

Sweet Jenny Jones

The Dance “Sweet Jenny Jones” is in the tradition of Adderbury, written by Tim Radford, then squire of the Adderbury Morris Men in 1989. This version is what I picked up in Bristol’s Rag Morris in 2003.

Once to Yourself

As in most Adderbury dances, the Once to Yourself is a Dance Round with singing. The lyrics are as follows

“My Sweet Jenny Jones, she’s the pride of Llangollen.
My Sweet Jenny Jones, she’s the girl I adore.”

(The “Ll” in Llangollen is pronounced by placing the tongue on the roof of the mouth near the teeth, as if to pronounce a single “l” and blowing voicelessly. See [this video](#). If you can’t manage that, you can cheat and sing “Flangoflen” instead.)

The steps for the Dance Round and for the figures are not traditional Adderbury steps but a specialized stepping for the dance explained below.

Stepping

The stepping for “Sweet Jenny Jones” is a special walking step that’s timed to the rhythm of the tune. As such the steps can align with particular parts of the lyrics from the Once to Yourself. There is also a heel-and-toe segment to the stepping that occurs a quarter way through the stepping and again three quarters of the way.

Words:	My	Sweet	Jen-	ny	Jones,	she’s	the	pride	of	Llan-	go-	llen.
Steps:	L	R	L	R	LH		LT	LH	L	R	L	R
Words:	My	Sweet	Jen-	ny	Jones,	she’s	the	girl	I	a-	dore.	
Steps:	L	R	L	R	LH	LT	LH	L	R	L	B.	

In the above diagram the abbreviations are as follows:

L = Left foot planted

R = Right foot planted

LH = Left heel

LT = Left toe

B = Both feet planted and clash

During the heel-and-toe segments the weight should remain on the right foot while the left foot switches between resting on the heel and toe. All forward and backward motion occurs during the regular walking portions of the stepping.

The Figures

The sequence of figures, with a chorus after each, is:

- Foot Up and Up
- Half Hands
- Process Up
- Process Down
- Hands Across
- Hey

These are traditional Adderbury figures and the pattern is the same as in other Adderbury dances even though the stepping is different.

In the Foot Up and Up, Half Hands, Process Up, and Process Down, the dancers are required to dance forwards and backwards. In these cases the dancers should move forwards up to the heel-and-toe and backwards afterwards.

In the Hands Across, the heel-and-toe step should occur when the dancer reaches their partner's position.

The Adderbury Hey is a parallel country-dance Hey, starting with the tops passing the middles by the right shoulder. During the heel-and-toe segments, the ends will be in a line with two dancers facing up and two facing down, while the middles will be on one side facing to the musician's left. The first time through, the middles will be closer to the musicians and the second time through they will be farther away.

This can be illustrated as follows



The Chorus

Stick tapping with partner followed by a full Foot Up and Up. The dancer's right hand should be in the middle of the stick and the left hand should be at the bottom. The sticking pattern is as follows:

Master:		T	B	B		T	B	B		T	B	B		X	
Apprentice:		B	T	T		B	T	T		B	T	T		X	

In the above diagram the abbreviations are as follow:

T = Tips

B = Butts

X = Forehand clash

The Foot Up and Up in the chorus is just like the figure.

In the final chorus, dancers should end with an All Up.