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# Four Jolly Sheepskins

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**Author:** John Sweeney  
**Source:** <http://www.contrafusion.co.uk/Dances/FourJollySheepskins.html>  
**Formation:** Longways 3-couple set  
**Music:** 32-bar jigs or reels

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- A1**      1-4      Circle left (slip step)  
            5-8      Circle right (slip step)
- A2/B1/B2** 1-24      Top man leads a sheepskin's hey round the ladies (see Note)
- A3**      1-4      Up a double & back  
            5-8      That again
- A4/B3/B4** 1-24      Top lady leads a sheepskin's hey round the men
- A5**      1-4      Side-by-side right & back  
            5-8      Side-by-side left & back
- A6/B5/B6** 1-24      Top man leads a sheepskin's hey round the ladies
- A7**      1-4      Partner arm right  
            5-8      Partner arm left
- A8/B7/B8** 1-24      Top lady leads a sheepskin's hey round the men **while** men turn single on the final 2 bars

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- Notes**
- 1 John says "Choose whatever music fits the style and tempo that you want. I use 'Radstock Jig' by The Home Service (I edit out the first 36 seconds) at 103bpm. This tempo allows for stepping and also allows my older/slower dancers time to get through the heys."
  - 2 Sheepskin Hey: Top man (1st and 3rd times) or top lady (2nd and 4th times) leads a single file promenade above and behind their partner, between their partner and the next person, in front of that person, between that person and the bottom person and then around the bottom person coming up the center to join in the hey behind the 3rd person who has doubled back round the center person (thus becoming the 'leader'). Keep repeating this until the original leader is back in the lead and they continue leading a single file promenade around the back of the other line to home places.
  - 3 The Sheepskin Hey comes from 'Picking Up Sticks' in the [English] Dancing Master Vol I, 1651. John says "I wanted a dance where the dancers get to dance the Sheepskin Hey multiple times without having to worry about the other figures."
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