

One man's Morris

One-stick dance	OY, Sphincter, DF, Line, DF, Triangles, DF, Cast
See below for steps and figures – chorus follows. Note in the abbreviations in following	
D	dib butt on the ground
ST	strike tips on the ground slightly behind and to the right
B	clash butts with partner
T	clash tips with partner
Throw	exchange sticks with partner by throwing stick vertically and catching partner's stick
C	clash own sticks together (2 stick dances)
DF	<p>Work in pairs:</p> <p>D,B (backhand),T (forehand), T (backhand)</p> <p>D,B (backhand),T (forehand), T (backhand)</p> <p>Step back with right foot, D (by right foot), Throw; D, Throw</p> <p>ST, ST, pause, T (forehand)</p> <p>Half OS to opposite position</p> <p>D,B,T (forehand), T (backhand)</p> <p>D,B,T (forehand), T (backhand)</p> <p>Step back with right foot, D (by right foot), Throw; D, Throw</p> <p>ST, ST, pause, T (forehand)</p> <p>Half OS to original position</p>

Steps - sticks rest on right shoulder		
Step	Feet	Arms
Double step DS	l r l h	stick on right shoulder
Feet together jump FTJ	f t j	both arms raised, stick back on right shoulder immediately for SS
Single step SS	l h r h	stick on right shoulder
Single step SS	l h r h	stick on right shoulder

	Once to yourself (OY)	
	SS	on the spot, turn left.90 deg
	SS	turn left 90 deg, on the spot

Common figures		
Start in circle facing out	Once to yourself (OY)	
	SS	on the spot, turn left.90 deg
	SS	turn left 90 deg, on the spot
Start in circle facing in	Sphincter	
	DS FTJ	DS towards centre (dilate the ring) FTJ on the spot
	SSSS	SS on the spot, turn left.90 deg; SS turn left 90 deg, on the spot to face outwards
	DS FTJ	DS outwards; FTJ on the spot
	SSSS	SS on the spot, turn left.90 deg; SS turn left 90 deg, on the spot to form set
Start in set	OS	1,4,5 (first triangle)
	DS FTJ	DS, FTJ towards centre of set
	SSSS	Turning right 4 SS clockwise to opposite position in set (6,3,2)
	DS FTJ	Continuing clockwise to 8 o'clock 12 o'clock 4 o'clock (mercedes benz formation)
	SSSS	Continue clockwise to original position in set
	OS	2,3,6 (second triangle)
	DS FTJ	Turn left counter clockwise to 10 o'clock 6 o'clock 2 o'clock (mercedes benz formation upside down)
	SSSS	Continue counter clockwise to opposite position in set 5,4,1)
	DS FTJ	DS, FTJ towards centre of set
	SSSS	Turning left 4 SS counter clockwise to original position in set
Start in set	Line	
	DS FTJ	DS into line right shoulders, FTJ
	SSSS	tear drop shape moving right 45 deg turning left to opposite place in set
	DS FTJ	DS into line right shoulders, FTJ
	SSSS	tear drop shape moving right 45 deg turning left to original place in set
Start in set	Triangles	(* = stick variation from hanky dances)

		1,4,5 (first triangle) moving clockwise, 2,3,6 (second triangle) moving counter clockwise Moving to mercedes benz position (12 o'clock 4 o'clock 8 o'clock)	
	DS FTJ	DS,FTJ to right shoulders in first position as above	
	SSSS*	4 SS rotating clockwise around partner with 4 forehand stick clashes, to face new direction	
	DS FTJ	DS,FTJ to right shoulders in second position	
	SSSS*	4 SS rotating clockwise around partner with 4 forehand stick clashes, to face new direction	
	DS FTJ	DS,FTJ to right shoulders in third position	
	SSSS*	4 SS rotating clockwise around partner with 4 forehand stick clashes, to face new direction	
	DS FTJ	DS,FTJ to right shoulders in home (original) position in set	
	SSSS*	4 SS rotating clockwise around partner with 4 forehand stick clashes, to return to set position	
Start in set			
	Cast		
	DS FTJ	3,4 rotate 90 deg on spot facing up	
		Meanwhile 5,6 dance to face up between 3 and 4 and 1,2 dance away from each other in two arcs to end outside of 3 and 4 making a line of six facing up	
		5,6	3,4
	SSSS	SS turn 90 deg to face one another	SS turn 90 deg to face one another
		SS turn 90 deg to face down	SS towards one another
		SS one step down	SS turn 90 deg to face down
		SS one step down	SS one step down
		1,2	
		SS turn 90 deg to face one another	
		SS towards one another	
		SS towards one another	
		SS turn 90 deg to face down	
	DS FTJ	6 DS sideways right and 5 DS sideways left	
		4 DS to follow 6 into line facing down, 3 DS to follow 5 into line facing down	
		2 DS to follow 4 into line facing down, 1 DS to follow 3 into line facing down	
	SSSS	All SS 90 deg left, SS 90 deg left(to face up), 2SS on the spot to finish	