

## General Monk's March (Hankie dance)

Though originally a Sherbourne dance, Maroon Bells has always used the Sherbourne stepping with Bledington figures and hey pattern.

The step:

It uses a toe-heel-toe step.

The step is: Pause [1/2 beat] + leap onto Lft with RFww heel touching ground a little way in front [1/2 beat] + transfer weight briefly to heel RI [1/2 beat] + transfer weight immediately back LI [1/2 beat]. Next step has R & L switched. Do 6 in total then 3 stamps [on the next 3 beats] in place.

Hand motions:

On the 1st, 3rd, and 5th t-h-t bring your hands to your shoulders, with the hankies dangling over your back. On the 2nd, 4th, and 6th, bring them down to your hips so that your arms are pretty much straight down.

For the first 2 stamps, bring your hankies to waist height. On the third stamp, flick them over your head in a show (arms straight, making a narrow V).

Start on outside foot for figures.

Foot up and down:

Two t-h-t steps moving up towards the music, two in place, and two backing up. Face partner for the three stamps.

Two t-h-t steps moving down away from the music, two in place, and two packing up. Face partner for the three stamps.

Half Gip:

Two steps, passing R shoulders with partner, two in place, and two backing up. 3 stamps. Repeat passing L shoulders.

Whole Gip:

Start passing R shoulders with partner, but keep turning over your R shoulder. At the end of the 4th step, everyone should be in a line, with Masters facing down and Apprentices facing up. On the 5th step, head back to your original place and on the 6th step, turn over your L shoulder to face in for the stamps. (Note: The path for the last two steps is similar to the path you would take if doing a hook leg back to place.)

Repeat passing L shoulders with partner and turning over your R shoulder to return to place.

Half Rounds:

Four steps in the CW direction. Two steps to turn back the other direction (turn over your L shldr). Face CCW while doing the stamp and show. Four steps back in CCW direction. Turn the easy way to face across for the stamp and show.

Chorus:

This is a corner and half hey dance.

After the corners have done their bit, everyone leans in toward their partner (palms together, at about head height). The lean lasts for about 2-3 counts – listen to the musicians. Then there is a half-hey in the Bledington style. Start with your inside foot and trace the pattern you would trace if doing hook

legs.

Repeat with the set inverted.

Each chorus is slightly different. In all cases, start with R side on the first half, L side on the second half.

1st chorus: Salutes (a “down the nose” circular motion, followed by a bow and flick of the hankie.

2nd chorus: Half capers, sometimes referred to as “up-two-three” capers. The big leap is between first and second steps, followed by a weight change. R-L-R in the first half, L-R-L in the second half. Hankies go up the middle, back down the middle, and out to an easy show position by your side.

3rd chorus: Slow music. Toe-back capers. The big leap is between counts 3 and 4. For a right toe-back caper, drop into a lunge with your left knee bent and your right leg extended behind you. Return to standing with your weight on your left leg, just touching the right foot to the ground. Step on your right leg and leap to the left leg. Hands are by your side until the final leap, when you make “big sun” shows.

4th chorus: Slow music. Upright capers. The big leap is between counts 3 and 4. For the first caper, fall back on your R foot (slightly turned out), then on your L foot (also slightly turned out). Put your weight on your R foot and leap onto the left. Hankies at your side for the fall-backs, then up and down the middle on the leap. (Note: Feel free to substitute splitters if you prefer.)

At the end of the final half-hey, everyone faces up for the stamps.