

# Heys to Lichfield

## 5 Couple Longways Set

Music: 5x48 Jigs, I use the set of Irish Jigs on 3D's Razzmatazz CD

This is a fairly simple dance which is lead by the 1s throughout. I really like this track on 3D's CD and had been determined to write a dance to go alongside for a little while. Having tried for weeks with no progress, I was driving up to Lichfield to call at a wedding with Folkus Pocus, when the track came on, then I just started calling a dance to myself, and this is the outcome.

Nothing complicated in the slightest but hopefully still an enjoyable dance!

- A1: (1-4) 1s Cross & cast down [2s move up as soon as they can]  
(5-8) 1s ½ figure 8 through 2s.
- A2: (1-8) 1s repeat from new positions
- B1: (1-8) 1s [now in middle place] Cross heys down with 4s & 5s
- B2: (1-8) 1s Cross heys up with 2s & 3s. Ending in middle place
- C1: (1-4) 1s in middle place with 4s, Circle L ½, fall back to lines  
(5-8) 1s & 4s, set moving forward & cross to own side.
- C2: (1-8) 1s repeat same move with 5s. 1s ending proper at bottom of set.

Progression is 2,3,4,5,1

I think this set of jigs from 3D has a real drive to it so please encourage dancers to really drive the movements, not rush, DRIVE! To get full enjoyment out of the dance & tunes