

A Step dance devised by Jen Schoonover to a recording of The Martlet by the Katie McNally trio from the CD The Boston States

Slow reel, The Martlet (tune by Katie McNally) played three times:
AABBAABBAABB:

Step A, danced to every A and repeated contra:

Hop hop down heel close toe close
Hop hop down heel close toe close
Hop hop down heel close toe close
Behind side behind, behind side behind

Rhythmic counts (slow 8s) for this are:

1&2&3&4

5&6&7&8

1&2&3&4

5&6, 7&8

Step B, danced to every B and repeated contra:

Grounded Pas de Basque, circle gesture leg from front to back
Heel, close, toe, close
Grounded Pas de Basque, circle gesture leg from front to back
Circle gesture leg from back to front, pivot turn

Rhythmic counts for this are:

1&2&.....4 (accent on upbeat, a.k.a. syncopation, in this motif)

1, 2, 3, 4

1&2&.....4 (syncopation repeated)

5.....6, 7.....8

Quick reel, Fr John Angus Rankin (tune by Jerry Holland) played three times, plus two extra AAs plus a two-bar tag at the end: AABBAABBAABBAAAA+tag:

Step A, danced to every A and repeated contra:

Balance, Pas de Basque
Balance, Pas de Basque
Balance, Pas de Basque
Behind side behind, behind side behind

Rhythmic counts for this are:

1, 2, 3&4

5, 6, 7&8

1, 2, 3&4

5&6, 7&8

Step B, danced to every B and repeated contra:

Three slipping steps and a close

Three slipping steps and a close

Three slipping steps and a close

Three slipping steps and a close

{Arms: reach up to side, snap on “4” with the close; reach up, clap on “4” with the close; reach down to side, snap on “4” with the close; reach down, clap on “4” with the close}

Rhythmic counts for this are:

&1&2&3, 4

&5&6&7, 8

&1&2&3, 4

&5&6&7, 8

(This step can be put in interesting pathways to vary it. By making a quarter turn at each close in the step, a square or diamond pattern can be traveled.)

To finish after the fourth repeat of Step A: dance second repeat of A turning first right about, then turning left about, then repeating Bourrée one extra time for the tag

Rondé = hop hop down. Hop twice on the supporting leg, as the gesture foot draws a circle hovering parallel to the floor. After the two hops, place the gesture foot behind the other foot and put weight on it. This motif is also known, in different fashions, as Shake Shake Down in RSOBHD technique, and, as hop hop down in Irish dancing. In this dance the Rondé gesture is an “outside” circle, starting from the front of the body and reaching around the side to the back; however, in some other dances, Rondés also can circle “inside,” from back to front.

Side Heel and Toe = heel close toe close. With weight on the supporting foot, place the gesture heel on the floor to the side, take weight on it, then close the supporting foot to it, then place the gesture toe or ball of the foot on the floor to the side, take weight on it, then close the supporting foot to it.

Bourrée = close step close. In this dance the closes all happen behind the foot (Bourrées derrières). Bourrées in other dances can close in different patterns.