

Upton Upon Severn Stick Dance (Chingford)

Long sticks, carried on right shoulder when not in use or instructed otherwise below.

One two three hop, with the foot that is up on the hop being waggled in front of the other leg as you do so.

n.b. the heys for three people are “**Three tops** heys” not “treetop heys”, no climbing or arboriculture is required.

Morris

1. Stomp one-two and clash with partner on last beats of the intro.
2. Dance on the spot with sticks held vertically (“candlesticks”), middle pair moves outwards.
3. No.1 lowers stick to point at ankles of person opposite, others follow suit at once, and all dance in a clockwise rounds.
4. End with a clash with your partner as you get back into place.

Tips and butts

1. Shift your grip to just below half way up your stick.
2. Clash tip then butt with your partner four times.
3. One smart “normal” clash with your partner and circle clockwise in a tight “dustbin lid”.
4. Repeat.

Hey left (“Three tops left”)

1. Middle pair each go to their left and weave with the pair at that end of the set.
2. End with a clash with your partner as you get back into place.

Left hand down (Staves/Quarterstaves)

1. Raise your right hand and rotate your stick to grasp the end of it with your left hand, which is lower than your right – the stick should be at approximately 45°.
2. Clash with your partner with the stick in this orientation, then change which hand is high/low so that the left hand up and do so again. Repeat this four times (a total of eight clashes).
3. One smart “normal” clash with your partner and circle clockwise in a tight “dustbin lid”.
4. Repeat.

In this sticking it is normal to ham it up as a kind of play fighting, “pushing” one another back – if your partner comes toward you don’t try to plant yourself but give a bit of ground and ham it up, then you do the same to them in the second half and they’ll give ground. It doesn’t matter if this takes you out of line, you just leap back into place on the clash before the dustbin lid.

Hey right

1. Middle pair each go to their right and weave with the pair at that end of the set.
2. End with a clash with your partner as you get back into place.

Fencing (swords)

1. Stand side on in a “fencing” pose with your left arm behind your back or left hand on hip.
2. Clash forehand at chest height, continue to move your stick on that line, and bring it back to clash backhand at leg height. Do this four times.
3. One smart “normal” clash with your partner and circle clockwise in a tight “dustbin lid”.
4. Repeat.

Cross and clash

1. Pass your partner right shoulders, [clashing high then low as you do so] and once past their start point turn to your anticlockwise to face the way you came.
2. Come in to pass your partner left shoulders, and to fit the music do a pair of large/dramatic capers to get past your partner and all be lined up in the middle of the set on the emphasised mid-point of the music.
3. As you do so, throw your right arm across your face with stick outstretched, and you and your partner will clash dramatically above and behind your heads. It’ll be awesome.
4. Carry on past your start point, and turn anticlockwise into it.

Tips and butts - As before.

Massive hey

1. Top pair step in shoulder to shoulder and face down the set; middle pair step outwards and face up the set; bottom pair step in shoulder to shoulder and face up the set.
2. All go forward and weave on the principle of being “out” at the middle and “in” at the ends; when you get to an end turn “inwards” towards the centre of the set to go back the other way.

Left hand down (Staves/Quarterstaves) - As before.

Morris - As before.

Fencing (swords)

As before for the first half. For the second half, “Give it some welly” – two handed sticking, loud as you can, scream as you clash. End the dustbin lid with three capers to come in to the centre of the set and hold sticks aloft shouting “Upton!” at the top of your voice (or “Chingford!” if you think you are a wit).

<https://www.youtube.com/watch?v=bqa5DruQEuY&t=1s>

<https://redcuthbert.uk/members-area/dance-instructions/upton-stick-dance-chingford-incomplete>