

MOLLY DANCES PERFORMED BY THE VANCOUVER MORRIS MEN

Birds a Building

Tune: Flowers of Edinburgh (version)
8-man, duple minor, three parts
Part 1: Top four dance across set, up/down set, across set, down/up set to original places
Part 2: Top couple (Lord and Lady) process down/up set
Part 3: Top two couples Polka Round so that top couple progress to second couples position

Cross Hand Polka

Tune: Cross Hand Polka
8-man, duple minor, three parts
Part 1: 1st corners (Lord and 2nd lady) right hand turn, then left hand turn. 2nd corners repeat.
Part 2: Top couple (Lord and Lady) process down/up set
Part 3: Top two couples Polka Round so that top couple progress to second couples position

Double Change Sides

Tune: Ricket's Hornpipe
8-man, duple minor, three parts
Part 1: 1st two ladies hold hands and dance across set to middle, while 1st two men dance across set outside the ladies. Repeat with 1st two men holding hands and 1st two ladies on outside.
Part 2: Top couple (Lord and Lady) process down/up set
Part 3: Top two couples Polka Round so that top couple progress to second couples position

Gypsies in the Woods

Tune: Smash the Window
8-man, duple minor, three parts
Part 1: 1st couple and 2nd lady right hand star and left hand star. Repeat with 1st couple and 2nd man.
Part 2: Top couple (Lord and Lady) process down/up set
Part 3: Top two couples Polka Round so that top couple progress to second couples position

College Hornpipe (a.k.a. Hikies in the Woods)

Tune: George Green's College Hornpipe
6-man, triple minor, four parts
Part 1: Huddle, circle left, then right
Part 2: Double cast to left, back to places
Part 3: Right hand corners: Middle lady goes right, then left. Then middle man, goes right then left.
Part 4: Molly hey (top couple progress to bottom of the set)

Six Hand Reel

Tune: Brighton Camp
6-man, triple minor, four parts
Part 1: 1st couple cross and cast, returning to middle.
Part 2: New top couple repeats.
Part 3: Bottom couple repeats while top two couples Polka Round.
Part 4: Ladies reel with each other and men reel with each other

The Special

Tune: Bob Ridley-O
8-man, quadruple minor, three parts, knotted hankies
Part 1: "Dodging" across set to left and right, crossing over or right. Repeat back to places.
Part 2: Top couple process down centre of set, others progress up outside. All follow top couple back to places.
Part 3: Top couple swing to bottom of set beneath knotted hankie arch, ending with "sidestep, sidestep"

Up the Middle and Down the Sides

Tune: Speed the Plough
8-man, quadruple minor, three parts
Part 1: Top couple hold each others shoulders and sidestep down and up centre of set
Part 2: Top couple hold right hands, man goes down/up middle of set and lady goes down/up outside "cutting across the corner" at the bottom
Part 3: Molly hey (top couple progress to bottom of the set)

Graham Baldwin, VMM Molly Instructor
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