

ARMSTRONG'S WALTZ - English Country Dance

Would you like to make one more square - Armstrong's Waltz.

Allemand left with corner, men make right hand star
Turn partner with left hand and girls make star
Men bring her out into a ballroom hold
Rock, waltz on one place; rock, waltz on one place,
Rock, men move up one place, waltz new girl home.

You like it? Well, that is Armstrong's Waltz. It was composed by Mr. Johnny Armstrong who is a very old friend of mine. He wears a kilt and he speaks with a Scottish brogue. He is a Scot.

What do you want? A waltz dance or one of those vigorous north country ones? Let's do a waltz and then a north country one. Would you like to repeat the new one you did last night? Armstrong's Waltz. Four couples in a square.

Allemand left, corner, men right hand star once
Turn partner by left, girls right hand star to home
Rock forward and back, waltz up one place; rock forward
and back, waltz to next place

Can I just show you how you can deal with this waltz problem with a non-waltzer. You could do the rocking four times. You can always turn and walk, rock and rock and walk and walk.

Men go on to next and waltz her home.

There has been a request for two things. One in Nine Pins, if you've got that sort of energy. The other was to repeat the country dance - The Stoke Golding Country Dance that we did last night. Would you like to take partners and make four or five couple sets, and we'll get you really wound up and excited.

Top man swing bottom girl as long as you please
Bottom man swing top girl, etc.

Top two reel the set; make an arch, up over the girls, down over the men's side.

If there anything else we did last night you'd like to be reminded of, like Tom Pate? Tom Pate, the other Northamptonshire dance we did. Four facing four in a double Sicilian circle then. Four facing four in a circle around the room with your partner beside you. Do you want to be reminded how it goes? Right, let us have a quick revision.

Everybody advance and meet the people you are facing, retire
Advance again, retire, again.
Men in the middle make right hand star. Men on ends swing
the girl you're looking at
(Four in middle star, swing on the ends)

Back the other way, find partner, ballroom hold. Those on outside gallop towards the middle of the floor, if you're on the inside you gallop away from the middle.

Forward to meet, back again, forward again, and pass on by.

Who wants to do Nine Pins? Four couples and a spare dancer, it doesn't matter what kind, in the middle of every set. In every case we've got a spare woman, so that makes life easy.