

The Bampton Tradition as danced by Pigsty Morris

- Foot up and down: Come in at end of once to yourself with stepbacks.
4 SS (single steps) on the spot, then stepbacks turning to face across set on first step (R), then promptly face down on remaining 3 (LL-R-L), 4 SS on the spot, then stepbacks, turning back to face across set.
- Half Gyp: 2 SS to cross right shoulder with opposite, 2 SS on the spot, stepbacks to place.
2 SS to cross left shoulder with opposite, 2 SS on the spot stepbacks to place.
- Whole Gyp: 2 SS to meet opposite, 2SS to dance clockwise round one another, maintaining eye contact, in the middle of the set passing right shoulders. Pause when facing 'home'. With stepbacks turn right shoulder back to place.
Then 2 SS to meet opposite, 2SS to dance round one another in the middle of the set anticlockwise passing left shoulders. Pause when facing 'home'. With stepbacks turn away from your opposite, right shoulder back to place.
- Rounds: 4 SS round set (clockwise from above). Stepbacks to turn to face out of set (R) and then promptly face anti-clockwise round set (LL-R-L).
4 SS round set (anti-clockwise from above). Turn into set position facing across set with stepbacks.
- Half hey: Two sidesteps (R, L) followed by stepbacks.
Starting in set position, facing across the set, right hand person leads the hey, turning out following right hand. 2 sidesteps (R, then L) to other end of set, stepbacks to place and face across. Leader goes first when crossing in the middle.
Middle person follows leader to top, turning right at end, and back to place (a circular path), stepbacks to face across.
Third person turns clockwise, to face along line and zigzags, right, out of set on first sidestep, then left on second sidestep, ending up at other end of set, stepbacks to place and face across.
Middles do not go in the same direction as each other.
Repeat sequence for whole hey.
- Style:**
- Stepping: Right foot tradition. Single steps: Right-step right hop, left step, left hop.
The lower part of the free leg is kicked up behind to horizontal on the 'step' and allowed to fall forwards to the straight leg position during the 'hop'. This stops the movement sharply and rings the bells. The free leg doesn't go up more than about 20'

from the vertical at the front.

Stepbacks: These can be either backwards or on the spot, or used to change direction.
Step onto the right foot. Step onto left foot, and hop on left foot. Step onto right foot, push off vigorously with right foot. Caper, and land on left foot with a show of arms, bringing right foot down at end.
Note these 4 actions each take the same length of time and if written in even time increments the rhythm is R-LL-R-L. (1- 2and- 3 - 4). If going straight into another movement, there is then a preparatory hop on the left foot, the sequence being R-LL-R-LL

Capers: 4 single capers springing energetically from R-L-R-L foot. Knees should be raised when capering to give impression of height off the ground. Hands move up in front of face and describe contra-rotating circles keeping elbows slightly bent. Ends with brief high hanky show.

Hand movements: On SS: relaxed movement with equal time out and in. Hands thrown up at 45 degrees and outwards with about 90 degrees between arms. Hands do not fall below chest level when stepping. Hands go up on the 'hop' of the L single step (or last L hop of the stepbacks) and down on the 'Step' of the R single step. Or you can think of a bar of music counted 1-and-2-and-3-and-4-and, then the hands move out on the 'and' after 2 and 4 and come down on the beats of 1 and 3.

On sidesteps: right hand punched vertically upwards on the L hop (of preceding backsteps or previous sidestep) as the right leg extends to start the side step. The hand comes down as you put your right foot down. And vice versa for left side step.

On stepbacks: from start position near tummy, arms raise up in front of chest and describe a semi circle to open balance position on first step R. Hands retrace that path on second step LL but travel full circle to balance position again. Hands brought in to tummy and raised in front of face on third step R. Hands extended up and out into show position on fourth step L.