32 bar march	Dashing White Sergeant	Groups of 3
15	Old Joe Clarke	16	32 bars	Lucky Seven	Couples in a circle
16	Hornpipe No.8 (own tune)	17	16 bar triple hornpipe	Hole in the Wall (walking)	Longways sets
17	Enrico	18	32 bar jig	N. Eggardon Reel (strip willow)	Longways sets
18	Cuckold Come Out of the Amrey	19	32 bar reel	Ducking for Oysters	Sicilian circle
19	Random Jig	20	48 bar jig	Waves of Tory Island	Longways sets
20	Black Nag	21	24 bar Playford	Black Nag (walking)	Sets of 3 couples

Notes: Tune indicates instrumental music, song is sung. Own tune indicates that the tune & dance go together and tunes are not interchangeable


Right hand star!