

Molly #2 (List for a Sailor/Endless hey)

Music:

List for a Sailor

Set:

5	3 Lord (hat)	1	Music
6	4 Molly (dress)	2	

(Lord and Molly may line up in opposite positions, it doesn't really matter. I will use L for Lord and M for Molly)

Figures:

Diagonal Hey

Use swing step.

Molly and Lord go around each other once, right shoulders.

Hey-for-four on the left diagonal starting left shoulders (5-4-3-2)

Molly and Lord go around each other once, right shoulders.

Hey-for-four on the right diagonal starting left shoulders (1-4-3-6)

Chorus(hey on the end)

Cloverleaf

Use swing step.

Molly and Lord trace a cloverleaf pattern. They go out from the center on one side, curve around and come into the center on the end. Turn around sharply on the hop. Then go out from the center again on the end, curve around and come in the other side. Continue this pattern for the other two leaves of the cloverleaf. They alternate who is leading, working around the set clockwise. The follower should try to stay as close as possible. Both should start on the right foot so the turn is consistent.

At the same time, the four corner people cross through the center 4 times. On the first swing step (starting right foot), go into the center, on the second step shift to the right about a foot, on the third step move out to the far corner, on the fourth step stay in place and turn around sharply on the hop to face the center again (right foot in front). Repeat 3 more times, which should leave everyone at their starting position.

Chorus (hey on the side)

Zipper Hey

Get into place early. Start stepping left. This is the same as zipper heys in other dances.

When you get home there is time to gypsie once around with your partner.

Chorus (hey on the side)

Finish

At the end of the last chorus, end with Molly and Lord on the Ends (set is rotated 90 degrees from start). All shout "hey" with fists in the air.

Chorus:

- The 3 choruses are basically the same except they begin differently. The first one is called 'Hey on the End' because the Molly and Lord start out going to the ends of the set, and starting a hey with the two corner people there. On the other two choruses the Molly and Lord will begin by going to the sides of the set to begin the heys.
- In each chorus, everyone dances through 4 3-person heys. On each hey, you get all the way back to your starting point for that hey. For the corner people that is always their home position. The Molly and Lord work their way around the set clockwise.
- Starting each chorus, the Molly and Lord will be facing out from the center of the set (either towards an end or a side), go to the person to their right, and pass right shoulders to begin the hey.

Tips:

- If someone calls “switch” when it’s time to change from one hey to the next, it helps keep everyone in sync.
- For the corners, do heys on one side and one end and always return to home. If things get screwed up get back home.
- The Molly and Lord should be able to continue alternating right and left shoulders all the way around. But things do get screwed up. If the Molly or Lord is coming to you, let them determine which shoulder to pass.
- Keep the heys small. Don’t go past the original corner positions, or even keep it smaller.
- Conserve your energy, the heys can be very tiring.
- When switching from a hey on the end to a hey on the side (or vice versa), on two of the corners, the Molly and Lord will have to go around someone. That person should then do a small circle following the Molly or Lord into the new hey. On the other two corners, the Molly and Lord have the opportunity to make up ground if needed by cutting the corner short. The person at that corner then has time to take one or two steps in place (or do a quick circle single), before starting the next hey.

Style question:

Swing step:

This step has the timing of a Morris double-step (step-step-step-hop). The body remains upright, while the legs swing beneath. Arms remain at the sides.

- Begin right foot in front
- switch feet so weight is on the right, left foot is behind.
- Switch again so weight is on the left and right is in front.
- Switch again so weight is on the right foot, left foot behind.
- Hop on right and swing left foot to front.

Repeat starting with left foot in front.

Regular Molly step:

Step-hop, lifting knees high. Arms bent at 90 degrees, move vigorously from shoulder, keep elbows fixed.

Movement is continuous in this dance (no surge-stop as in other Molly dances).

(We have not worried as much about the arms on this dance as we have on other Molly’s.

This is a tiring dance and people end up doing whatever takes least energy with there arms. But it would look better if the arms were moving consistently)

Video:

GNB <http://www.youtube.com/watch?v=i64-sYB1IcM>