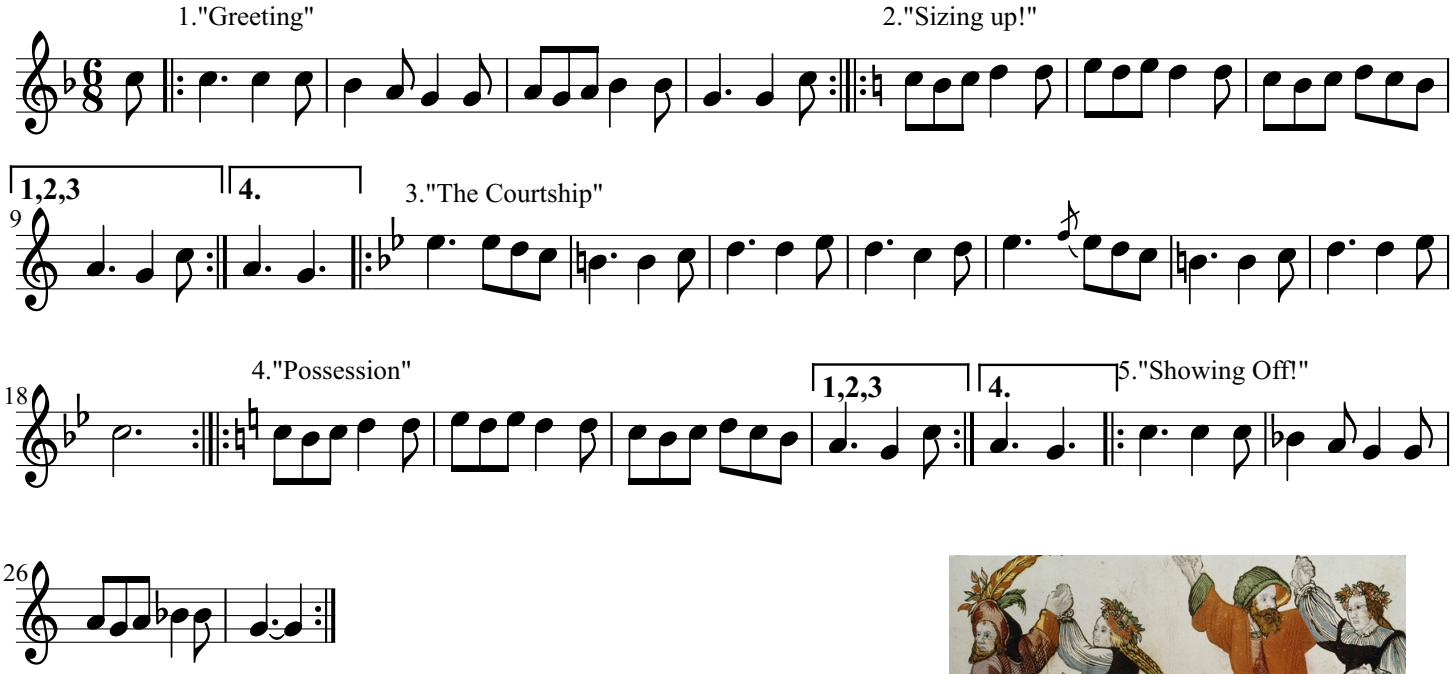
The Bond Ring Dance

A simple Marcher courtship dance in five sections. Note that the music for sections 2 and 4 and sections 1 and 5 are the same, respectively.

This can be accompanied by a simple C (or C and G) drone and percussion.



Dance instructions

4 bars of rhythmic drone introduction:
(a brief musical intro before the dancers start dancing)

Section 1: Greeting (8 bars) Men bow slowly (for first 4 bars) , women curtsey slowly (second 8)

Section 2: Sizing up!: (16 bars) Couples walk slowly (each step = two counts), looking at each other, in clockwise direction. They then turn and walk anticlockwise in the same fashion.

Section 3: The Courtship: (16 bars) Both step in close for the first two bars, hands up to face height with palms flat together, looking into each others' eyes. For the next two bars swap positions, palms still together. For the next two bars bow/curtsey (still holding palms), then in the last two bars turn out to L shoulder (turn on spot). The following 8 bars are the same (not mirrored) to get the couples back "home".

Section 4: Possession: (uses the same music as "Sizing up" section above) (16 bars) the man struts around the lady doing a full lap, then bows and, as he comes up, takes the lady's hand (RtoR). In the following 8 bars the lady circles the man, similarly, but spins under the man's arm at the end.

Section 5: Showing off! (uses the same music as "Greeting" above) (8 bars) In promenade hold for a slow strut forward around the circle. This is where people can butt in/ leave etc.