**Trad dances**

**Options**

Although the 2015 website doesn’t stipulate what they mean by a trad dance the 2014 website said:

“The traditional dances which can be performed include (please follow links for details from [rapper.org.uk](http://www.rapper.org.uk/)):

* [Amble](http://www.rapper.org.uk/traditional/amble.php)
* [Beadnell](http://www.rapper.org.uk/traditional/beadnell.php)
* [Bedlington](http://www.rapper.org.uk/traditional/bedlington.php)
* [Earsdon](http://www.rapper.org.uk/traditional/earsdon.php)
* [High Spen](http://www.rapper.org.uk/traditional/highspen.php)
* [Murton](http://www.rapper.org.uk/traditional/murton.php)
* [Newbiggin](http://www.rapper.org.uk/traditional/newbiggin.php)
* [Swalwell](http://www.rapper.org.uk/traditional/swalwell.php)
* [Westerhope](http://www.rapper.org.uk/traditional/westerhope.php)
* [Winlaton](http://www.rapper.org.uk/traditional/winlaton.php)

[Notation for many of the traditional dances is available at rapper.org.uk](http://www.rapper.org.uk/notations/).

Teams wishing to compete should closely follow the notations, and (where available) video footage of the original teams to recreate the original dances.  Judges notes/criteria for each dance can be accessed for reference via the [competition rules on this site](http://dert2012.co.uk/rules/traditional).”

**Previous years/who dances what:**

Place Team Score 2014

1st Sallyport Sword - Newbiggin 291

2nd Thrales Rapper - Beadnell 284

3rd Sallyport Sword - Swalwell 266

4th Medlock Rapper – High Spen? 244

5th Whip the Cat 1 - Murton 240

6th Whip the Cat 2 - Winlaton 195

2012 results

1. Sallyport - Swalwell (266)
2. Sallyport - Newbiggin (256)
3. Stone Monkey - Winlaton (244)
4. Mons Meg - Winlaton (215)

**Notes on the dances**

**1) Amble**

Videos:
Iron Mountain Sword <https://www.youtube.com/watch?v=0a40UnQ8Pd8>

Charm City Rappers <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. NEGATIVES: Thrales are learning it for DERT.

**2) Bedlington**
The published version says “*Pending permission to reproduce Brian Hayden’s notation, only Bill Cassie’s is reproduced here.”* Laura has found the Brian Hayden’s version which is much clearer than the Bill Cassie one.

POSITIVES: We could put pretty ribbons on the swords (“The swords were painted or marked with ribbon to help the dancers to seize the right ones when pulling them out of the Star.”). Some figure we already know. The ones we don’t know look interesting – versions of that Lamb and Flat static single guard figure we tried out unsuccessfully when writing the first circle dance.

NEGATIVES: Processional (great for festivals, but how do you do it at DERT?). You have to tie the lock upside down (like at the end of the spin) every time which might be confusing and *could* be detrimental to our ability to dance Jubilee well.

**3) Swalwell**Sallyport <https://www.youtube.com/watch?v=7lA-w9RA9vc>, Stevenage sword - <https://www.youtube.com/watch?v=NsVAY9BORVg>

POSITIVES: It's pretty and laid back. Not very difficult to learn - we could possibly learn it in one session.

NEGATIVES: it repeats single guard and display the lock between every figure so is repetitive. Sallyport always seem to do it, but then they do lots of trad dances and we’re not ‘linked’ to them like we are to Thrales and aren’t the same type of team (i.e. female!). Could ask Martin how it would go down with Sallyport if we did it.

**4) Westerhope**

Video: <https://www.youtube.com/watch?v=3DkuJrdoXQM>  **-** Freyd knot. They do the start, single guard, jig in guard, lock, single guard, curley, lock, chain, lock, walk round, back lock, cramper, lock, single guard, right and left, lock, moving fixy (not in the notation!) in order to get to a tumble position, tipping guard, lock, fourth corner, lock and straight line. POSTIVIES: Like walbottle but not one people do so would have the novelty factor. Have to lock but don't have to do chorus single guard so not as repetitive. We already know stand in guard, curley, right and left, fourth corner, fast and loose, cramper. 13 in total to pick from - pretty sure you don't have to do them all. Should involve 6th person in last few figures.

**5) Earsdon**
POSTITIVES: Similar to swalwell but not done so would look different. Los of flowy figure of 8 type figures. Also a tumble figure where the tumbler does three single tumbles in a row! Also some jumpy ones. 16 to choose from. Has a long song at the beginning but we’ve got several singers who could carry it off! More options for the song in this manuscript <http://www.vwml.org/record/CJS2/11/1/207>

NEGAVTIVES: Not clear from the notation whether you need to do all the figures! Would need to check with a judge before deciding to learn this one. Single guard and lock as chorus so would be very long if we had to do all 16 figures.

**6) Newbiggin**

Video: <https://www.youtube.com/watch?v=zfKjMH0tstM> single guard, nut, moving fixy, nut, number 2 ring, nut, single guard, nut, princess, nut, reins, prince of wales, single guard, Mary Anne (don’t think it’s in the notation!), nut, signle guard, hoops (not in notation), nut, back to back guard, nut, curley ish figure (not in notation), display lock in straight line. POSTITIVES: Quite simple to learn. Has lots of figures we already know. Can do any combination of figure in any order you want. DO you have to do them all? Could probably manage it if you do.

NEGATIVES: It’s the standard trad dance to learn and lots of other teams do it – Cinquefoil, SMUTT/Fourth Corner, Sallyport, Stevenage, Stone Monkey? However, most of these teams haven’t danced in the Trad in the last few years so we’d be OK for DERT but not necessarily for summer festivals (if we ever did the same spot at one of these teams) – quite a low probability! Also, Sallyport’s version isn’t the one in the notation (they got it from a Pathé film) so it would look like a different dance.

**7) Winlaton**Videos: 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
NEGATIVES: Whip the cat always compete with it at DERT and others have done too. It repeats the spin lots.

**8) High Spen**

Videos: High Spen <http://youtu.be/FoA3_MHwzZc> , <https://www.youtube.com/watch?v=i-vKZjHXbPI>
NEGATIVES: It's still danced by the original team today. Plus by Medlock. Wouldn’t be surprised if the High Spen Pink Diamonds come to DERT this year and compete with it. It’s got bulldog in it.

**9) Beadnell**POSITIVES: It's beautiful and easy. We can already do it.
NEGATIVES: Thrales do it.

**10) Murton**

NEGATIVES: Whip the cat do it. Everything is the wrong way around!!

**11) North Walbottle**

Video: <https://www.youtube.com/watch?v=roGWCxNaQHU> single guard, curley, stand in guard, lock, single guard, navy or fast nut(?), number one or three ring (backlock?), single guard, navy?, double tumble (not in notation), lock, add tommy, single guard, curley, not quite forth corner, lock, add betty, single guard, figure of eight, triple tumble, lock and out. <https://www.youtube.com/watch?v=LZ3xKVXHPlY> single guard, lock, curley, fig 8, lock, corner, lock, number 2 ring, cramper, lock, fig 8, lock, tumble, lock, double tumble, back lock, out.

POSITIVES: Can do the figures in any order. Tommy and Betty both come in at the end.

NEGATIVES: Have to be very precise with tying the lock. Has a back lock mid dance. Not on the list of 2014 suggested dances so is it OK to do? DERT 2012 website classified as a version of Westerhope. Have to put in tommy and betty and do a particular order.

Westerhope, Walbottle and Newbiggin are all related.
Swalwell and Earsden are related.

**Some funny quotes:**They did occasionally double-step, although it tended to slow down the dance...
[The dancers] were introduced to Cotswold Morris, but could not “get away with it.”
NB – Dancers, other than skilled gymnasts, are advised to substitute a backward jump for the back somersault which occurs several times in this dance, and is a dangerous movement.