

# Lynne Render's Lockdown Contrás

A series of contrás written to be danced in isolation during Covid-19 in 2020

All are (hopefully!) designed to be able to dance as normal contrás when we emerge from lockdown with minimal changes to the moves.

## Lynne's Lockdown #1

Longways Becket

32 bar reel or jig

A1 Dosido ptn 1 ½

Single file promenade

A2 Promenade back

Swing ptn and face across

B1 Petronella balance and spin rt

Balance and California twirl to face next couple

B2 Petronella balance and spin rt

Lines fwd and back (and turn to face ptn as fall back)

Changes when dance as a normal dance.

None

## Lynne's Lockdown #2

Longways Improper

32 bar reel or jig

A1 Mad robin (around ptn) facing nbs up and down the set, men passing in front of ptn

Take nearest hand with ptn, balance and California twirl to face previous nbs

A2 Mad robin (around ptn) facing prev nbs up and down the set, women passing in front of ptn

Take nearest hand with ptn, balance and California twirl to face current nbs

B1 2H turn ptn clockwise

Half pousette to change places with nbs (ladies push)

B2 Balance and swing ptn and face new nbs

Changes when dance as a normal dance.

In B1 the 2H turn becomes a circle left

## Lynne's Lockdown #3

Longways Improper

32 bar reel or jig

A1 Give RH to ptn, balance and box the gnat to change places

RH turn

A2 Give LH to ptn, balance and swat the flea to change places

LH turn

B1 Seesaw ptn (Left shoulder dosido)

Dosido ptn (or gypsy rt)

B2 Balance and swing and face next couple

Changes when dance as a normal dance.

A1 Ladies give RH to do the box the gnat and then all RH Star

A2 Men give LH to swat the flea and then all LH Star

B1 The Seesaw is with the next nb up and down the set rather than your ptn

## Lynne's Lockdown #4

Longways Improper

32 bar reel or jig

A1 Lead down the room as a couple

Turn individually (towards ptn) and lead back up and face ptn taking 2 hands

A2 2H turn ptn (clw)

Left shoulder gypsy ptn

B1 Complete 'ladies chain' (both do the ladies part) as follows:

Pull by ptn RH and loop left to face

Pull by ptn RH and loop left to face

B2 Fwd and back

Swing ptn and face down room (to new nbs)

Changes when dance as a normal dance.

A1 Is line of 4 with 1's in middle. Individual turn is towards nb rather than ptn and bend the line to a circle when come back up.

A2 Circle left

All 4 gypsy left - ie circle rt single file with left shoulders towards the middle (or could circle rt if prefer)

B1 Full Ladies chain

B2 Lines fwd and back

1s swing ptn and finish in line of 4 between next 2s

## Lynne's Lockdown #5

Longways Improper

32 bar reel or jig

A1 Give RH to ptn across the set (lady face up and man down)

Rory O'more balance and slide right

Rory O'more balance and slide left

A2 RH turn ptn

Left shoulder gypsy ptn

B1 Balance and swing ptn

B2 Promenade and finish facing each other (lady up man down)

Dosido 1½ and take RH ready to start again

Changes when dance as a normal dance.

A1 Is in a wave of 4 across the set – RH with nb and ladies LH in middle

Rory O'mores rt and left are with nb

A2 RH turn is with nb

Left shoulder gypsy is the 2 ladies and is 1½ to take you to your ptn

B1 Balance and swing ptn

B2 Promenade is across the set and round the others to face next nbs

Dosido is with new nb to reform the wave across the set

## Lynne's Lockdown #6

Longways Improper

32 bar reel or jig

A1 Lead down the room as a couple

Turn away from ptn and come back single file (up outside of set)

A2 Turn in to face ptn and pass by rt for ½ a hey (pass by rt and loop left to face back)

Swing ptn (and finish facing them for B1)

B1 Petronella balance and spin rt (do this holding both hands as a petronella for 2)

Petronella balance and spin rt (don't rejoin hands and fall back a bit as finish)

B2 Fwd and back to ptn

Swing ptn and face down (to next couple)

(If prefer for the 2 person dance keep hold hands after B1 and do Balance and swing for B2)

Changes when dance as a normal dance.

A1 1s down the middle of the set, 2s individually up the outside

1s individually up the outside, 2s down the middle of the set

A2 Turn to face nb and pass rt for ½ hey

Swing nb on the side of the set and face across

B1 Petronella balance and spin rt

Petronella balance and spin rt

B2 Lines fwd and back

1s swing and face down between next nbs whilst 2s face up on the side of the set.

(2s could swing too and face up but need to spring apart after the swing ready for their promenade up the outside of the set)

Alternate B2

Lockdown

B2 Swing ptn and finish facing each other across the set

Dosido and then take inside hands and face down ready for A1 leading down

Normal

B2 Swing ptn and finish facing next couple

1s between 2s (1s take inside hands symmetrical dosido finishing ready for A1 (1s lead down middle and 2s up outside)

I think the alternate will work better for the real dance otherwise 2s never swing their partner.

*N.B. Comment when called for virtual Whitby that the Alternative B2 for lockdown was awkward for the woman. (Others said it was OK)*

## Lynne's Spare Lockdown

Longways Imp

32 bar reel or jig

A1 RH turn ptn

Pull by into a dosido

A2 Balance and Swing

B1 Promenade Down the room as a couple

Turn as a couple and come back

B2 Wide cast away from your ptn to face back across the set

RH balance fwd and back and box the gnat to get back on own side (ready for A1 RH turn)

*N.B. Comment at Whitby that the box the gnat into RH turn was an awkward hand position change and suggested changing the order of A1 to dosido followed by RH turn. I don't think that works for the rest of the dance so needs thinking about. Also other comments liked the whole dance as it is.*

Changes when dance as a normal dance.

*This one probably won't work well as a normal dance – it was written specifically as an extra dance for Whitby in case we needed more so was not thought through as well as the previous dances.*

*Was loosely based on Fiddlers Elbow which is*

Fiddlers Elbow by Bernard Chalk

Longways Proper

32 bar reel or jig

A1 RH turn on Rt diagonal

Dosido ptn

A2 LH turn on Left diagonal

Swing ptn

B1 Promenade Down the room as a couple

Turn as a couple and come back – 1's cast round 2s into progressed place

B2 RH star (with same nbs)

LH star (with same nbs)

So.... Could make Lockdown Spare a Proper dance

Longways Proper

32 bar reel or jig

A1 RH turn on Rt diagonal with previous nbs

Dosido ptn

A2 Balance and Swing

B1 Promenade Down the room as a couple

Turn as a couple and come back

B2 Wide cast away from your ptn to face back across the set – 1's cast straight away but 2's lead up thro the 1's as they cast before doing their own wide loop. So 1's swap place with 2s as you do so to progress. ie a long 1's cast around 2's move but both couples going out of the set a long way as this is an entire 4 bars.

LH star with new nbs

But I'm not convinced that the B2 would work very well.