

Dives and Lazarus (Fartown jig)

Foot up:

Stepping: R, R, L, R, L, R, L, L, hook right down, hook to side, caper to face up; repeat starting left

Arms: down and out, across chest to shoulders, two circles downward to the sides, balance for hooks, gather across shoulders for caper

Sidesteps: Start on right foot, left arm across to right shoulder, turning left shoulder back to be facing right, plain stepping forward with arms circling as in foot up; repeat left foot, right arm across turning right shoulder back; face up, half a foot up to finish, finishing with feet together.

Sidesteps to finish end with two furry capers rather than the left hook.

Slows:

Arms as before although cross is lower and circle up and over the shoulder on the jump

Slows are each a pair (right foot then left foot), with a hook right to face up as per foot up, then repeated starting with the left foot and finishing with a left hook up; hooks at normal speed, not slows speed

Heel-forward:

Right heel in front as arms come down, right toe behind as arms cross, step onto right foot and hook through with arms coming over, repeat with left foot.

Uprights:

Feet apart as arms come down, feet crossed (right foot forwards) as arms cross, two-footed jump with arms coming over, repeat with left foot crossing in-front.

Foot up

Sidestep

Heel-forward

Sidestep

Uprights

Sidestep to finish