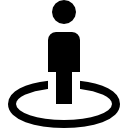
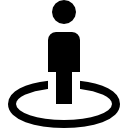
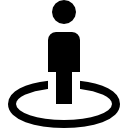
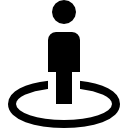
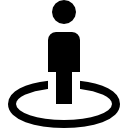
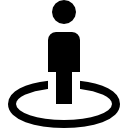
**Normandy [Ealuscerwen] – Dance for 8 with sticks – LFS**

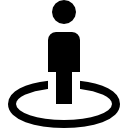
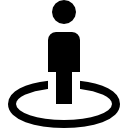
**Steps** Marching and ranting

**Arms** When marching forward, hold right stick parallel with ear whilst left stick held vertical in front; when marching backward sticks crossed high above head. When ranting, alternate arms and legs.

**Formation** Dancers 1-4 stand in line whilst 5-8 stand in set positions







**Step Up** Dancers 1-4 march backwards for 8 **whilst** dancers 5-8 march forward

All dance 2 rants on spot; 5-8 then dance 2 rants into line and 1-4 dance 2 rants out to set position

Dancers 5-8 march backwards for 8 **whilst** 1-4 march forward for 8

All dance 2 rants on spot; 1-4 then dance 2 rants into line **whilst** 5-8 dance 2 rants out to set position

**Figures**

Step Up – 24 steps

**Squares – 16 steps**

Step Up

**Centre Star – 16 steps**

Step Up

**Corners Reel – 16 steps**

Step Up

**Ends Change – 16 steps**

Step Up

**Cast & Star – 16 steps**

March off

**Squares** Dancers 1, 2, 7 and 8 dance large squares outside set [1 and 2 turn out to start] - 2 rants along each side to meet RH shoulder then 2 rants to next corner, changing direction to face next dancer on 4th step. Repeat along next 3 sides – meeting left, then right, then left shoulders - BTP

Dancers 3,4,5 and 6 dance small neat squares in centre of set. Dance across set to start – 2 rants to meet right shoulder then 2 rants to corner changing direction on 4th rant [3 to cross and 1 to turn] - Repeat along next 3 sides meeting left, then right, then left shoulders – BTP.

**Centre Star** Dancers 1, 2, 7 and 8 dance 2 rants into centre of set, forming RH star on 2nd step [sticks pointing down into centre and LH stick at ear]. Dance half way round for 2 steps.

Meanwhile dancers 3, 4, 5 and 6 dance turn and dance 2 steps out of set; turning on 2nd step then dance 2 steps to corner of set; turn and face into middle of set

Now dancers 1,2,7 and 8 dance out of set, to corner and turn in whilst dancers 3,4,5 and 6 dance into centre of set, form RH star and dance halfway round

Repeat all above - back to place in set formation

**Corners Reel** Dancers 1:4 and 5:8 dance 2 steps to meet and RH turn - then LH turn on own side [1:3, 2:4, 5:7 and 6:8] full circle [2 steps]. Now 1:4 and 5:8 RH turn full circle [2 steps] and forward BTP [2 steps]

Dancers 2:3 and 6:7 dance 2 steps to meet and RH turn - then LH turn on own side [1:3, 2:4, 5:7 and 6:8] full circle [2 steps]. Now 2:3 and 6:7 RH turn full circle [2 steps] and forward BTP [2 steps]

During all turns hold other stick parallel to ear

**Ends Change** Dancers 1,2,3 and 4 dance 1 facing up; 1 facing in and 2 facing down set – in a square. **Meanwhile** dancers 5 & 6 – dance 2 steps out and back [a little] **whilst** 7 & 8 dance 2 steps in between them - all into line – 5,6,7 & 8 dance 2 steps on the spot [4 steps]

Ends change places – 1/3 pass between 5/7; 2/4 pass between 6/8 [4 steps]

All dance 2 steps to reform shape - 1 & 2 dance in between 3 & 4 forming straight line; 5 & 6 dance beyond 7 & 8 forming square. Dancers 1, 2, 3 & 4 all make ¼ turn into centre and then ¼ turn again to face up set. Dancers 5, 6, 7 & 8 all ¼ turn into centre and then ¼ turn again to face down set. [4 steps]

Ends change places – 5/7 pass between 1/3; 6/8 pass between 2/4 [4 steps]

**Cast & Star** Dancers 1,3,5 & 7 cast 4 steps and form LH star **whilst** 2,4,6 & 8 cast 4 steps and form RH star. Sticks pointing down in centre with other stick parallel to ear. All dance full circle – 4 steps.

Dancers 1,2,3 & 4 cast to bottom of set – 4 steps then dance 1 to face in; 1 to face up and 2 on the spot. Dancers 5,6,7 & 8 cast down 4 steps - then dance 1 to face in; 1 to face up and 2 across into line

**March Off** Dancers 5,6,7 & 8 hold crossed sticks above their heads and dancers 1,2,3 & 4 hold right stick on shoulder and left stick vertical to front – all march off forwards