

Presented by Madelyne Greene

SAILOR'S HORNPIPE

International

- SOURCE: Dance directions by Michael Herman, Folk Dance House, New York City.
- MUSIC: RCA Victor 45 EP - EPA 4134- 1
- FORMATION: This is a dance for boys and men and may be done with any number of dancers, either as a solo dance, or as a line dance with dancers all facing audience.

 Pattern

meas

PART I.

- 6 Fold arms on chest and take 6 polka steps around a small circle, starting on the R ft. Finish facing the audience.
- 1 Stamp R ft. Then stamp L, brush R ft. from front to back, and step on R ft. in back of L with weight on R ft. (Note that these 4 steps are taken very quickly in just one measure of music)
- 1 Take 3 steps as follows: leap on L ft. then on R ft, then step on L ft. As you do these leaps, swing the free foot up high in front.

PART II. "TOEING"

- 6 With arms folded on chest, turn both toes inward with the heels turned out. Now turn both toes outward as the heels are turned in. In order to do this comfortably, you will find that as you turn toes out, you have to do a small pivot on R heel and L toe simultaneously. As you turn both toes in, you pivot on R toe and L heel simultaneously. Alternating in this manner, you will find yourself moving slightly to the R.
- Repeat the above steps 12 times.
- 2 ****Jump lightly in place, coming down on both toes, with R ft. crossed in front of L. Jump again and come down, this time with L ft. crossed in front of R.
- Jump lightly and QUICKLY three times in succession, crossing first the R, then the L, then the R over in front.*****

PART III. "TOE HEEL, TOE KICK"

- 1 Place R hand on hip, hold L hand high overhead and to the side Hop on L ft. 4 times, and with each hop do the following:
1. Touch R toe beside L ft. with heel turned upward.
 2. Touch R heel down, toe up, in the same spot.
 3. Touch R toe in front of L toe, with heel up
 4. Kick R ft. to side and fwd.

continued.

Sailor's Hornpipe (continued)

1 Take 3 quick steps sidwds moving to the L as follows:
Place R ft. behind L. Step L ft. to side. Place R ft. beside L ft.
and pause - no weight on R ft.

1 Repeat the above pattern once.

1 Now change hands so that L hand is on hip and R hand is up. The
pattern above is repeated but with opposite ft. as follows:
Hop on R ft. 4 times, and with each hop do the following:

1. Touch L toe beside R ft. with heel upward.
2. Touch L heel down, toe up in same spot.
3. Touch L toe in front of R toe with heel up.
4. Kick L ft. out to side and fwd.

1 Take 3 quick steps sidwds. moving to the R as follows:
Place L ft. behind R. Step R ft. to side. Place L ft. down beside
R ft. and pause.

1 Repeat the above pattern once more in same direction.

PART IV. HAULING IN THE ANCHOR

8 Jump briskly to the R on both feet and bend body fwd. hands grasping
an imaginary rope.
Straighten body, and step diagonally backward on the L ft. at the
same time bringing both hands over the L shoulder.
Jump diagonally fwd to the L on both feet, bending body and grasping
rope.
Straighten up body and step diagonally bckwds. on R ft. at the same
time bringing both hands over the R shoulder.
Repeat the above, alternating feet, so that you will have done it for
8 meas or 8 times.

PART V. HOISTING SAIL

1 Hop on L ft. pointing R toe in front of L toe, the heel up. Hop on
L ft. placing R heel down in front of L toe. Repeat above, starting
on R ft.

Continue alternating feet in this manner for a total of 6 meas.
repeating above pattern 6 times. As you are doing this, the R hand
reaches upward and pulls down as if pulling on a rope. Then, as you
change feet, reach up with the L hand over R and pull down on the
imaginary rope, etc. Finish this figure with the 2 slow, 3 quick
jumps as described in Part II section marked **** to *****.

PART VI. HITCHING TROUSERS

1 1 Place R hand palm against belt. L hand, palm out, is at the back of
waist. Slide diagonally fwd to the R, with L ft. stretched out in
back, and hop on R ft. Step on L ft. swinging R ft. out fwd. and to
the side, and hop on L ft.

1 Take 3 quick steps, as follows: Place R ft. down behind L, step to
the L on L ft. place R ft. crossed in front of L and hop on R.

Continued.

Sailor's Hornpipe (continued)

- 1 Change hands so that the L hand is in front, the R in back. Slide diagonally fwd. to L on L ft. and hop on it, with R ft. stretched backwd. Step-hop on R ft. swinging L ft. fwd. and sideward.
- 1 Take 3 quick steps sideward, as follows: Place L ft. behind R, step to R on R ft. place L ft. crossed in front of R and hop on L.
- 2 Repeat the first 2 meas. of the above pattern to the R.
- 1 Now, instead of repeating the pattern to the L as you have been doing, turn to the L once around with two step-hops, L-hop, R-hop.
- 1 Finish facing front and take 3 quick jumps in place, with first the R ft, then the L, then the R, crossed in front.

PART VII. PAYING OUT THE SLACK

- 2 Run diagonally bckwd. to the R on the heels of both feet, toes upward, using as many short quick steps as you can, at the same time the hands pretend to be paying out the slack of a rope.
- 2 Repeat the same, but move backward diagonally to the L.
- 2 Repeat backward to the R.
- 2 Cross arms on chest and do the 2 slow 3 quick jumps as described in Part II section marked **** to*****

PART VIII. ROCKING OR HORNPIPE STEP

- 6 This is a rather difficult step to teach as well as to describe. A short cut for teaching the step to inexperienced dancers follows:
Cross arms on chest. Stand on toes with one foot crossed in front of the other. Then take 3 tiny steps rocking from side to side, finishing with a step-hop.
- 2 Finish figure with the 2 slow, . 3 quick jumps as at the end of Figure 2, marked from **** to *****.

PART IX.

Repeat Part I and finish with a smart salute to the audience.