**Trad dances**   
   
**Amble**   
Iron Mountain Sword (American) <https://www.youtube.com/watch?v=0a40UnQ8Pd8>, Charm City Rappers (more Americans) <https://www.youtube.com/watch?v=y6E6v6tC_s8>   
POSITIVES: There are lots of figures - some I haven't seen before, some easy ones and some cool ones (like chain and backlock)- and the notataion says you can choose which order to do them in. I don't think any UK teams does it.   
NEGATIVES: Thrales are learning it, probably for next DERT.

**Bedlington**  
The Bull Cassie version online is weird - only 4 knots and I can't understand them! Need to find the other version.

**Earsdon**Similar to swalwell. Los of flowy figure of 8 type figures.   
NEGATIVES: it's got a whole mummers play bit before it  
   
**Newbiggin**POSTITIVES: Quite simple  
NEGATIVES: It’s the standard trad dance to learn and lots of other teams do it – Cinquefoil, SMUTT/Fourth Corner, Sallyport, Stevenage, Stone Monkey?

**Winlaton**whip the cat 2010 <https://www.youtube.com/watch?v=WL8We8BvXgA>, whip the cat 2011 <https://www.youtube.com/watch?v=aaAkvqhIEbU>   
POSITIVES: It's got lots of spinning so is quite exciting and 'round'   
NEGATIVES: Whip the cat always compete with it at DERT. It repeats the spin lots.  
   
**Swalwell**Sallyport <https://www.youtube.com/watch?v=7lA-w9RA9vc>, Stevenage sword - <https://www.youtube.com/watch?v=NsVAY9BORVg>   
POSITIVES: It's pretty, laid back and 'round'. Not very difficult to learn.  
NEGATIVES: it repeats single guard and display the lock between every figure so it repetitive.

**High Spen**NEGATIVES: It's still danced by the original team today. Plus by Medlock.  
   
**Murton**   
NEGATIVES: It's complicated - the numbering is reversed and you have to tie the lock upside down, with the left hand on the right! Whip the Cat sometimes do it.  
   
**Beadnell**POSITIVES: It's beautiful and easy.   
NEGATIVES: Thrales do it.  
   
   
**Westerhope**POSTIVIES: Like walbottle. Have to lock but don't have to do chorus single guard. We already know stand in guard, curley, right and left, fourth corner, fast and loose, cramper.