

Postie's Jig

Roy Clowes, Ormskirk Scottish Dances

Formation: Longways Set 4 couples

Music: 4x 32 bar Scottish jigs

Bars

- 2 Couples 1 & 4: **Set** to partners,
 - 2 **Cast Off** one place towards the middle of the set,
(ie 1's cast down, 4's cast up, middle couples step out to their nearest end)
 - 4 1s & 4s dance $\frac{1}{2}$ **Figs of 8** (1s around 2s & 4s around 3s) to finish in the middle of the opposite line;
 - 2 1M+4M & 1L+4L (with nearer hands joined) **Dance Across (Men arch)** and
 - 2 **Turn Corners** $\frac{3}{4}$ (ie your 'posts'), with free hand to face up/down,
 - 2 Dancing couples (1s & 4s) take inside hands with partner and **Cross Up/Down** with the bottom couple making the Arch (call is '*bottoms up*')
 - 2 **Turn Corners** $\frac{3}{4}$, finishing on own sides;
 - 4 **Repeat** the **Arches Across** (Ladies Under); and **Turn Corners** to face up/down,
 - 4 **Repeat** the **Arches Up & Down** (Bottoms Up); and **Turn Corners** finishing in the middle of the opposite sides of the set;
 - 4 **Dancing couples** (1s&4s): **Half Rights & Lefts**,
 - 4 **Turn Partner** with right hand (or '*swing*'), & take up middle positions;
- NB couples are now in order 2,4,1,3.
Repeat from new positions.

Notes

- 9-22** Ladies always cross under arches made by the Men; "Ladies Under" and couples going down go under arches made by those going up. "Bottoms Up"
- 11-24** Use elbow grip when turning corners, as in 'Strip the Willow'.
- 29-32** A "*bir*l" (left hands joined above right-hand elbow grip) is more fun, and all four couples can join in on the last repeat.

Keith Rose's Crib Diagrams

