

WORKSHOP DIARY, JULY - SEPT. '81

DATE	EVENT .	CONTACT + TEL.	CLOG WORKSHOP
JULY			
3,4,5	ESSEX FOLK '81 .	Betty Pugh 0702-611165	Sarah Graves
3,4,5	COTSWOLD FOLK FEST	Roger Grimes 0452-415095	Jock & Dill
10,11, 12	BRACKNELL	Don Korgan 0344-27272	to be arranged
18,19 AUG.	KERNOW, Cornwall	Ella Knight 0872-3827	John the Fish
31-7	SIDMOUTH	John Dowell 0392-77285	Sam Sherry & Madelaine Hollis
7,8,9	DARTMOOR	Bob Cann, 4 Hillcrest, S. Tawton	Sam Sherry
7,8,9	DURHAM	Ian McCulloch 0385-65754	Mary Jamieson
7-14	BROADSTAIRS	Linda Wood 0843-67951	Real Virginia- U.S. Cloggers
17-23	HENGRAVE HALL	Monica Marsh 028484-721	Madelaine Hollis
23-28	WHITBY	Grahame Binless 0532-694764	Green Ginger
28,29	KENDAL	Neil Johnston 0539-25133	Madelaine Hollis
28-31	NEW CORNWALL	Alison Cock, 31 Bawden Rd., Bodmin	Sam Sherry
29,30, 31	TOWERSEY VILLAGE	Steve Heap 084421-2231	Dot Mulliner + a U.S. Clogger
SEPT.			
4-6	WAREHAM	Alan White 0202-733699	Wessex Woods
4-6	FYLDE	Alan Bell 03917-2317	Sam Sherry
18-20	BROMYARD	Doug Isles 05943-3891	to be arranged
26	READING DAY	A.M. Hulme 0491-39609	Reading Cloggies
26	DOCKING FOLK DAY	Gillian Mills 0483-66353	Graham & Mary Coles

COMPETITIONS

Four Northern Counties Durham 8/8/81	Novices/Pedestal/Open A. Jamieson, 13 Northlands, Chester-le-Street
Westmorland Competition Kendal 29/8/81	N. Johnson, Kendal 25133
Lancashire & Cheshire Fylde 5/9/81	Junior/Novices/Open/Open Waltz A. A. Bell, Fleetwood 2317

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30p

July 1981
 No 1

Instep No. 1

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EDITORIAL

Welcome to Instep. The number of people interesting themselves in clog and step dancing has shown a dramatic increase over the past few years and the time seems ripe to launch a magazine of modest proportions devoted solely to this area of dance.

The aim is to publish four times a year, providing a vehicle for dancers to air their views and share their interest with others. I feel that perhaps the most important feature is to be found on the last page. Here, groups or individuals may advertise their meetings, workshops etc., free of charge - just write and tell us - of course if you want to advertise a workshop more fully we will gladly quote you a price for a full page advertisement!! The magazine will also contain articles on dance and descriptions of steps where possible. A Letters Page would be nice - if you write them. Any information which is of interest to clog and step dancers will be included - just write and tell us.

This issue is free!

Future issues have to be paid for. We aim only to cover our costs, not to make a profit, and envisage that if a large number of people subscribe it will be possible to increase the number of pages (we also hope to obtain some advertising).

I feel this magazine will fill a gap and provide a useful service - but only if you support it. Tell us about your group - the dances you do - advertise your meetings - write us a letter or better still an article - subscribe to Instep and tell other dancers about it.

NEWCASTLE NOTATION - A RESUMEC. & A. Metherell

There is clearly a need for a standard system for the notation of step dance. Newcastle Notation represents a possible solution. This article provides a brief description of the bones of the system, as it is the policy of this magazine that all steps published in INSTEP should use Newcastle Notation. It should be stressed that this is a resume, it should enable most readers to interpret most steps with a good degree of accuracy but is in no way comprehensive. It is hoped to publish the full system shortly, however any notation can only be a tool and cannot replace learning steps from a performer. It is perhaps best regarded as an accurate aide memoire. Now to the notation itself.

The system uses 4 columns:

Time Count	Left Foot Movement	Right Foot Movement	Modifier

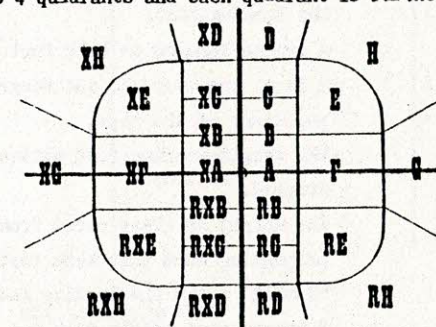
The time count provides the metronome for the system. It varies with time signature like a piece of music and the time signature is stated at the beginning of each step. A distinction is made between triple time and duple time. Thus where each crochet of a bar is divided into 4 these are labelled "1 an and a", where each note is divided into 3 "1 + e".

The movements are labels for describing what each foot does on a particular beat and the modifier column gives the position in which each foot performs that movement. The area round the body is split into 4 quadrants and each quadrant is further subdivided into 8 boxes.

X Crossed

R Rear

RX Rear Crossed



The above diagram gives the positions for the right foot. Those for the left foot

would be a mirror image of the above diagram. In the modifier column right and left foot are separated by a colon. Thus standing with feet together would be A:A. The system makes a presumption that feet are naturally slightly turned out. Accents placed above the modifiers denote extra turn. Thus : \tilde{A} (or \tilde{A} ;) denotes foot turned out, \tilde{A} : denotes foot turned straight, : \tilde{A} (or \tilde{A} ;) denotes foot turned in. Clearly this gives a considerable amount of leeway.

Some examples are:	classical 5th position	$\tilde{A}:\tilde{X}\tilde{C}$
	classical 4th position	$\tilde{A}:\tilde{D}$
	"pigeon toed"	$\tilde{A}:\tilde{A}$
	rear 5th position	$\tilde{A}:\tilde{R}\tilde{X}\tilde{C}$

Aerial positions are denoted by adding \uparrow (low aerial), \Uparrow (aerial) or \Uparrow (high aerial) to the modifier depending on relative height.

Glossary of Movement Labels

Click	A beat made by hitting one foot against the other. It is written in the column of the moving foot. The part of the moving foot is described first. Thus: click the R side of the L heel against the L side of the R toe would be written in the L movement column: Click heel (R) toe (L).
Catch in/out	A tap made with a swing of the leg. 3 modifiers show starting aerial position, position of tap, and final aerial position.
Drop	One part of the foot being on the ground the other part (toe or heel) is lowered, ending in a flat foot.
Hop	A spring off and onto the same weight-bearing foot. "Hop" marks the landing beat.
Jump	A spring landing on both feet. "Jump" marks the landing beat.
Shuffle	2 taps, one away and one towards the body. 2 modifiers show the positions of the taps.
Shunt	The weight-bearing foot slides to new position and the heel is dropped.
Spring	The weight is transferred from one foot to the other with an upward propulsion such that both feet are in the air at the same time. "Spring" marks the landing foot and beat.
Step	A transfer of weight from one foot to the other.

Swivel	Example :A heel swivel is a pivoting movement about the heel. 2 or 3 modifiers describe the start, (middle) and finishing position/angles.
Tap	A beat where the foot is lifted up immediately afterwards.
Touch	A beat when the foot remains on the floor following the beat (no weight transfer).

Weight Transfer is signalled by underlining the movement e.g. Step. If the weight is equalised it should be followed by = e.g. Jump =

Ball of the foot All movements are presumed to be made with the ball of the foot unless otherwise stated, e.g. Toe Tap or Heel Drop.

An Arrow \downarrow in the movement column starts at the time of take off and ends on the landing of a Hop or Spring.

\uparrow , \Uparrow , \Uparrow in the movement column cues an aerial movement of the non-weight bearing foot - look at the modifier column for detail.

Perhaps the best way to demonstrate the system is to use some examples. The following are three examples of a common step (variously known as "2nd Lances", "treble and flatter" and other more or less prosaic names).

Example:1 Westmorland Style

4/4			
1	step		\tilde{A} :
and		} shuffle	: \tilde{E}, \tilde{C}
2			
and			: $\tilde{X}\tilde{C}$
3	<u>step</u>	<u>spring</u>	\tilde{A} :
4	<u>hop</u>		\tilde{A} :
+		} shuffle	: \tilde{C}, \tilde{E}
e			

6 X off alternate feet

+ suitable break

His dancing is impromptu stepping rather than steps of fixed length. He does do set steps, though some have several variations, and the steps vary in length, in general from one to four bars. Some are in threes, danced against a four rhythm, which is extremely effective (and tricky to learn).

He does not do the steps in a set order, but always fits the rhythms beautifully to the music, creating a marvellous pattern of sound. He uses his heels a lot, but moves very economically, so it is very difficult to see where the sounds are coming from. He often dances a step or short sequence first off one foot, then off the other, and is very insistent when teaching than I must do this.

The EPDSS have filmed Bill dancing on a barge, and the film will shortly be available for hire from Cecil Sharp House.

I have been going regularly to Bill for lessons for over a year, and he tells me I have learned all the steps, and he hopes I will pass them on to others.

I intend to notate the steps, using the proposed standardized "Newcastle Notation", once this becomes operational! Of course, such notation should only be used in conjunction with the film or as an aide memoire after learning the steps.

Newcastle Cloggies

Join us at Newcastle upon Tyne Polytechnic - any Thursday at 7.30 p.m.

Book us - to perform for you - or take a workshop.

The team performs clog dances from Northumberland, Durham, Westmorland and Lancashire, step dances from Fife and the Hebrides and a wide variety of reels from the Highlands and Islands.

Contact: Jill Wollens, 36 Firfield Road, Newcastle upon Tyne.
Tel. 0632-862397

Reading Day of Dance

SEPTEMBER 26th 1981

Workshops: Lakeland; Beginners & Advanced
1st of August
Northumberland & Durham
Sammy Bell's Hornpipe
Country Dances/Reels

Lecture: Sam Sherry Films
Demonstration: Clog-making

Tickets & Information from: Ann-Marie Hulme, 19 Winterbrook, Wallingford, Oxon. Tel: 0491-39609

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WANTED

INFORMATION - Newspaper cuttings or photos of the "World" Clog Championships in London in the early twentieth century. Date, place and names are looked for. Please contact: Chris Metherell, 3 Fetcham Court, Newcastle upon Tyne 3.

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INSTEP

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Weekend of Dance

to be held

November 21st & 22nd in Newcastle upon Tyne

Programme to include:

Saturday

Workshops -

Beginners - Northumbrian & Durham

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Advanced - Northumbrian & Durham;
unusual Exhibition steps

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& Islands

Newcastle Notation - a practical workshop

Sunday

Films -

Bill Gibbons - barge dancer

Dick Hewitt - Norfolk step
dancer

Sammy Bell - Northumbrian
clog dancer

Lecture - to be arranged

Sunday Lunchtime - sociable
session in a pub.

Display -

We wish to invite all visiting performers
to demonstrate a short selection of their
dances.

Cellidh.

Weekend Ticket £4.00 + £1.00 for camp bed and breakfast.

Send S.A.E. for further information to:

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