

# White Ladies Aston

- Set:** 4 (odds) facing 4 (evens) in a longways set  
**Notes:** Short sticks (right shoulder), right foot lead, step-hops throughout  
**Sticking:** Forehand napping with partner across the set  
**Music:** White Ladies Aston tune A(AABB)
- Step:** Step-hop executed very vigorously throughout the dance continuously, marking time with the same step even when in a stationary position. The free leg is not straightened and thrown forward as in a morris step.
- Sticks:** Two feet in length, held at the end throughout the dance. Tap partner's stick from right to left on the first and middle beat of the bar, stepping throughout.

## 0) A for naught - A music (1A)

*Stand or meander in place.*

## 1) Chorus "Hey-Up/Hey Down" - A music (2A)

*A progressive or "activated" straight hey, done on the side of the set. Number 1 and 2 face down, the rest face up. 1 & 2 yell "hey down" and the rest respond "hey up". At the end of the half hey, the odds will be 5, 7, 3, 1, and evens will be 6, 8, 4, 2. Second half-hey will bring them back to original positions. For the 2<sup>nd</sup> half 1 and 2 yell "hey up" and rest respond "hey down".*

- Activated half-hey (8 steps-hops)

Positions are now:

5	6
7	8
3	4
1	2

- Napping with partner (8 step-hops)
- 2<sup>nd</sup> activated half-hey back to original positions (8 step-hops)
- Napping with partner (8 step-hops)

## 2) Linked Hey - B music (2B)

*Odds (1, 3, 5, 7) change sticks to left hands and link round the body of partner across the the set for the whole hey. The hey is progressive. 1<sup>st</sup> pair link and turn round to the left, and start hey by passing 2<sup>nd</sup> pair by the right. The hey continues for 8 bars (16 step-hops), finishing with 7 and 8 in 3<sup>rd</sup> position from the top and on opposite sides. They continue the dance from here. All pairs turn round left at both ends and pass the next pair by the right.*

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- 2 crosses over to 1 and pair turns left to face left diagonal down *while*  
3 crosses over to 4 and pair faces diagonal left up *while*  
6 crosses over to 5 and pair faces diagonal right up *while*  
7 crosses over to 8 and pair faces diagonal left up (2 step-hops);  
1&2 (top) and 3&4 (2<sup>nd</sup>) pass right-shoulder (2 step-hops)
- 1&2 (2<sup>nd</sup>) and 5&6 (3<sup>rd</sup>) pass left-shoulder *while*  
3&4 (top) turn left around to face down (4 step-hops)
- 1&2 (3<sup>rd</sup>) and 7&8 (bottom) pass right-shoulder *while*  
3&4 (top) and 5&6 (2<sup>nd</sup>) right-shoulder (4 step-hops)
- 3&4 (2<sup>nd</sup>) and 7&8 (3<sup>rd</sup>) pass left-shoulder *while*  
5&6 (tops) and 1&2 (bottoms) turn left around to face back into the set (4 step-hops)
- 5&6 (tops) and 7&8 (2<sup>nd</sup>) pass right-shoulder *while*  
3&4 (3<sup>rd</sup>) and 1&2 (bottoms) pass right-shoulder (4 steps-hops)
- 5&6 (2<sup>nd</sup>) and 1&2 (3<sup>rd</sup>) pass left-shoulder *while*  
7&8 (tops) and 3&4 (bottoms) turn left around to face back into the set (4 step-hops)
- 7&8 (tops) and 1&2 (2<sup>nd</sup>) pass right-shoulder *while*  
5&6 (3<sup>rd</sup>) and 3&4 (bottoms) pass right-shoulder (4 step-hops)
- 1&2 (tops) and 5&6 (bottoms) turn and separate *while*  
3&4 (3<sup>rd</sup>) and 7&8 (2<sup>nd</sup>) pass left shoulder and separate (4 step-hops)

Final positions are:

1	2
3	4
7	8
5	6

*Assume this the new order/positions for the rest of the dance*

### **3) Chorus - A music (2A)**

### **4) Processional down - B music (2B)**

*Each pair process up the middle and back, starting with 1<sup>st</sup> (1 & 2), then next (3 & 4), and so on. Four step-hops forward, then four step-hops back to place.*

- Top pair process down and up (8 step-hops)
- 2<sup>nd</sup> pair process down and up (8 step-hops)
- 3<sup>rd</sup> pair process down and up (8 step-hops)
- 4<sup>th</sup> pair process down and up (8 step-hops)

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## 5) Chorus - A music (2A)

## 6) "Stars and Rounds" - B music (2B)

*Top 4 (1, 2, 3, 4) dance round clockwise twice while bottom 4 continue napping 16 times with partner. Next time bottom 4 dance round clockwise while top 4 continue napping*

- Top 4 put sticks vertical, dance clockwise round twice *while* bottom 4 nap (16 step-hops).
- Repeat with roles reversed (16 step-hops).

## 7) Chorus - A music (2A)

## 8) Processional up - B music (2B)

*Each pair process up the middle and back, starting with 1<sup>st</sup> (1 & 2), then next (3 & 4), and so on. Four step-hops forward, then four step-hops back to place.*

- 4<sup>th</sup> pair process down and up (8 step-hops)
- 3<sup>rd</sup> pair process down and up (8 step-hops)
- 2<sup>nd</sup> pair process down and up (8 step-hops)
- 1<sup>st</sup> pair process down and up (8 step-hops)

## 9) Chorus - A music (2A)

## 10) Cross Over - B music (2B)

*Odds pass right-shoulder with evens, turn and face. Repeat to place after napping.*

- Partners pass right-shoulder (4 step-hops), turn right to face and end in partner's place (4 step-hops)
- Napping with partner (8 step-hops)
- Partners pass right-shoulder, turn right to face, end in original places (8 step-hops)
- Napping with partner (8 step-hops)

## 11) Chorus - A music (2A)