

## **Pair Dance Instructions**

These instructions refer to Lyrics and hence it may help to look at both documents at the same time.

### **Starting Position**

- 1) Participants form a ring, alternating one person facing into the ring and one person facing out of the ring
- 2) Everyone should move so they are approximately one arm length from the person on each side of them.
- 3) Everyone should then take one step back, so there are two rings facing each other.

### **The Pair Dance**

The dance has a 'Caller' who will shout the different phases of the dance. There are five Calls:

- 1) 'Circle' – participants on the inside and outside reach their right hand to the person diagonally across from them in the other circle. They grasp hands and walk in a circle around their grasped right hands. As they reach 180 degrees from their starting point, they put out their left hand to grasp the hand of the person approaching them in the circle next to them, they leave go with their right hand and walk in a circle again around their grasped left hands, and so on. Hence the two circles of participants weave through each other, walking in time with the music.
- 2) 'Step' – All participants stop, and if on the outside of the ring, turn to face in and take one step back, and if on the inside of the ring, turn to face out and take one step back. All participants are then in the starting position again.
- 3) 'Clap' – all participants clap in time to the during the Interlude (the music between verses).
- 4) 'Last Lines' – the last two lines, 'I called it (shout your own name) and said to it, you look wonderful today' are replaced with 'take my seat beside the fire as I go outside and get some wood'.
- 5) 'From the top' – all lines in the song are sung again for the final verse.

### **Pair Dance with 'Calling'**

The Intro/Interlude music is played, '2,3,4, 'Circle' is Called and the dance starts.

As the line, 'I called it (shout your own name) and said to' are sung/played, 'Step' is Called and the participants then say to those they are facing 'you look wonderful today'.

'2,3,4, Clap' is then called and participants clap through the musical interlude. Just before the next verse starts, '2,3,4 Circle' is Called and the dance starts again.

When the verse starts where the final line will be sung, 'Last Lines' is Called and the last two lines 'I called it (shout your own name) and said to it, you look wonderful today' are replaced with 'take my seat beside the fire as I go outside and get some wood'. 'Step' is then Called, the Caller then speaks the Narrative Lines.

After the Caller speaks the narrative lines, '2,3,4 Clap' is called and the Interlude is played'. 'From the Top' is then Called and all lines are sung for the final time.