**Peover –** dance for 8 with sticks **-** stolen from OLD MEG - RFS

**Feet** Single Steps/Skips **Arms** Upright at chest to start and during step-up. Otherwise held parallel at ears or horizontal down by sides

**Figures**

Step Up

Long Stars

Crossovers

Small Stars

Step Up

Cross and Cast

Cast and Weave

Up and Down

Step Up Right and Left

Single Line

Figure of Eight / off

**Step up** 16 steps/8 bars

Arms upright at chest. Dance 4 steps forward whilst arming two figures of 8 – starting down left. 1 down left : 2 right : 3 left: back to chest on 4

Dance 4 steps backwards - arming full stretch at shoulder height.

1 forward : 2 ‘10 to 2’ : 3 outstretched :4 back to chest

Repeat all

**Long Star** 32 steps/16 bars

Men 1 & 3 and Ladies 6 & 8 meet in the middle for a RH star with sticks held down in square – 2 steps - hands down on 2.

Turn star 4 steps; sticks up and face into star – 2 steps

Turn to form LH star and sticks down – 2 steps

Turn star 4 steps; sticks up and dance home – 2 steps ***meanwhile***

Ladies 2 & 4 and Men 5 & 7 dance ‘two and six’ – 2 steps on spot then 6 steps forwards [men] or backwards [ladies]. Repeat 2 steps on spot and 6 steps to return home. [16 steps]

Men 5 & 7 and ladies 2 & 4 meet in the middle for a LH star with sticks held down in square – 2 steps - hands down on 2.

Turn star 4 steps; sticks up and face into star – 2 steps

Turn to form RH star and sticks down – 2 steps

Turn star 4 steps; sticks up and dance home – 2 steps  ***meanwhile*** Ladies 6 & 8 and Men 1 & 3 dance ‘two and six’ – 2 steps on spot then 6 steps forwards [ladies] or backwards [men]. Repeat 2 steps on spot and 6 steps to return home. [16 steps]

**Crossovers** 32 steps/16 bars – n.b. All face up when dancing on the spot

Top couple dance 4 steps crossing by RHS - turn back to face on 4 [4]

Top 2 couples dance 4 steps crossing by RHS - turn back to face on 4 [8]

Couples 2 & 3 dance 4 steps crossing by RHS - turn back to face on 4 [12]

Couples 3 & 4 dance 4 steps crossing by RHS - turn back to face on 4 [16]

Couples 3 & 4 dance back 4 steps crossing by RHS – 4’s face up on 4 [4]

Couples 2 & 3 dance back 4 steps crossing by RHS – 3’s face up on 4 [8]

Top 2 couples dance back 4 steps crossing by RHS – 2’s face up on 4 [12]

Top couple dance back 4 steps crossing by RHS – face up on 4 [16]

**Small Stars** 16 steps/8 bars

Top 2 couples make a RH star with sticks held down in square – 2 steps - hands down on 2. Turn star 4 steps then sticks up and face in – 2 steps. Turn to form LH star and sticks down – 2 steps. Turn star 4 steps then sticks up and dance home – 2 steps ***meanwhile***

Bottom 2 couples make a RH star with sticks held down in square – 2 steps - hands down on 2. Turn star 4 steps then sticks up and face in – 2 steps. Turn to form LH star and sticks down – 2 steps. Turn star 4 steps then sticks up and dance home [2 steps]

**Step Up**

**Cross and cast** 32 steps / 16 bars – sticks up throughout

1st corners cross RHS *meanwhile* 2nd corners turn out on the spot – 4 steps

Ladies cast out to men’s places whilst men dance up the middle together into ladies’ places - 4 steps

Men cast out to ladies’ places whilst ladies dance up the middle together into men’s places - 4 steps

1st corners cross back to place RHS *meanwhile* 2nd corners turn out on the spot – 4 steps

Now 2nd corners cross RHS *meanwhile* 1st corners turn out on the spot – 4 steps

Men cast out to ladies’ places whilst ladies dance up the middle together into men’s places - 4 steps

Ladies cast out to men’s places whilst men dance up the middle together into ladies’ places - 4 steps

2nd corners cross back to place RHS *meanwhile* 1st corners turn out on the spot – 4 steps

**Cast and weave** 32 steps/16 bars

All cast out towards set bottom starting with top couple until top couple meet by the RHS [8 steps]

All dance weaving right and left until reform set improper [8 steps]

All dance 4 steps on the spot facing up [4 steps]

All couples bring arms down together - in turn – starting with top couple [4 steps]

All couples bring arms up together - in turn – starting with bottom couple [4 steps]

All dance 4 steps across set back to place, facing up on 4 [4 steps]

**Up and Down** 32 steps/16 bars

Top 2 couples dance 1 step in, facing up, then put inside hand down [2]

then dance backwards down inside the set [4] then put inside hand up and dance out to place, facing up [2] ***meanwhile***Bottom 2 couples turn right round inwards on the spot [2] then dance forward outside the set [4]

before dancing 2 steps on the spot [2] [in set position]

Original top 2 couples dance 1 step in, facing up, then put inside hand down [2] then dance forwards inside the set [4] before putting inside hand up and dancing out to place, facing up [2]***meanwhile***original bottom 2 couples turn right round outwards on the spot [2] then cast out 4 steps down the outside of set [4] before turning in to place and facing up [2]

Bottom 2 couples dance 1 step in, facing up, then put inside hand down [2] and dance forwards up inside the set [4] before putting inside hand up and dancing out to place, facing up [2] ***meanwhile*** top 2 couples turn right round outwards on the spot [2] then cast out 4 steps down outside set [4] before turning in to place and facing up [2]

Original bottom couples dance 1 step in, facing up, then put inside hand down [2] then dance backwards down inside the set [4] before putting inside hand up and dancing out to place, facing up [2] ***meanwhile*** original top couples turn right round inwards on the spot [2] then dance forward outside the set [4] before dancing 2 steps on the spot [2]

**Step Up**

**Right and Left Through** 32 steps/16 bars

All dance to meet partner RHS across the set, putting right hands down on 2 [2 steps]

Keeping right hands down turn all the way round partner [4 steps]

All dance past partner and turn to face next partner on 2 [2 steps]

Repeat with new partner putting LH down [down set side] [8 steps]

Repeat with new partner putting RH down [across set] [8 steps]

Repeat with new partner putting LH down [down set side] dancing back to place on last 2 [8 steps]

**Cast into Single Line** 32 steps/16 bars

All cast out towards set bottom starting with top couple until top couple meet [8 steps]

All cast up into single line [8 steps] and **STAND STILL**

All cascade arms down, in turn, starting with 1; 2345678 [8]

All cascade arms up, in turn, starting with 1; 2345678 [8]

**Figure of Eight / Dance Off**

All dance 2 steps to form two lines as follows:

1 & 2 move out right and down, facing up

3 & 4 move out left and up , facing down

5 & 6 move out left and down, facing down

7 & 8 move out right and up, facing up

Dancer in 3rd lady position in set [original number 7] now crosses over and up the set in figure of eight and all follow taking alternate turns [16 steps]

Continue until full circuit has been completed then 1st lady leads off from the top of the set

**Tune** Speed the Plough