

Highland Mary (a.k.a. Island Mary)

Sidestep Half-Hey dance in the style of Bampton

Personnel and Equipment:

Long ways set of 6; with hankies, unbagged

Order of Figures:

OY:	Once to Yourself, a.k.a. A-for-Naught
FU:	Foot Up and Down
DF:	Chorus
HG:	Half Gyp
DF:	Chorus
WG:	Whole Gyp
DF:	Chorus
HR:	Half Rounds
DF:	Chorus
AU:	All Up

Other Abbreviations: CW – Clockwise; CCW – Counter-Clockwise

Bampton Basics:

Basic Steps:

- **SS:** Single Step (Left-hop, Right-hop being counted as 2SS)
- **HB:** Hop-Backs (a.k.a. Back-steps, Switch-backs, same stepping as SS)
- **FC:** Forrey Caper (a.k.a. Half-Caper – used as phrase-ender): Step onto Left foot, immediately launch into the air, landing on Right, hop on Right; like so: “LEFT-to-Right-Hop”
- **low SdS:** Low Side Step, a.k.a. Chicken-Chasers, Pram-Pushers [only in chorus]: Crouch down and scoop the ground with hanks as you step L-R-L-Hop; R-L-R-Hop
- **open SdS:** Open Side Step [only used in Hey]: Left footed start, show with left hand (on preceding AND), footing is L-R-L-Hop R-L-R-Hop, crossing behind the other foot.

Typical Phrase Stepping:

(4SS 2HB FC) x 2;

Might be done in a straight line (FU, HG) or curved track (WG, HR)

Stylistic Points:

- Left Footed throughout, except where noted
- The single step is brisk, with the knee being brought up nearly parallel to the ground, as if pulled up by a string. Heel of your free foot comes down and shakes bells on the hop. Avoid the “swinging-kick through” style, if you please.
- During SS, the high hankie shows are up, about nose height, with wrists shoulder width apart.

- During HB, low hankie shows are out at waist level, then swishing right in front/left behind, then out at waist level, then left in front/right behind.
- During FC, hands gather and come up in front of your face as you are launching from Left to land on Right. Low Balance position on the hop.
- For all steps (SS, SdS, HB) Hankie shows are on the 'AND' preceding beats 1, 3 and 5, like so:
- AND 1&2, AND 3&4, AND 5&, 6&, 7&8, AND

Figures:

- **OY:** Stand tall and proud, come in on 7&8 of last phrase with a FC
- **FU:** forward for 2SS, in place for 2SS back up on 2HB, all turning in (i.e. "Butts out") on the 2nd HB to face down, FC on the spot facing down.
Repeat facing down: forward (i.e down) for 2SS, in place for 2SS, back up on 2HB, turning on the 2nd HB this time to face your partner across the set for the DF.
- **HG:** straight across the set, passing your partner right shoulders (angle slightly left).
Move for 2SS, in place for 2SS on your partner's spot, back up to set lines on 2HB, FC on your own spot on 7&8.
Repeat this time passing left shoulders (angle slightly right).
Back home on 2HB, FC on 7&8 facing across for the DF.
- **WG:** dance around your partner CW (i.e. to the right) on a circular track the diameter of the set, 4SS, 2HB (moving forward though!) back home, FC on your spot facing your partner. Repeat the other way (CCW, to the left). Ideally, you'll form lines 1/4, 1/2, and 3/4 of the way through each half of the figure. Line up on who you can see (tops the first half, bottoms the second).
- **HR:** Middles bounce out on the 2nd hop of the FC ending the previous phrase to form a circle. Everyone turns the easy way, as needed to face CW. Dance around the circle CW on 4SS. Turn over your left shoulder (i.e. face out) on the 2HB to face back the way you came. 1FC on the spot. 4SS back around the circle CCW towards home, 2HB to get into place, turning into home.
1FC on the spot to end phrase, as always.

DF/Chorus:

DF = Sidesteps + Half Hey + Sidesteps + Half Hey

- **Sidesteps:** Following #1, the entire set glides diagonally up and to the left on 1 low SdS, Left footed.
Do 2SS on the spot [which will start *RIGHT* footed for all] turning to face down.
Heading down, following #6 this time, 1low SdS on the same diagonal. (Starting *RIGHT* footed) 2SS on the spot.
- **Half Hey** [see below]
- **Sidesteps:** Repeat from inverted position, following #6 the first half, #1 the 2nd half (that is, the set glides diagonally up for the first half of the DF, diagonally down for the 2nd, regardless of who happens to be standing in #1's position). Places, not Faces, I guess is the simplest way to put it.
- **Half Hey** home.

Bampton Half Hey

“Standard” mirror hey

- **Top Couple:** Cast out on an open SdS (starting left foot for both #1 and #2, this means #2, you will be stepping across yourself);
Go down and in to the bottoms’ position on another open SdS;
use 2HB to back into position.
NB: Cast tightly at the top when you start the hey!
- **Bottom Couple:** Cast out on an open SdS (left foot for both #5 and #6; this means #5, you will be stepping across yourself);
Go through the middles’ position towards the tops’, back into position on 2HB.
NB: Cast big at the bottom when you start the hey!
- **Middles:** go in and up the middle of the set on 1 open SdS (same footing as the tops, see above);
keep following a circular (or lemon-shaped) track back to home, finish on 2HB
- **All:** end, as usual on 1FC at 7&8
- This constitutes ONE HALF of a hey.