NFF 2019: A Dance for Dancers

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)

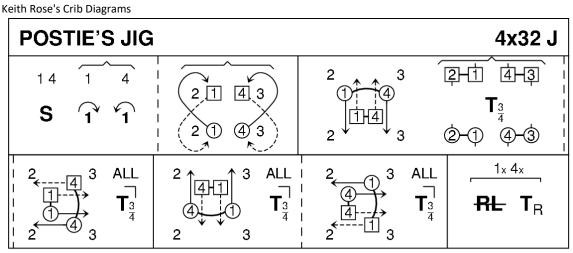
- 4 1s & 4s dance <sup>1</sup>/<sub>2</sub> **Figs of 8** (1s around 2s & 4s around 3s) to finish in the middle of the opposite line;
- 2 1M+4M & 1L+4L (with nearer hands joined) Dance Across (Men arch) and
- 2 **Turn Corners** <sup>3</sup>/<sub>4</sub> (ie your 'posts'), with free hand to face up/down,
- 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** <sup>3</sup>/<sub>4</sub>, 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 "**birl**" (left hands joined above right-hand elbow grip) is more fun, and all four couples can join in on the last repeat.



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4C/4C longwise set.